



QUALITY OF LIFE



COLMAR BRUNTON
Social Research Agency

QUALITY OF LIFE SURVEY 2016

Overall Quality of Life, Health and Wellbeing

Quality of Life Survey 2016

Overall Quality of Life, Health and Wellbeing

A joint project between the following New Zealand councils



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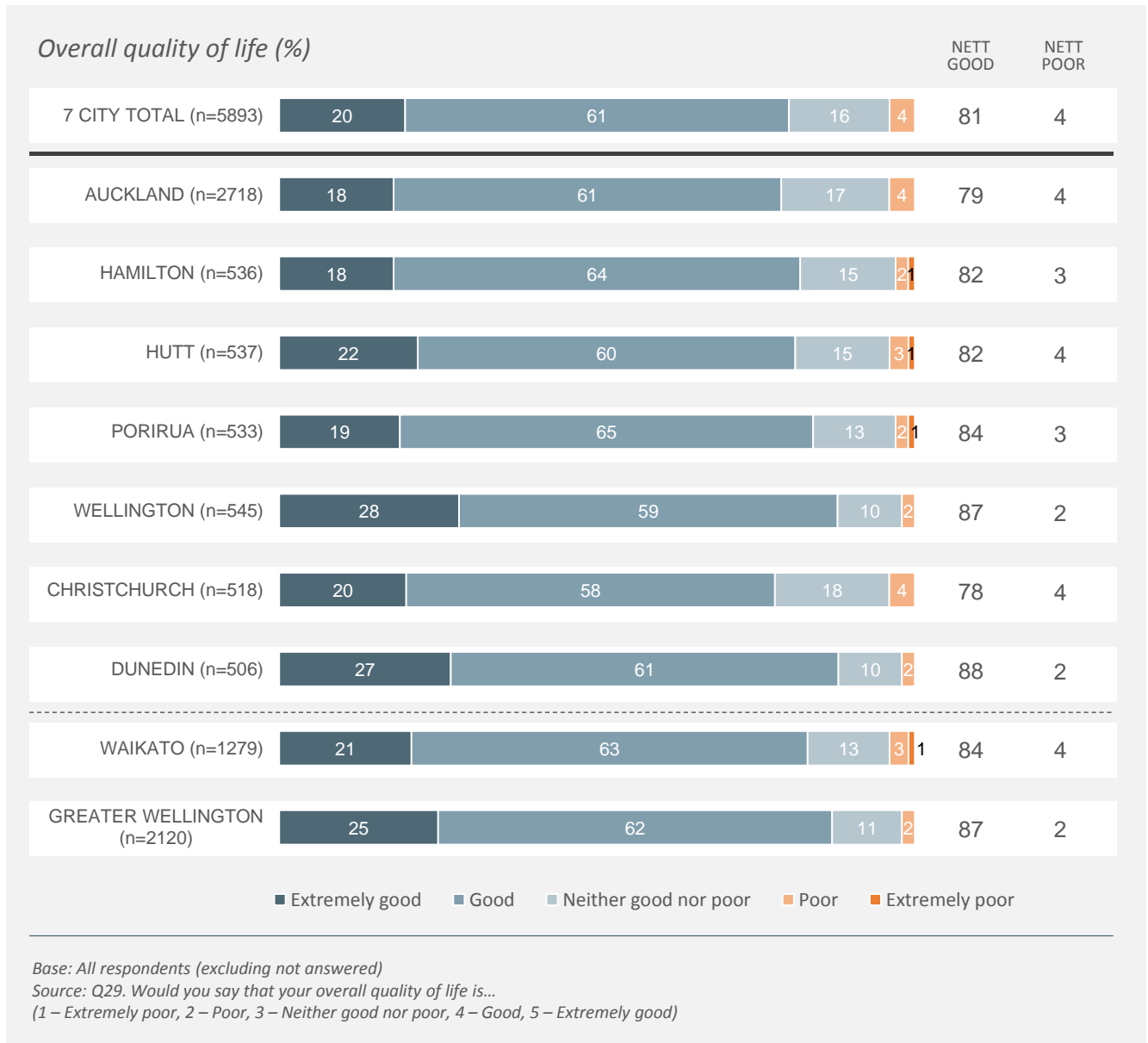
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3. QUALITY OF LIFE

This section presents results on respondents' perceptions of their overall quality of life and the extent to which this has changed in the past year.

