

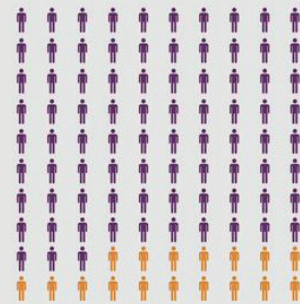
Pacific young people in New Zealand



These findings are based on the Youth'12 health and wellbeing survey of New Zealand secondary school students undertaken in 2012.

Of the **8500** students who completed the survey, **1445** or **17.1%** identified as having Pacific ethnicity.

For every 100 NZ young people, **17** would be Pacific



Family relationships

Pacific young people are generally happy with their family relationships

For every 100 Pacific young people...

- 73 are happy about how they get along with their family
- 61 say their spiritual beliefs are important to them
- 91 say their parents care about them a lot
- 82 feel very proud of being from their family's culture

Since 2001, there have been **significant and important improvements** in the health and wellbeing of Pacific youth



But some **issues have not improved or have worsened** over the 11-year period for Pacific youth



have general good wellbeing



are satisfied with life
(82% in 2001)

School Environment

Pacific young people enjoy their school environments and have aspirational goals

For every 100 Pacific young people...

- 90 want to complete school compared to 78 in 2001
- 92 felt part of their school compared to 85 in 2001
- 87 feel safe at school compared to 72 in 2001

Pacific students were **more likely** than NZ European students to report that they **felt part of their school** and that **an adult at school cares about them**.

Economic hardship

The majority of Pacific young people are economically disadvantaged and live in environments that can be challenging to their healthy development.

71 live in poor neighbourhoods compared to 16 NZ European students

For every 100 Pacific young people...

- 49 live in homes with household deprivation
- 24 know that their parents worry about having enough food
- 20 live in an overcrowded house

Emotional wellbeing

For every **100 Pacific young people...**

17 females and **9 males** would have **significant depressive symptoms**

32 females and **21 males** would have **deliberately self-harmed**

12 females and **4 males** would have **attempted suicide in the last year**

Nutrition

For every **100 Pacific young people...**

40 would have had **4 or more fizzy drinks** in the last week

32 would have eaten **takeaways 4 or more times** in the last week



are overweight or obese

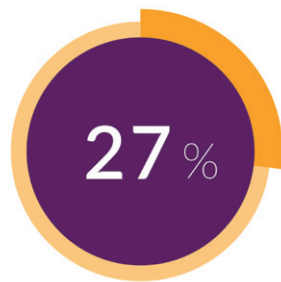
Sexual Health

For every **100 Pacific young people...**

44 would **always use contraception** when they had sex

4 would be **attracted to people of the same sex** or **attracted to people of both sexes**

2 would be **transgender**



have had sex

Substance use

Pacific young people are **less likely to use substances** than they were in **2001**.

For every **100 Pacific young people...**

7 would **smoke cigarettes weekly** compared to **22 in 2001**

3 would **use marijuana** compared to **9 in 2001**

6 currently **drink alcohol** compared to **14 in 2001**

18 would have engaged in **binge drinking** within the **last month** compared to **34 in 2001**

Safety

Pacific young people have **greater exposure to violence** than other young people in **NZ**. For every **100 Pacific young people...**

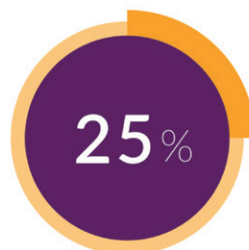
27 would have witnessed **adults hit children at home** compared with **9 NZ European students**.

22 would have experienced **sexual abuse or coercion** compared with **12 NZ European students**.

Access to healthcare

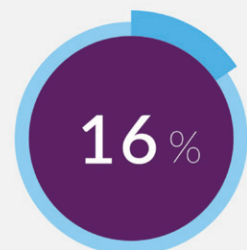
Pacific young people have **greater exposure to violence** than other young people in **NZ**. For every **100 Pacific young people...**

Pacific students were almost **twice** as likely to report being unable to **access health or dental care** that they required within the last 12 months.



were unable to access healthcare when required in the last year

Compared to



of New Zealand Europeans

Conclusions

We have seen some great improvements in our Pacific young people's well being over the last decade, and we need to continue to foster this growth. However, we can not be complacent. Significant and persistent inequities still remain for Pacific youth.

Prioritising the wellbeing of Pacific youth will require purposeful and planned strategies that acknowledge our young people's behaviour is influenced by their environment – family, school, churches, communities and wider political environments. Culturally relevant interventions, programmes and services for Pacific youth must address these broader contexts, as well building their individual skills. We want all Pacific young people to have the resources, support, skills and assets they need to thrive and be proud of who they are.

This factsheet was based on the Youth'12 Pacific Youth Health Wellbeing Report.

To access this report please visit:
www.youthresearch.auckland.ac.nz

The images used in this fact sheet are from the Le Va Pacific Youth Health video. To access this motion graphic video please visit:

<https://www.youtube.com/watch?v=3U0bzVOBKMY>

Reference: Moselen, E, Allan, J & Adolescent Health Research Group (2016). Youth'12 Pacific Youth Health and Wellbeing Fact Sheet. Auckland: The University of Auckland.