

Sovereign Wellbeing Index

New Zealand's first measure
of wellbeing.

Prepared by Human Potential Centre –
AUT University, March 2013



HUMAN POTENTIAL CENTRE
AN AUT UNIVERSITY RESEARCH CENTRE

In partnership with Sovereign

SOVEREIGN

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Foreword

Sovereign chose to support New Zealand's first wellbeing index because we wanted to better understand the challenges and opportunities ahead of us in the area of health and wellbeing.

The Human Potential Centre at the Auckland University of Technology has produced the most comprehensive survey yet of the quality of life of New Zealanders.

We're proud to be part of such a significant and worthwhile project, and one with relevance not only to ourselves as an insurance provider, but to the nation as a whole. The health and wellbeing of New Zealanders has a direct impact on Sovereign as a business but also the communities in which we all live.

This report challenges the traditional definition of 'wellbeing' and will provide new and valuable insight into how we really feel about ourselves and our lives. What contributes to our sense of wellbeing? Is it the same for everyone? What is going right for us, and what is going wrong? What needs to change to make things better?

The index will allow us to track changes in wellbeing over time, and also to compare ourselves with other countries.

From this survey, we should be able to see the areas where Sovereign can make a real impact in helping to enhance the wellbeing of New Zealanders and make New Zealand a better place to live.



Symon Brewis-Weston
Chief Executive Officer
Sovereign

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Thank you to all the New Zealanders who participated in the first round of the Sovereign Wellbeing Index.

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Executive Summary

This report presents key findings from the Sovereign Wellbeing Index about the wellbeing of New Zealand adults in late 2012. The survey is the first national representation of how New Zealanders are faring on a personal and social level. The Sovereign Wellbeing Index provides a much needed look into how New Zealanders are coping within the economic conditions.

Wellbeing around New Zealand

- ➔ Using flourishing as a measure of wellbeing there were small but consistent effects of gender, age and income. Older, female and wealthier New Zealanders on average showed higher flourishing scores. Similar findings were found across all other measures of wellbeing giving some confidence in the convergence of measures.
- ➔ There were only small differences in average flourishing scores between ethnic groups (NZ European slightly higher than Asian) and regions across New Zealand.
- ➔ Social position was a powerful indicator of wellbeing. Those higher on the social ladder reported much higher wellbeing.
- ➔ The five Winning Ways to Wellbeing were all strongly associated with higher wellbeing. People who socially connected with others (Connect), gave time and resources to others (Give), were able to appreciate and take notice of things around them (Take notice), were learning new things in their life (Keep learning), and were physically active (Be Active) experienced higher levels of wellbeing.

Super Wellbeing

- ➔ We looked at the 25% of the population with the highest wellbeing scores and examined what factors defined this group from the rest of the population. This underpins the idea that psychological wealth and resources can be identified and public policy and action, and personal resources utilised to improve these determinants.
- ➔ Similar findings to wellbeing in general were identified. Females were 1.4 times more likely to be in the super wellbeing group than males. More older, higher income, and higher social position New Zealanders were in the super wellbeing group.
- ➔ Connecting, Giving, Taking notice, Keeping learning, and Being active were all strongly associated with super wellbeing.
- ➔ Other health measures were also strongly associated with super wellbeing. These included better overall general health, non-smokers, exercisers and those with healthier diets and weights were all more likely to experience super wellbeing.

International comparisons

- ➔ When compared with 22 European countries using the same population measures, New Zealand consistently ranks near the bottom of the ranking in both Personal and Social Wellbeing. New Zealand is well behind the Scandinavian countries that lead these measures.
- ➔ New Zealand ranks 17th in Personal Wellbeing. Personal Wellbeing is made up of the measures of Emotional Wellbeing (rank 16th), Satisfying Life (rank 16th), Vitality (rank 16th), Resilience and Self-esteem (rank 19th), and Positive Functioning (rank 23rd).
- ➔ New Zealanders did however rank above the mean for happiness, absence of negative feelings and enjoyment of life. However, we were still well below the top ranked countries.
- ➔ New Zealand ranks 22nd in Social Wellbeing. Social Wellbeing is made up of the dimensions of Supportive Relations (rank 21st), Felt lonely (rank 20th), Meet socially (rank 21st), Trust and Belonging (rank 23rd), People in local area help one another (rank 21st), Treated with respect (rank 22nd), Feel close to people in local area (rank 23rd), and most people can be trusted (rank 11th).
- ➔ Further exploration of our worst-ranked Social Wellbeing indicator 'Feeling close to people in local area' showed considerable variation across the country with the major cities scoring worst with Auckland at the top. Regional areas fared somewhat better. Younger people and NZ European New Zealanders scored lowest.

Future

New Zealanders make choices everyday about their wellbeing. These are both personal choices as well as democratic choices about public policy and action at local and national levels. It is our vision that this index can help frame both personal choices and public policy and action in New Zealand. If it isn't wellbeing for ourselves and others we are ultimately striving for, then what is it?

The Sovereign Wellbeing Index will continue to monitor the wellbeing of New Zealanders over the next four years. We plan to follow up some of the participants in this nationally representative cohort to see how their wellbeing changes with time as well as continue to run this national index and benchmark indicators against European countries.

Introduction:

This report provides a snapshot of wellbeing in New Zealand using data from the Sovereign Wellbeing Index.

These results tell us about how New Zealanders are feeling and functioning in their lives, what factors contribute to Super Wellbeing, and whether this is the same for everyone. It also provides an indication of how New Zealand compares with other European nations.

Wellbeing

“Too much and for too long we seemed to have surrendered personal excellence and community values in the mere accumulation of material things. Yet the gross national product does not allow for the health of our children, the quality of their education or the joy of their play. It does not include the beauty of our poetry or the strength of our marriages, the intelligence of our public debate or the integrity of our public officials. It measures neither our wit nor our courage, neither our wisdom nor our learning, neither our compassion nor our devotion to our country, it measures everything in short, except that which makes life worthwhile” (Former US Senator Robert Kennedy, March 18, 1968 (Krueger, 2009)).