3.1 Overall quality of life

A large majority (81%) of respondents in the seven cities rate their overall quality of life positively, with 20% rating it as 'extremely good' and 61% as 'good'.



3.2 Most common reasons for quality of life response

Respondents were asked to tell us in their own words about their quality of life, and results were coded into main themes. Respondents’ comments could be coded across more than one theme.

Reasons for positive quality of life rating

Respondents’ most common reasons for rating their quality of life as ‘good’ or ‘extremely good’ related to physical and mental health and wellbeing (37%), relationships (32%), and financial wellbeing (31%).

Reasons for positive quality of life rating – 7-city total (%)



Base: All respondents who rated their quality of life as ‘extremely good’ or ‘good’ (n=4919)

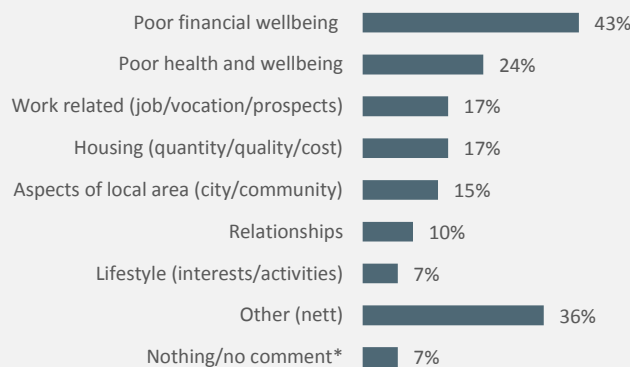
Source: Q30. And why did you describe your overall quality of life in this way?

** Missing data (i.e. those who did not answer) were categorised as ‘Nothing/No comment’*

Reasons for negative quality of life rating

Among the relatively small group who rated their quality of life as ‘poor’ or ‘extremely poor’, the most common reasons for rating their quality of life poorly related to poor financial wellbeing (not earning enough money/expensive cost of living; 43%), and poor physical or mental health (24%).

Reasons for negative quality of life rating – 7-city total (%)



Base: All respondents who rated their quality of life as ‘extremely poor’ or ‘poor’ (n=177)

Source: Q30. And why did you describe your overall quality of life in this way?

** Missing data (i.e. those who did not answer) were categorised as ‘Nothing/No comment’*

Reasons for positive quality of life response - by Council

Common themes mentioned among those who rate their quality of life positively (nett categories)	7 CITY TOTAL (n=4919) %	AUCKLAND (n=2222) %	HAMILTON (n=436) %	HUTT (n=454) %	PORIRUA (n=464) %	WELLINGTON (n=483) %	CHRIST-CHURCH (n=412) %	DUNEDIN (n=448) %	WAIKATO (n=1070) %	GREATER WELLINGTON (n=1855) %
Health and wellbeing	37	37	36	35	35	37	37	37	39	38
Relationships	32	32	35	35	35	31	34	33	35	34
Financial wellbeing	31	31	33	35	35	31	34	33	30	31
Aspects of local area (city/community)	28	30	22	25	26	34	22	28	25	29
Lifestyle (interests/activities)	24	22	25	26	22	30	24	26	26	27
Work related (job/prospects)	16	15	17	20	19	19	16	22	18	18
Housing (quantity/quality/cost)	14	15	12	15	13	14	13	17	13	13
Appreciation of environment	8	9	4	5	8	8	6	7	6	7
Other (nett)	20	20	20	21	25	17	21	20	19	19
Nothing/no comment*	8	8	11	9	11	6	8	9	9	8

Base: All respondents who rated their quality of life as 'extremely good' or 'good'

Source: Q30. And why did you describe your overall quality of life in this way?

*Missing data (i.e. those who did not answer) were categorised as 'Nothing/no comment'

Note, percentages may add to more than 100% as respondents could mention multiple reasons.

