Impact of long-term health conditions on families in Aotearoa NZ across the life-course
Long-term health conditions (LTHC)

Attention-deficit hyperactivity disorder, anxiety disorders, autism spectrum disorder, bipolar disorder, conduct disorder, disruptive/behavioural disorders, depression, eating disorders, emotional problems, personality disorders, psychotic disorders, sleep disorders.
### Population & health conditions data

<table>
<thead>
<tr>
<th>Population &amp; demographics</th>
<th>Health conditions: 2008 to 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Census 2013</strong></td>
<td></td>
</tr>
<tr>
<td>• Family membership</td>
<td>Cancer register</td>
</tr>
<tr>
<td>• Family type/composition</td>
<td>Chronic conditions dataset</td>
</tr>
<tr>
<td>• Household information</td>
<td>Clinical assessments for older people (interRAI)</td>
</tr>
<tr>
<td>• Socioeconomics (NZDep)</td>
<td>Outpatient services (NNPAC)</td>
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<tr>
<td>• Ethnicity</td>
<td>Hospitalisations (Private &amp; Public)</td>
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<td>• Age</td>
<td>Mental health services (PRIMHD)</td>
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<td>• Gender</td>
<td>Disability assessments (SOCRATES)</td>
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<tr>
<td>• Unpaid caring activities</td>
<td>Pharmaceutical prescriptions</td>
</tr>
<tr>
<td></td>
<td>Laboratory tests</td>
</tr>
<tr>
<td></td>
<td>Deaths (Mortality)</td>
</tr>
</tbody>
</table>

**Data sources**
- Population & health conditions data
  - Stats NZ

**Integrated Data Infrastructure**

- Housing data
- People and communities data
- Education and training data
- Income and work data
- Health data
- Population data
- Benefits and social services data

Stats NZ
Impact of long-term health conditions on families in Aotearoa NZ across the life-course

• What were the characteristics of NZ families in 2013?

• How many NZ families were affected by long-term health conditions (LTHC)?

• What were the characteristics of young peoples who were providing unpaid care to a someone with a disability or illness?

These results are not official statistics. They have been created for research purposes from the Integrated Data Infrastructure (IDI) which is carefully managed by Stats NZ. For more information about the IDI please visit https://www.stats.govt.nz/integrated-data
NZ Families in 2013

1,043,172 study families

From two to over 19 family members

Up to five family nuclei living together

93,864 multi-generational families

512,163 families with at least one child

3,280,497 individuals:

981,906 children

2,298,543 adults

One couple with children:

434,670 families

One couple without children:

404,427 families

One single parent with children:

159,279 families

One couple without children & one couple with children:

12,858 families

Data supplied by Stats NZ
NZ Families and LTHC

3 in 5 families were affected by a LTHC

19% of all families had more than 2 people with a LTHC

Families had up to eight people with a LTHC

1,532,364 people (49%) had a family member with a LTHC

- LTHC & family member with LTHC, 502017, 16%
- No LTHC, family member with LTHC, 1216584, 39%
- LTHC, no family with LTHC, 397929, 13%
- No LTHC, 1216584, 39%
% of families and individuals affected by a family LTHC

- Blue bars: Families that had at least one person with a specific LTHC
- Red bars: People with at least one family member who had a specific LTHC

Mental health/behaviour, Diabetes, TBI, Gout, COPD, CHD, Cancer, Stroke, Dementia
% of people who had a family member with a LTHC

<table>
<thead>
<tr>
<th>NZ Dep Quintile</th>
<th>European</th>
<th>Māori</th>
<th>Pacific</th>
<th>Asian</th>
<th>MELAA</th>
<th>Other ethnicity</th>
</tr>
</thead>
</table>
% of people who had a family member with a LTHC by NZ Dep

Data supplied by Stats NZ
% of people who had a family member with a LTHC

Data supplied by Stats NZ
% of people in each group by LTHC presence/absence

Data supplied by Stats NZ
Next steps…

• How does having a family member with a LTHC affect families over time?
• What are the health and education outcomes for children who have a family member with a LTHC?

Find out more…


https://healthierlives.co.nz/research/lifecourse/

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New Zealanders aged 15–24 providing unpaid care for someone with a disability or illness
Providing Care in NZ

2013 Census data

1 in 14 young people aged 15–24 were providing unpaid care for someone with a disability or illness.

1 in 34 provided unpaid care for someone in their household.

1 in 32 provided unpaid care for someone outside their household.

1 in 100 provided unpaid care both in & outside of their household.

Data supplied by Stats NZ

42,135 young people providing unpaid care to someone with a disability or illness

26,775 European
12,246 Māori
6,939 Pacific Peoples
4,020 Asian
522 MELAA
669 Other Ethnicity

Age group:
- 22 to 24: 34%
- 15 to 18: 34%
- 19 to 21: 32%

NZ Dep:
- 9 or 10: 32%
- 7 or 8: 23%
- 5 or 6: 18%
- 3 or 4: 14%
- 1 or 2: 13%
% who are Young Carers by NZDep

Data supplied by Stats NZ
% of young people providing unpaid care to someone with a disability or illness
Caring among Pacific young people
Next steps...

• What were the characteristics of young people who were providing unpaid care to a someone with a disability or illness in 2018?

• How does this compare with 2013?

• What are the health and education outcomes for young people who provide unpaid care to someone with a disability or illness?

Find out more...


https://carers.net.nz/information/are-you-a-young-carer/

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