Traditionally, the success of a nation has been determined using economic indicators such as Gross Domestic Product (GDP). However, such measures fail to capture how society is functioning as a whole, and fail to reflect whether people's lives are prospering in line with economic growth (Michaelson, Abdallah, Steuer, Thompson, & Marks, 2009). In fact, the continual drive to improve national economic measures may be negatively impacting people's lives through longer working hours, decreased social connections, negative environmental impacts and rising levels of indebtedness (Michaelson et al., 2009; Stoll, Michaelson, & Seaford, 2012). Thus, there is emerging interest in capturing the wellbeing of individuals and of the population as a whole.

Traditionally, wellbeing has been the study of fixing what is wrong with individuals to make them 'well' (Diener, 2000). However, wellbeing now incorporates what is going right with both individuals and society. The challenge is to enable a society where people lead purposeful and meaningful lives through supportive and rewarding social relationships, engaging daily activities, and are actively contributing to the happiness and wellbeing of others.

Measuring wellbeing

Science has progressed considerably over the last decade with the development of robust, reliable and valid measures of wellbeing, and the investigation of components that contribute to wellbeing (e.g. curiosity, strengths, positive emotions, physical health and social connections). Flourishing, which can be conceived of as social-psychological prosperity incorporating important aspects of human functioning, is another concept gaining popularity in the international wellbeing research. In essence, to flourish is to “live within an optimal range of human functioning, one that connotes goodness, growth, and resilience” (Fredrickson, 2005, p. 678). Measures of flourishing tend to be more stable over time than feelings, and international research has indicated significantly better health outcomes for flourishing individuals (e.g. see Dunn, 2008).

One of the most comprehensive wellbeing indices developed to date is the Personal and Social Wellbeing module included in the European Social Survey (ESS). The ESS is a social survey conducted every two years of approximately 1,500 respondents from each of the 25 participating European countries. In 2005/2006 (Round 3) the survey comprehensively measured wellbeing as a multi-dimensional construct. Specifically, the ESS Personal and Social Wellbeing module measures how people feel (e.g. experiences of pleasure, sadness, enjoyment and satisfaction) and how people function (e.g. their sense of autonomy, competence, interest and meaning or purpose in life) (Huppert et al., 2009). The module was updated in Round 6 with the inclusion of additional questions to measure engagement and wellbeing promoting activities, and other psychometric improvements.

Against this international backdrop, wellbeing research in New Zealand is limited. What little research there is has been mainly focused around a single measure of life satisfaction, and has utilised cross-sectional designs. In addition, the extent to which New Zealanders are flourishing has never been measured. A comprehensive measure of wellbeing that investigates the multiple components of

wellbeing and their relationship to individual and population health has not been assessed in New Zealand. Understanding the wellbeing of New Zealanders will help to drive changes and policy that can be made at individual and societal level to make New Zealand a better place to live.

What's in this report?

Overview of the report

This report presents key findings about the wellbeing of New Zealand adults aged 18 years and over which come from the Sovereign Wellbeing Index, Wave 1 2012.

The key findings cover the following topics:

- Wellbeing in New Zealand;
- New Zealanders with high psychological wealth; and
- How New Zealand as a nation compares with European countries.

Indicators

The indicators in this report present key measures of wellbeing from the Sovereign Wellbeing Index. Taken together, these indicators provide a comprehensive summary of the current status of wellbeing in New Zealand in the following areas:

- Flourishing
- Depressed Mood
- Social Position
- Winning Ways to Wellbeing: Connect, Give, Take Notice, Learn, Be Active
- Super Wellbeing
- Wellbeing and Health

Survey design and analysis

Survey content

The survey contains measures of wellbeing, socio demographics and lifestyle behaviours. The core wellbeing components of the survey comes from the rotating Personal and Social Wellbeing module of the European Social Survey (ESS; Round 3). This comprehensive module was supplemented with additional psychometric scales which measure several components of wellbeing.

Technical details about the Wave 1, 2012 survey

The 2012 survey included 9,962 adults aged 18 years and over randomly selected from one of New Zealand's largest research panels. Email invitations were sent to a total of 38,439 active panel members (Return rate¹ 32%, n=12,170; Completion rate²: 82%, n=9,962). Participants completed a web-based survey using a typical point-and-click interface visually and functionally similar to a paper-based survey. The New Zealand branch of TNS Global carried out the recruitment and data collection. The results in this report refer to the sample selected from 26 September to 25 October 2012.

Statistical methods

Key statistical information is presented through graphs and tables, with short comments about noteworthy results.

All means, proportions, odds ratios and 95% confidence intervals in this report have been rounded to one decimal place.

1. Return Rate – individuals who entered the survey but may or may not have completed the survey.

2. Completion Rate - eligible participants who agreed to participate and completed the survey.

95% confidence intervals

The results presented in this report have 95% confidence intervals. A confidence interval indicates the level of uncertainty in a measurement that occurs due to taking a sample rather than measuring everyone in the population. A confidence interval is a range within which the true population value is likely (95% of the time) to fall. The sample size influences the precision of the confidence interval. When the sample size is small, the confidence interval is typically wider and the estimate is less precise.

Adjusted odds ratios

This report uses adjusted odds ratios to compare different population groups. An odds ratio represents the odds of an indicator for the group of interest (e.g. overweight) compared with the reference group (e.g. normal weight). An odds ratio above 1 means the indicator is more likely in the group of interest than in the reference group; an odds ratio of below 1 means the indicator is less likely. The adjusted odds ratios are adjusted for other demographic factors that may be influencing the comparison, such as age, gender, income and ethnic group.