Reasons for negative quality of life response - by Council

Common themes mentioned among those who rate their quality of life negatively (nett categories)	7 CITY TOTAL (n=177) %	AUCKLAND (n=96) %	HAMILTON (n=20*) %	HUTT (n=14*) %	PORIRUA (n=11*) %	WELLINGT ON (n=11*) %	CHRIST-CHURCH (n=15*) %	DUNEDIN (n=10*) %	WAIKATO (n=49) %	GREATER WELLINGT ON (n=45) %
Poor financial wellbeing	43	48	59	44	20	66	10	28	62	51
Poor health / wellbeing	24	18	37	13	12	26	39	63	33	28
Work related (job/prospects)	17	15	5	11	16	9	34	24	14	17
Housing (quantity/quality/cost)	17	22	4	7	-	26	-	6	1	13
Aspects of local area (city/community)	15	14	16	15	11	39	11	12	9	25
Relationships	10	12	14	6	-	-	5	9	11	4
Poor lifestyle	7	9	6	-	8	5	-	4	17	7
Other (nett) -- (includes life quality poor/not good)	36	37	19	43	63	52	30	29	20	50
	8	7	-	18	12	14	10	-	2	17
Nothing/no comment**	7	9	-	4	19	-	4	7	6	3

Base: All respondents who rated their quality of life as 'extremely poor' or 'poor'

Source: Q30. And why did you describe your overall quality of life in this way?

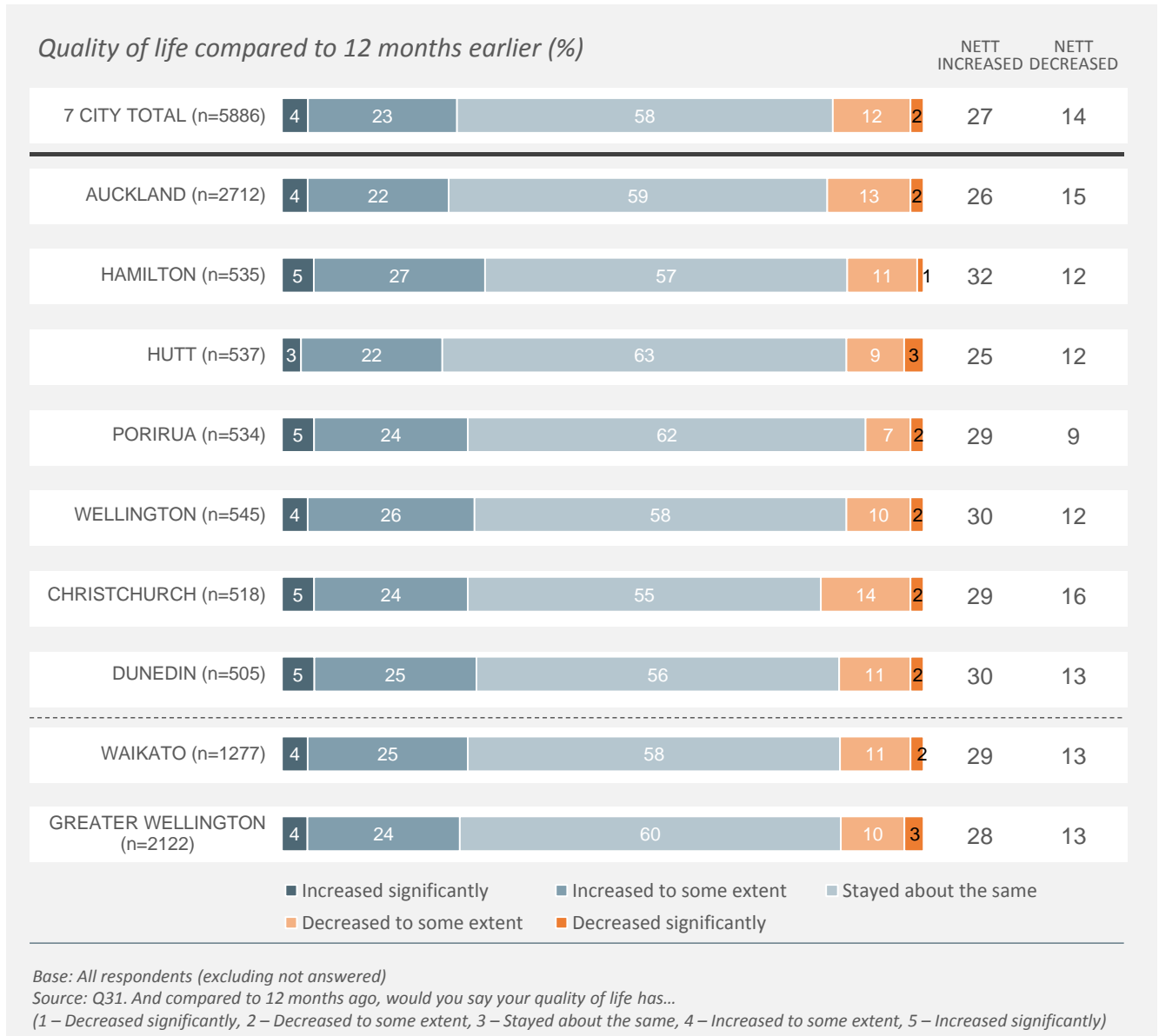
*Caution, small sample size – results are indicative only.

