

LiLACS NZ *Factsheet*

Te Puāwaitanga o Ngā Tapuwae Kia Ora Tonu
Life and Living in Advanced Age in New Zealand

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Māori and LiLACS NZ

This fact sheet provides information on the Māori cohort of the research.

LiLACS NZ provides the first detailed knowledge of Māori in advanced age drawn from a population base.

The LiLACS NZ team consists of Māori and non-Māori investigators based at the University of Auckland as well as community partners in Tauranga, Rotorua, Whakatāne, Opotiki and Te Kaha.

Since 2010, Māori and non-Māori nurses and interviewers have been collecting information from Māori aged 80 to 90 years in 2010.

Equal power sampling has been used in the design and implementation of the study as well as bilingual study documents.

Te RopuKaitiaki o ngā tikanga Māori is a group of pan tribal kaumātua aged 60 plus years old to 85 plus years old that oversee the cultural and ethical components of the study.

About Us

The LiLACS NZ longitudinal study was started in 2010 by the School of Population Health at the University of Auckland. It is a world leading research project that aims to determine the predictors of successful advanced ageing and understand the trajectories of health and wellbeing in advanced age.

You can find more information about the LiLACS NZ study on the website <https://www.fmhs.auckland.ac.nz/en/faculty/lilacs.html>

Key Facts

Te reo Māori me ngā tikanga *Māori language and culture*

- Almost two thirds of the Māori participants considered the Māori language and culture to be very important to their wellbeing
- One in two reported that they were able to hold an everyday conversation in te reo Māori
- Three out of four reported that they understood moderately or completely their tikanga Māori
- The marae was the main place that te reo Māori was spoken

Marae

- Almost all of the Māori participants reported that they had been to a marae
- Over the last 12 months, just over one in two of them reported that they had been to a marae several times and more than monthly

Whānaungatanga *Social relationships*

- Almost one in two of the Māori participants' social contacts were mainly with Māori, approximately a third were with some Māori, and one in five had no contact with other Māori
- Four out of five of the Māori participants reported they had a specific role in their whānau. The majority reported that they were very satisfied with the role they played
- Almost one in two of the Māori participants lived in the same area as their hapū



Our Participants

421 Māori men and women aged 80 to 90 years old were enrolled in 2010, a 56% response rate.

On enrolment, the average age of the Māori participants was 82.7 years.

58% of the participants are women and 42% are men.

The Māori participants belong to Iwi from across the country and reside throughout the Bay of Plenty.

The majority of the Māori participants were born in New Zealand.

The population is experienced, knowledgeable and wise.