Z-scores

This report uses z-scores to compare wellbeing indicators between New Zealand and European countries that participated in the European Social Survey. A z-score allows different indicators on varying response scales to be standardised and compared. It also allows indicators to be grouped together (aggregated) with other like indicators. Z-scores were transformed to a 0-10 scale, where 5 is the mean across all countries combined. A country score above 5 means that country scored above the combined mean; a score below 5 means that country scored below the combined mean.

Section 1: Wellbeing around New Zealand

In this section, the context of wellbeing in New Zealand is explored through a descriptive set of results. New Zealanders' flourishing scores, depressed mood scores and social position scores are presented. Comparisons are made between different socio-demographic groups to show which groups in New Zealand are doing well and which groups could fare better.

Baseline measurements on the Winning Ways to Wellbeing are also presented. Incorporating the Winning Ways to Wellbeing into daily living has been promoted as a way to improve overall wellbeing (Aked, 2011). The Winning Ways includes connecting, giving, taking notice, learning and being active.

Section 1: Key Findings

- ➔ Using flourishing as a measure of wellbeing, there were small but consistent effects of gender, age and income. Older, female and wealthier New Zealanders on average showed higher flourishing scores. Similar findings were found across all other measures of wellbeing (e.g. life satisfaction, happiness) giving some confidence in the convergence of measures.
- ➔ There were only small differences in average flourishing scores between ethnic groups (NZ European slightly higher than Asian) and regions across New Zealand.
- ➔ Social position was a powerful indicator of wellbeing. Those higher on the social ladder reported much higher wellbeing.
- ➔ The five Winning Ways to Wellbeing were all strongly associated with higher wellbeing. People who socially connected with others (**Connect**), gave time and resources to others (**Give**), were able to appreciate and take notice of things around them (**Take notice**), were learning new things in their life (**Keep learning**) and were physically active (**Be Active**) experienced higher levels of wellbeing.

1.1. Flourishing

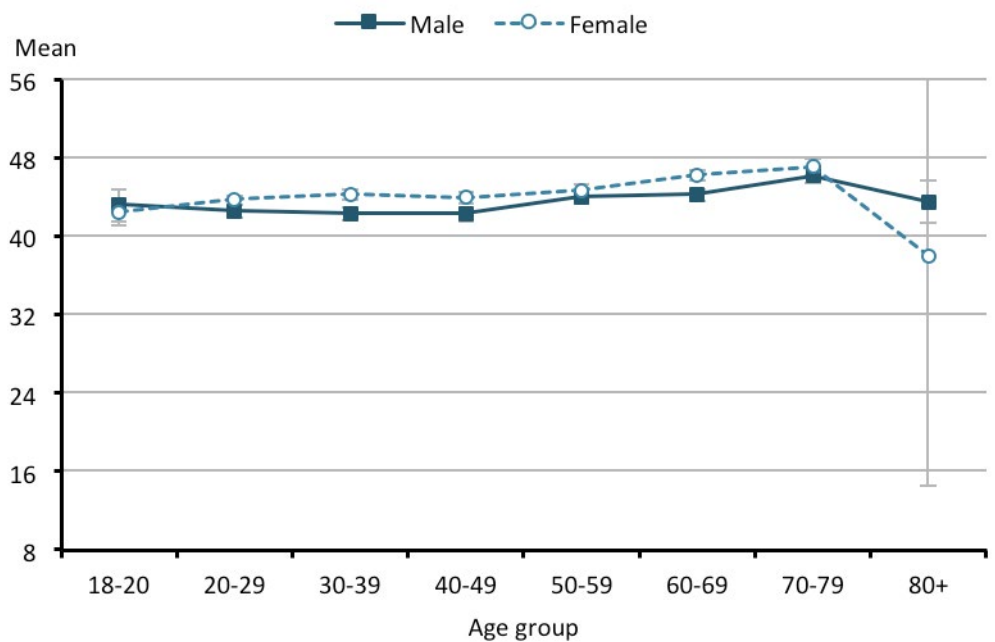
People who are flourishing have supportive and rewarding relationships, actively contribute to the happiness of others, lead purposeful and meaningful lives and are engaged and interested in their activities (Diener et al., 2010). The Sovereign Wellbeing Index provides the first assessment of flourishing in New Zealand.

Flourishing was assessed using the Flourishing Scale (Diener et al., 2010). Scores ranged from 8 (lowest possible score) to 56 (highest possible score). In this section mean flourishing scores and 95% confidence intervals are reported.

Females and older people are flourishing more

The mean flourishing score across New Zealand was 43.9 (95% CI 43.8-44.1). Flourishing by age shows that older people are flourishing more. People aged 50-79 years have higher flourishing scores than those aged 40-49 years. Flourishing by gender shows that compared to males, New Zealand females are flourishing more (Figure 1).

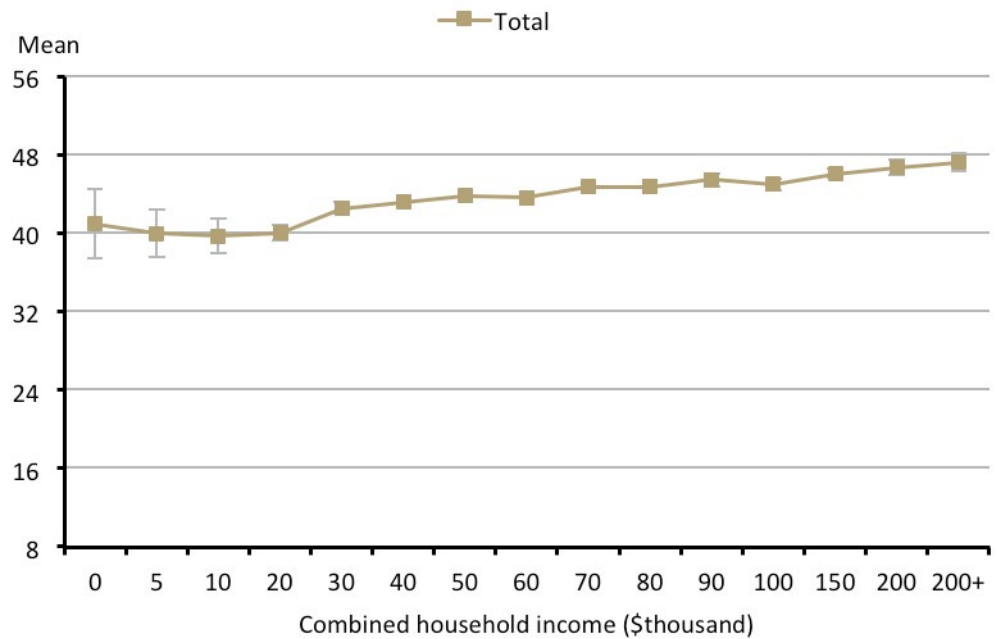
Figure 1: Flourishing in New Zealand, by age group and gender