**Missing data (i.e. those who did not answer) were categorised as 'Nothing/no comment'

Note, percentages may add to more than 100% as respondents could mention multiple reasons.

3.3 Quality of life compared to 12 months earlier

Over a quarter (27%) of respondents living in the seven city areas felt their quality of life had improved over the past year.

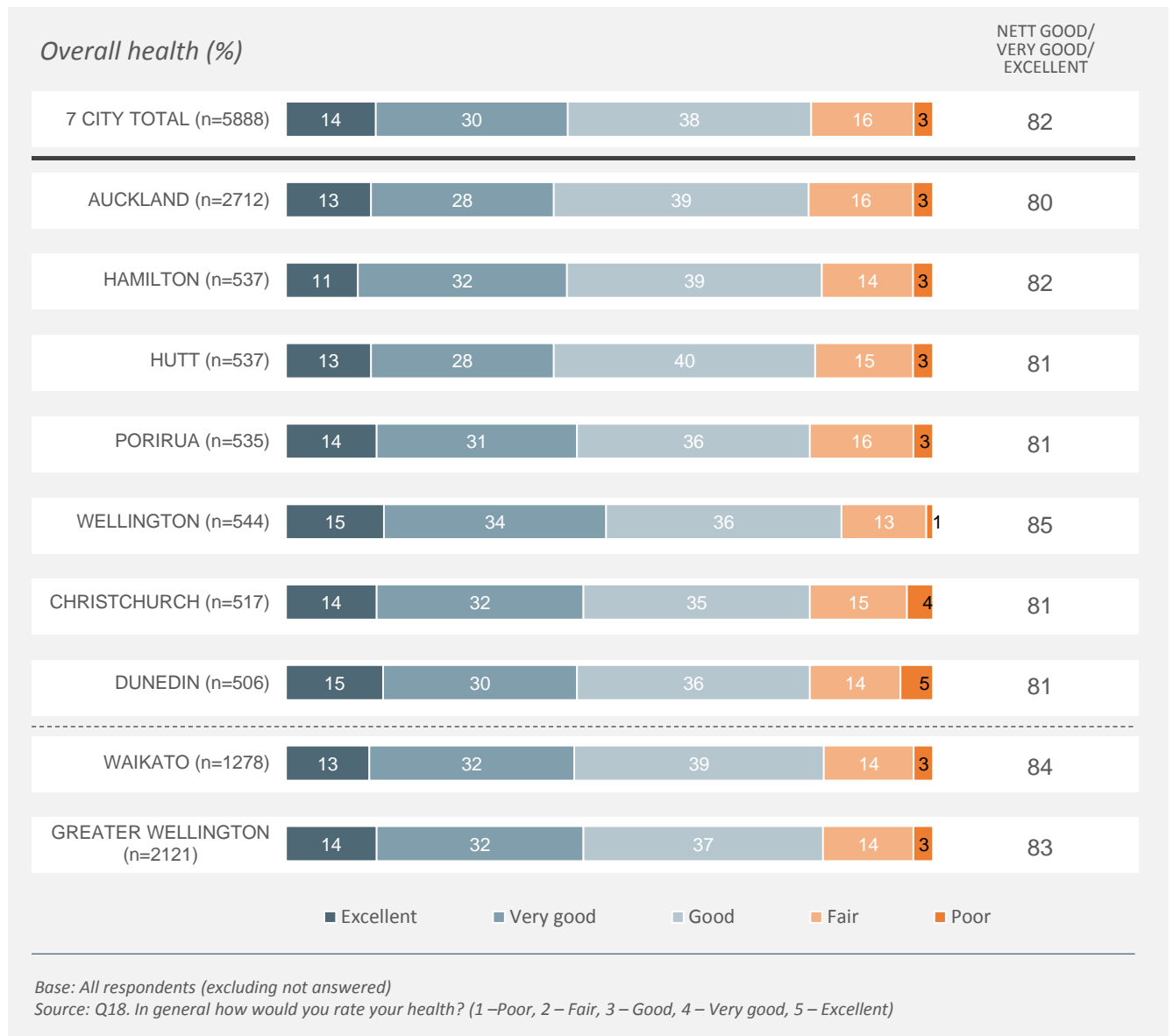


4. HEALTH AND WELLBEING

This section explores respondents' perceptions and behaviour regarding their general health, physical activity and emotional wellbeing.

