Changes in Indian Youth Health in New Zealand between 2001 and 2012

**Percentage change between 2001 and 2007**

**Culture**
- Important to be recognised as Indian*
- Comfortable in Pakeha surroundings
- Satisfied with knowledge of Indian culture*
- Give time to help others in community*

**Family**
- Parent cares a lot
- Get enough time with parents
- Family meals*

**School**
- Adults at school care a lot
- Teachers are fair
- Like school
- Feel safe at school

**Nutrition & exercise**
- Eat 5+ fruit or vegetables
- Exercise for 1 hour at least once a week
- Overweight or obese (BMI)*

**Emotional health**
- Good general wellbeing*
- Serious depressive symptoms
- Suicidal attempts in the last year*

**Substance use**
- Weekly cigarette use
- Binge drinking in last month
- Weekly drinking
- Tried marijuana

**Driving**
- Passenger with dangerous driver in last month
- Always use seatbelt

**Sexual health**
- Have ever had sex
- Always use condoms^
- Always use contraception^

**Violence**
- Physically hit or harmed
- Witnessed adult violence
- Feel safe in the neighbourhood+

**Healthcare**
- Accessed healthcare within the last year*
- Unable to access healthcare when needed*
- Treated unfairly due to ethnicity*

**Economic environment**
- Parents worry about money for food
- Moved home 2+ times in the last year*

The numbers in the bars represent the relative percentage change between 2001 (or 2007*) and 2012.

* Changes from 2007-2012 (Question not asked in 2001).
^ Of students who are sexually active.
+ Changes in the way the question was asked between the survey waves.

Interpretation notes:
The back end of the bar indicates the percentage of students who did that activity in 2001 (or 2007*) and the arrow tip indicates how many reported to do that same activity in 2012. e.g. There was an increase in the proportion of Indian students who reported to feel safe at school from 76% of students in 2001 to 87% of students in 2012.

Non-significant changes should be interpreted with caution. Without statistical significance, we cannot be confident that the suggested change over time reflects real world changes in young peoples’ behaviour.

Please go to www.youthresearch.auckland.ac.nz to find out the full picture.

Produced by the Adolescent Health Research Group (2017). www.youthresearch.auckland.ac.nz