New Zealanders with higher household incomes have higher flourishing scores

New Zealanders whose household incomes are above \$20,000 have higher flourishing scores compared to those who report household incomes between \$10,000 and \$20,000 per year (Figure 2). People with the highest incomes have the highest flourishing scores.

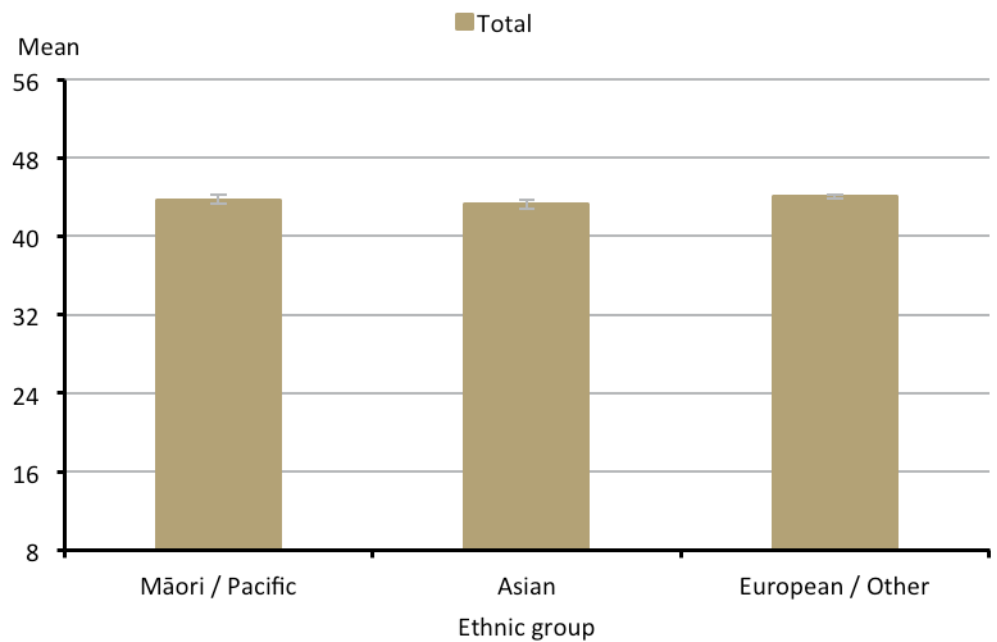
Figure 2: Flourishing in New Zealand, by income



In New Zealand, European people are flourishing more than Asian people

European people report higher flourishing scores than Asian people. There were no differences between flourishing scores for Māori / Pacific and European or Asian ethnic groups (Figure 3).

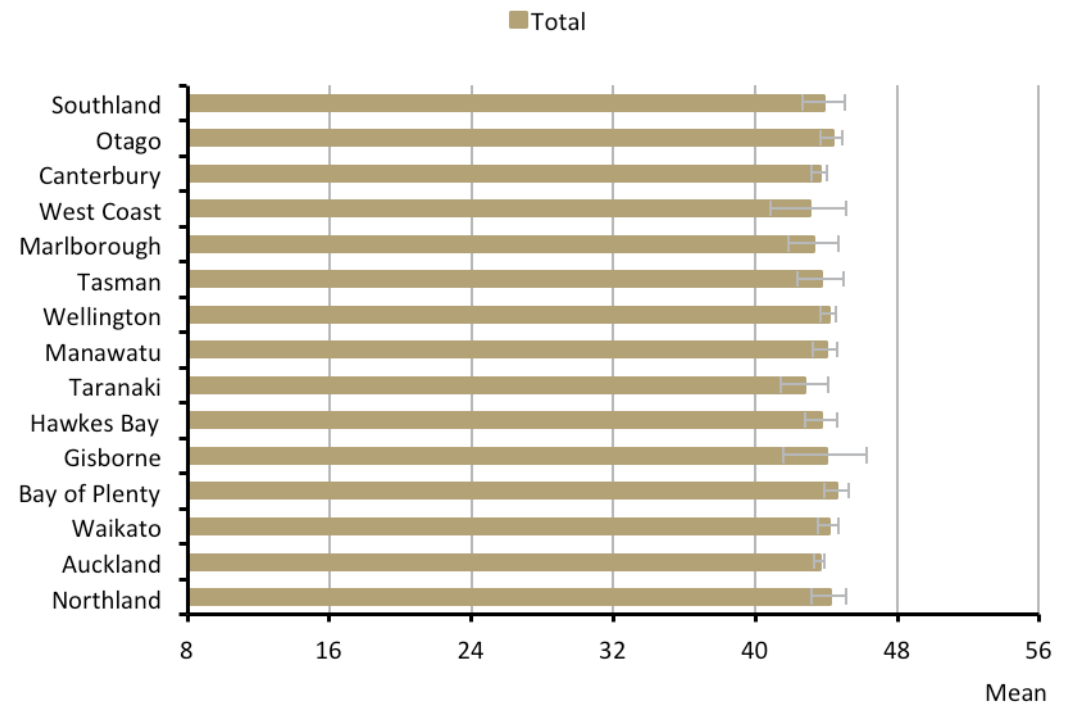
Figure 3: Flourishing in New Zealand, by ethnicity



Little variation in flourishing scores by region

Flourishing scores by region indicate that people in Taranaki are flourishing the least and people in the Bay of Plenty are flourishing the most. However, there was little variation in mean flourishing scores between other regions (Figure 4).