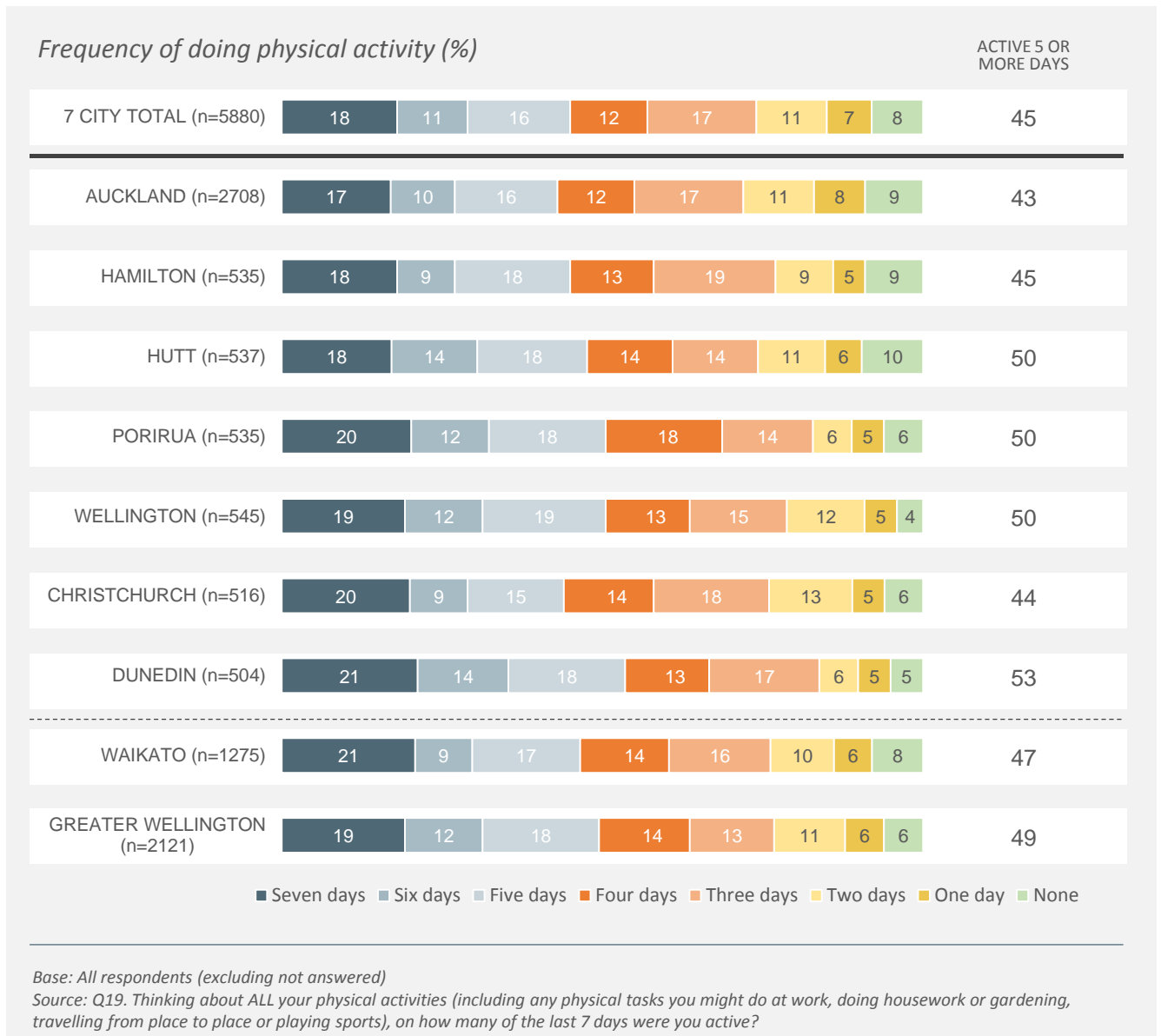
4.1 Overall health

Across the seven cities, four in five (82%) respondents rated their health positively; 14% rated their health as 'excellent', 30% as 'very good', and 38% as 'good'.



4.2 Frequency of doing physical activity in past week

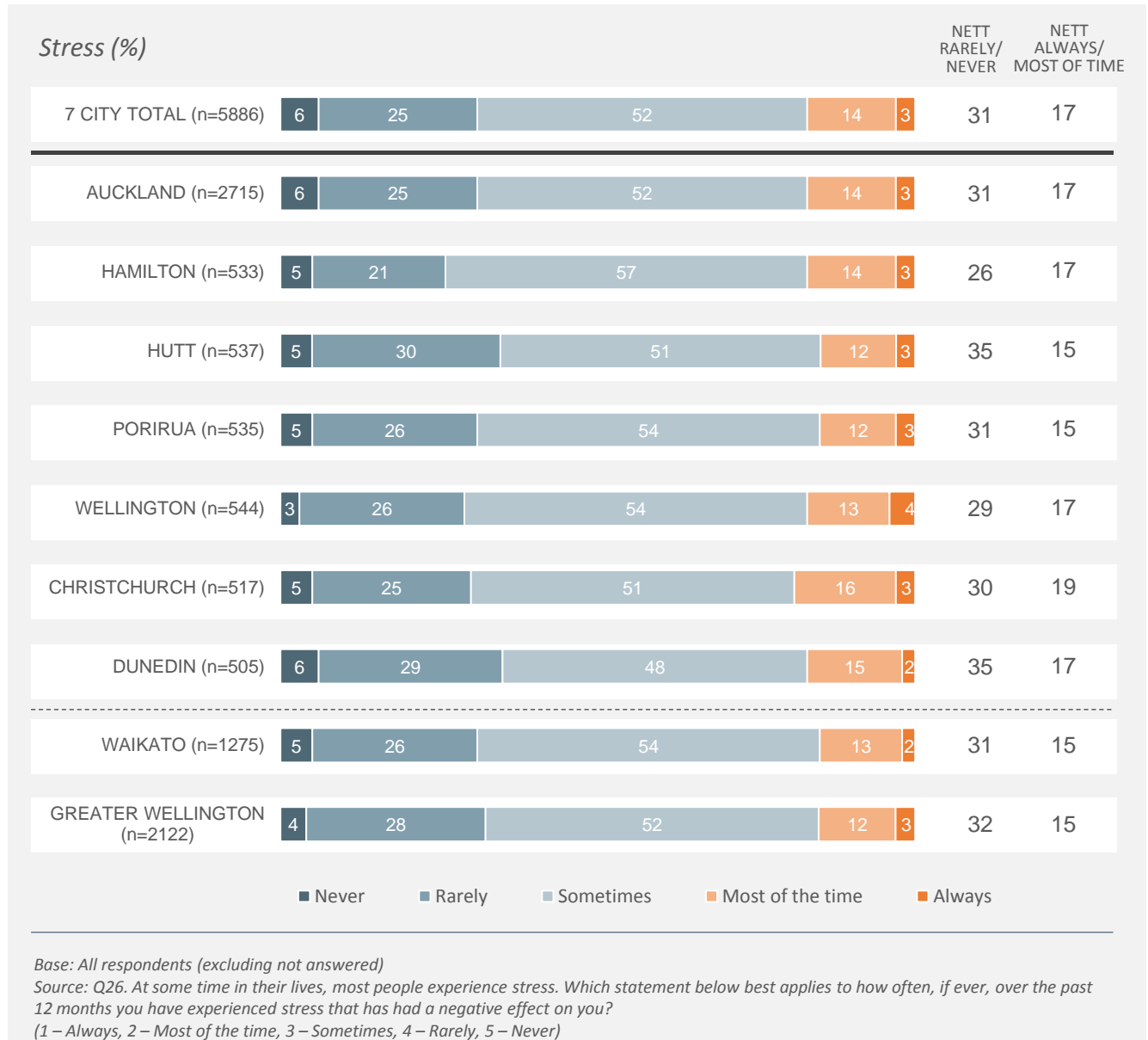
When respondents were asked how many days in the previous seven days they had been physically active, 45% said they had been active five or more days. For the purpose of this survey, ‘active’ was defined as 15 minutes or more of vigorous activity (an activity which made it a lot harder to breathe than normal), or 30+ minutes of moderate exercise (e.g. an activity that makes you breathe harder than normal, such as brisk walking).



4.3 Stress

Respondents were asked how often during the past 12 months they had experienced stress that had had a negative effect on them.

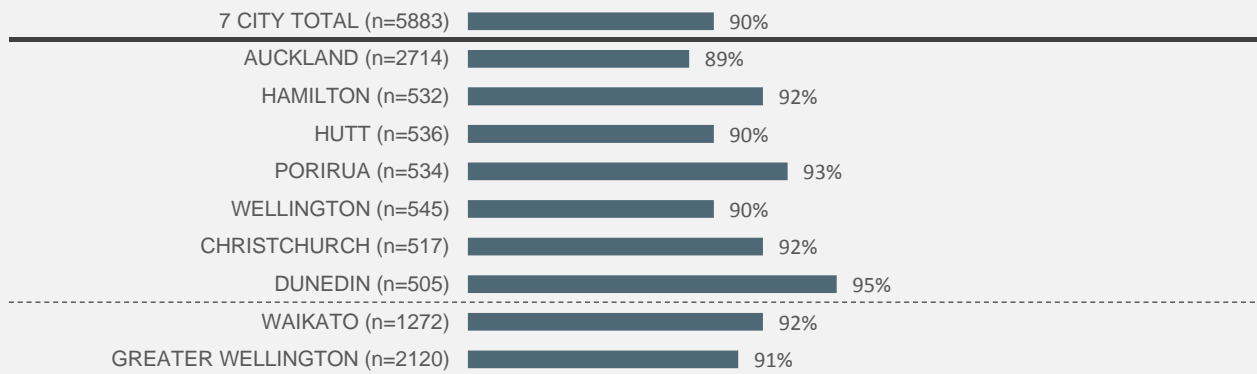
While almost two in ten (17%) respondents had regularly experienced stress that had a negative impact on them, more than three in ten (31%) rarely or never experienced this.



4.4 Availability of support

Nine in ten (90%) respondents feel they have someone to rely on for help if faced with physical injury or illness, or if in need of support during an emotionally difficult time.

Availability of support (% Yes)



Base: All respondents (excluding not answered)

Source: Q25. If you were faced with a serious illness or injury, or needed emotional support during a difficult time, is there anyone you could turn to for help? (1 – Yes, 2 – No, 3 – Don't know)