Figure 4: Flourishing in New Zealand, by region



1.2. Depressed mood

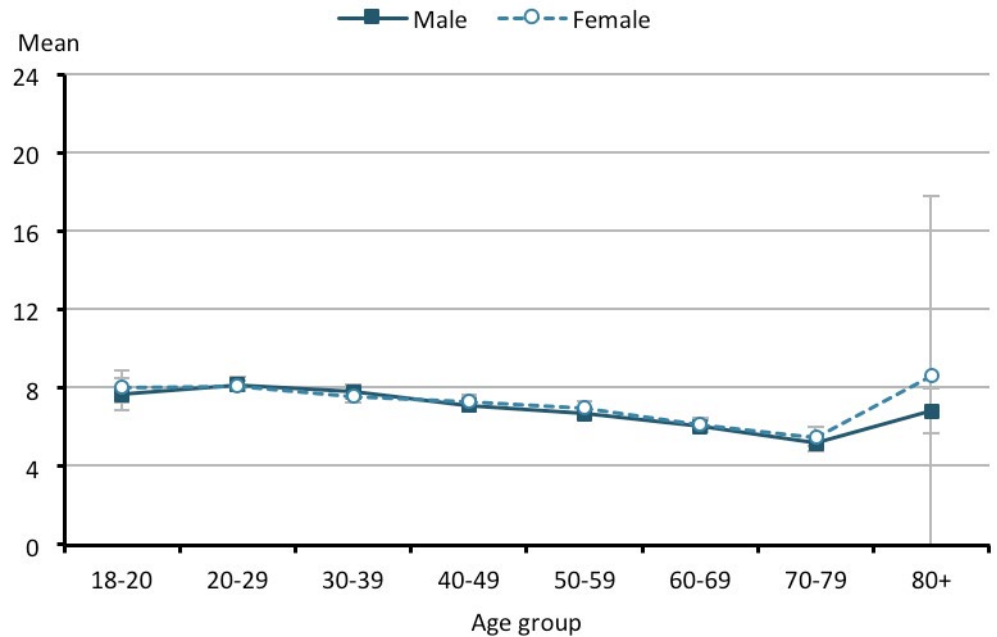
Depressed mood was measured using the Centre for Epidemiology 8-item Depression Scale (CESD-8). The possible range of scores is from 0 (lowest possible) to 24 (highest possible). High scores on the CESD-8 indicate high levels of distress.

In this section, mean CESD-8 scores and 95% confidence intervals are presented.

Depressed mood is higher among younger people

The mean score for depressed mood in New Zealand is 7.2 (95% CI 7.1-7.3). New Zealanders aged 40-79 years experience lower levels of depressed mood than those aged 20-29 years (Figure 5). Depressed mood does not differ by gender (Figure 5).

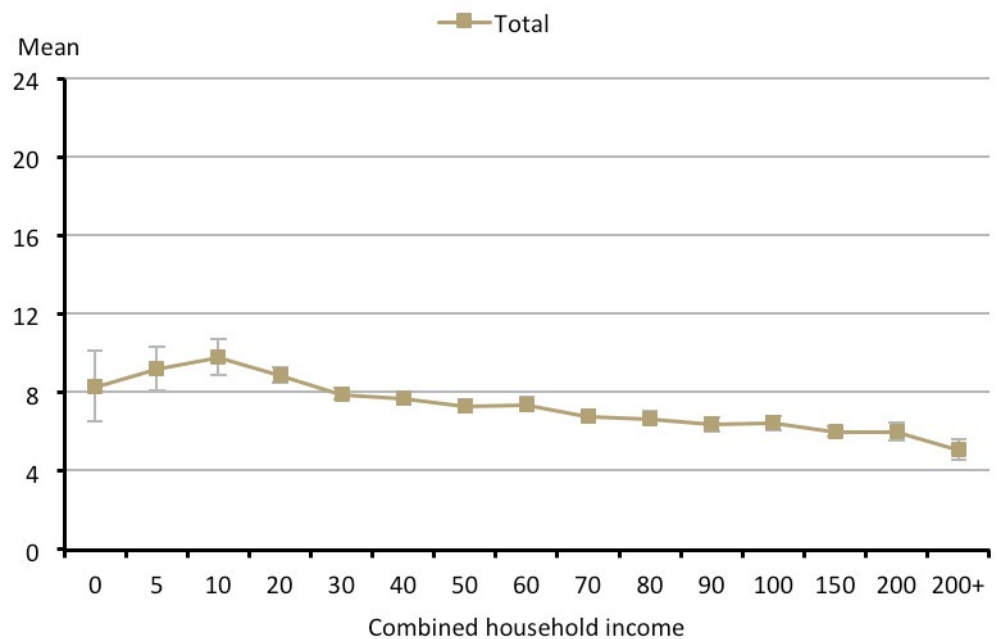
Figure 5: Depressed mood in New Zealand, by age and gender



Depressed mood decreases as income increases

There is a trend for depressed mood to decrease as household income increases. People with household incomes between \$5,000 and \$20,000 have higher scores for depressed mood than those who indicated that their household income was above \$20,000. People in higher income brackets (>\$70,000) experience lower levels of depressed mood compared to those who report household incomes between \$20,000 and \$70,000 (Figure 6).

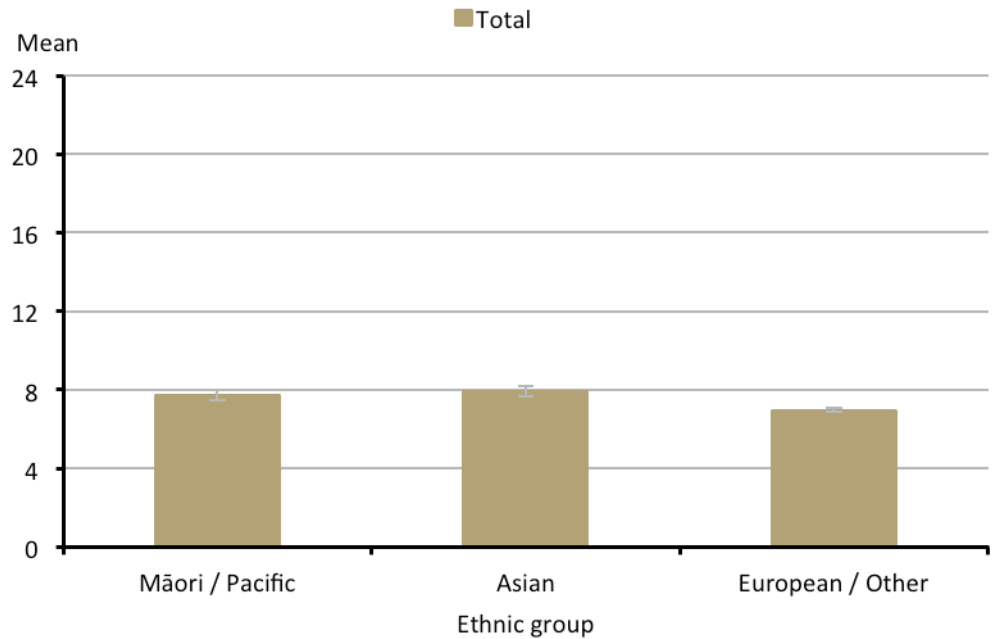
Figure 6: Depressed mood in New Zealand, by income



European people have lower levels of depressed mood

European people report lower levels of depressed mood (6.9, 95% CI 6.8-7.0) compared to Māori / Pacific people (7.7, 95% CI 7.4-8.0) and Asian people (7.9, 95% CI 7.7-8.2). There are no differences in depressed mood between Māori / Pacific and Asian ethnic groups (Figure 7).

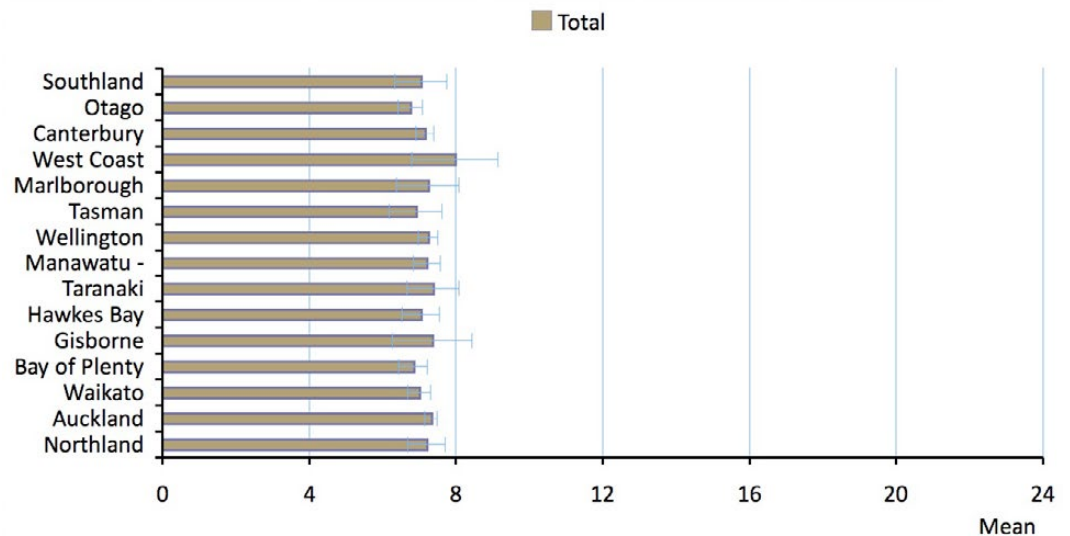
Figure 7: Depressed mood by ethnic group



Little variation in depressed mood by region

The West Coast has the highest levels of depressed mood and Otago the lowest; however the difference between these regions is not statistically significant (Figure 8).

Figure 8: Depressed mood in New Zealand, by region



1.3. Social position

Social position measures where people perceive themselves to be in society towards the top of society or towards the bottom. Participants ranked their position in society on a scale from 0 (bottom of society) to 10 (top of society).

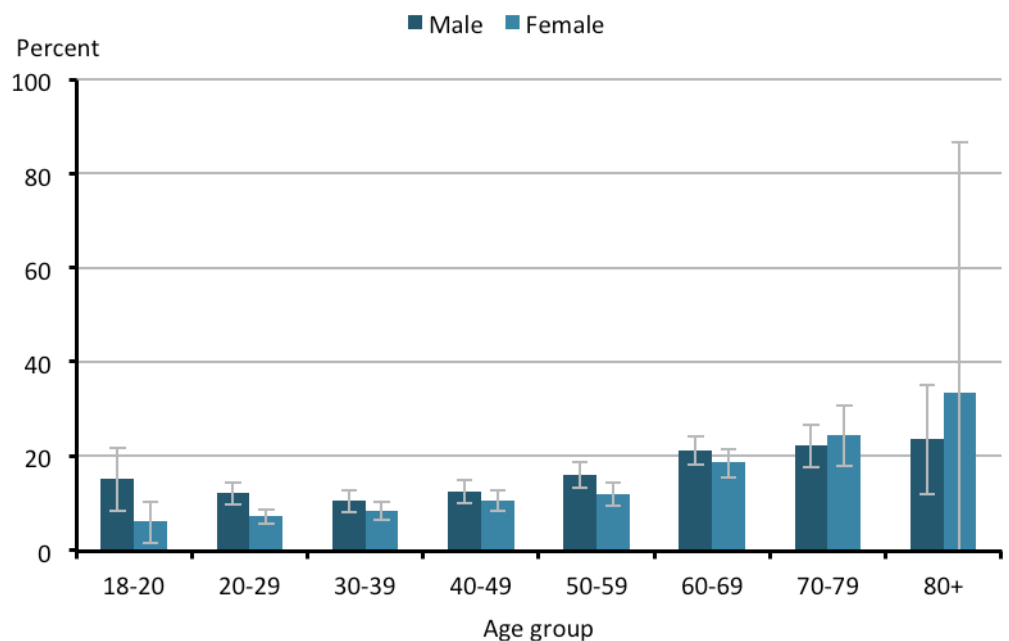
In this section the results of the proportion of people who rate themselves towards the top of society (a score of 7-10 on the social position scale) are reported.

Social position increases with age

There is a trend for perception of position in society to increase with age. The proportion of those aged 20-29 years who perceived their social position to be high was less than those aged 50 years and over (Figure 9).

Social position by gender shows that females' perceptions of social position were lower than males (Figure 9).

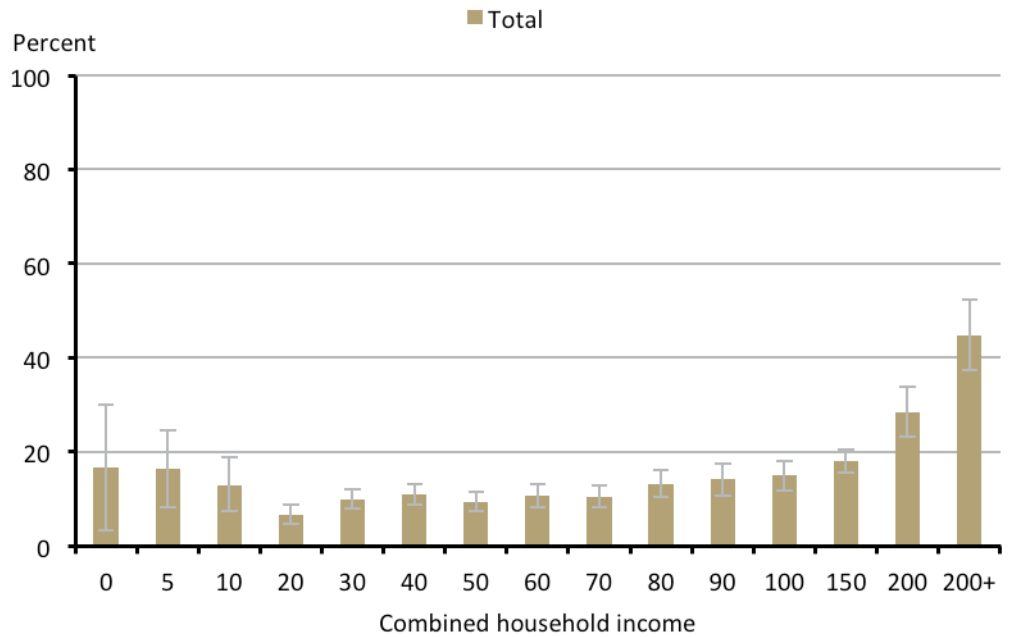
Figure 9: Proportion of New Zealanders towards the top of society, by age and gender



Nearly half of those with the highest income rate themselves near the top of society

Far fewer people with low incomes rated themselves near the top of society compared to those who report higher household incomes. A significantly larger proportion of people with household incomes above \$70,000 rated themselves near the top of society compared to those in the \$10,000 to \$20,000 income bracket (Figure 10).

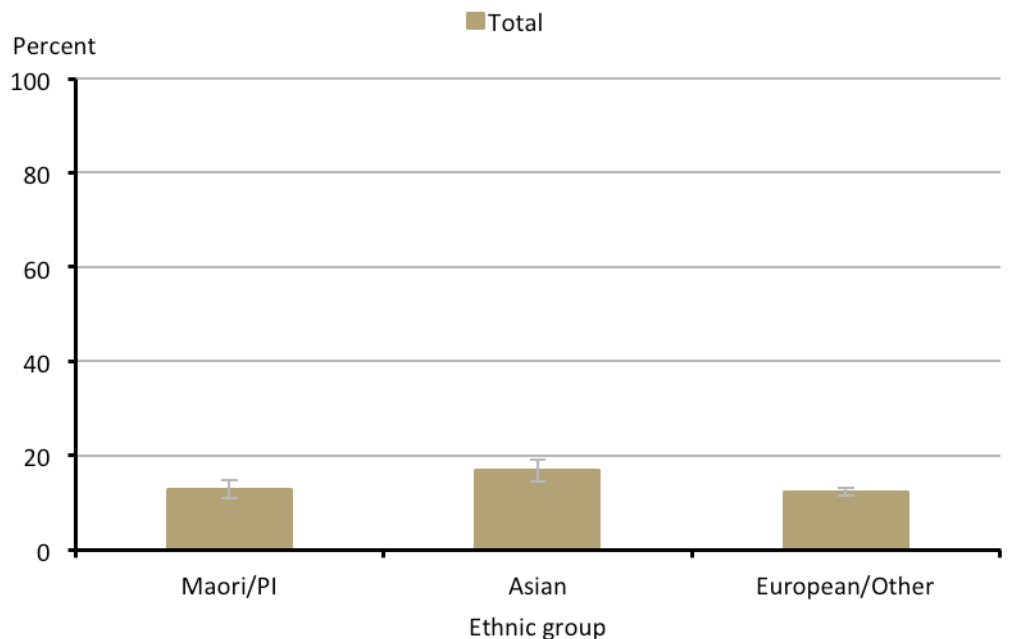
Figure 10: Proportion of New Zealanders towards the top of society, by income



The proportion of Asian people who rate themselves near the top of society is higher than European people

Less European people rated themselves towards the top of society (12.4%, 95% CI 11.6-13.1) compared to Asian people (16.8%, 95% CI 11.6-19.1). There was no statistically significant difference between the proportion of Māori / Pacific people who rated themselves towards the top of society and other ethnic groups (Figure 11).

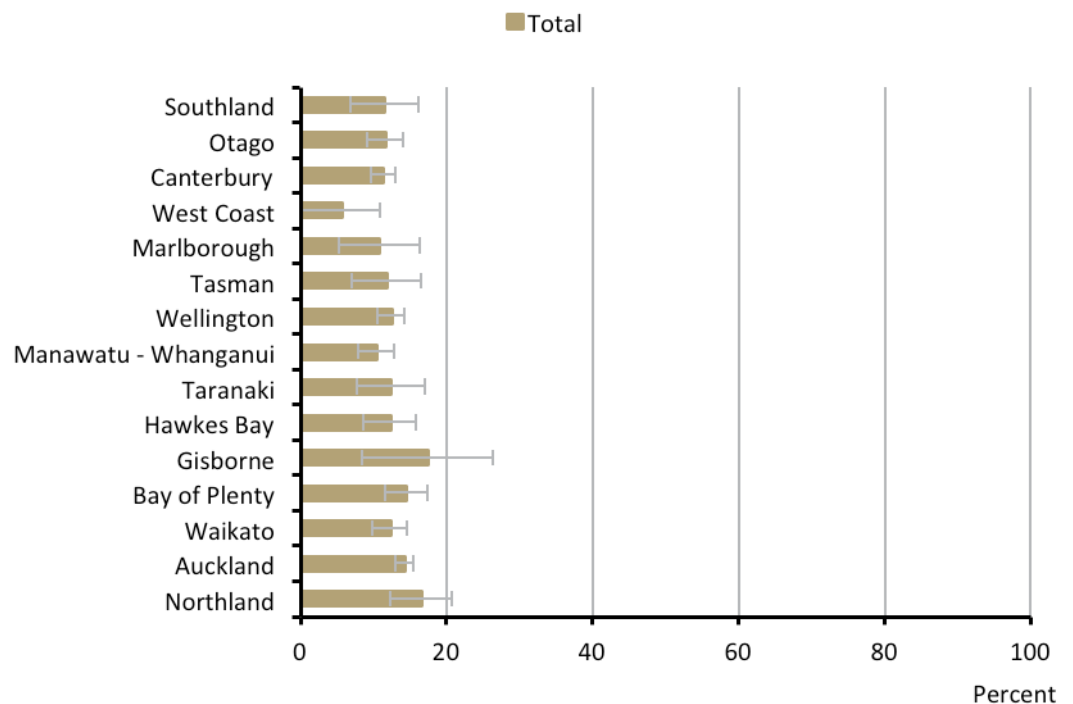
Figure 11: Proportion of New Zealanders towards the top of society, by ethnicity



Less West Coasters ranked themselves near the top of society

A small proportion of West Coasters (5.6%, 95% CI 0.3-11.0) perceived themselves to be near the top of society. Significantly less people from the West Coast rated themselves near the top of society compared to Northland (16.6%, 95% CI 12.3-20.8), Auckland (14.3%, 95% CI 13.1-15.5) and the Bay of Plenty (14.5%, 95% CI 11.6-17.4) (Figure 12).

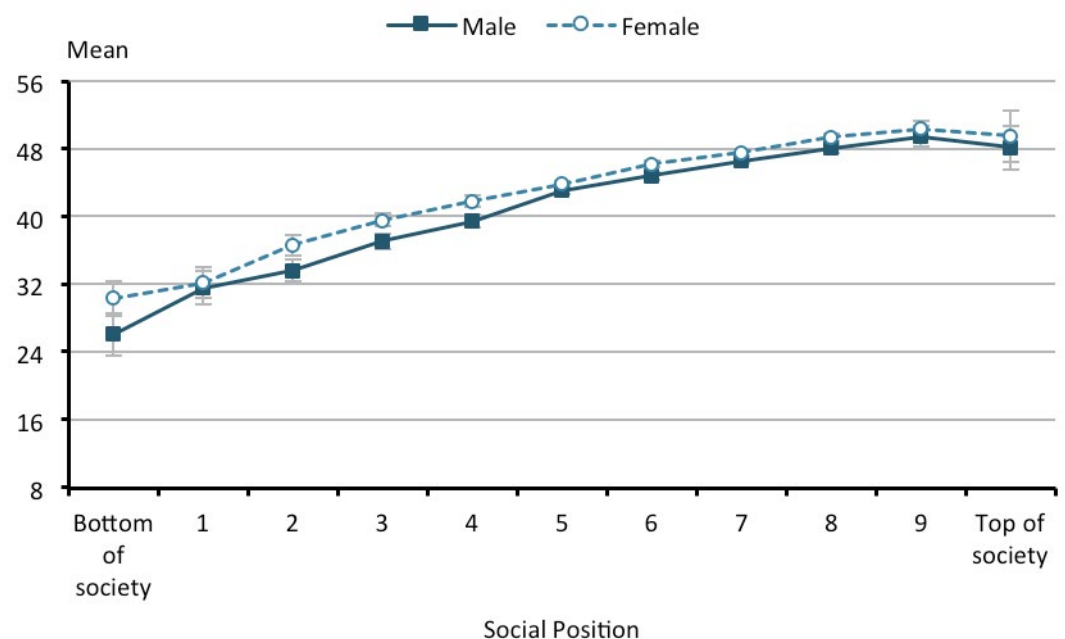
Figure 12: Proportion of New Zealanders towards the top of society, by region



New Zealanders who rate their social position higher are flourishing more

Flourishing increased significantly at each level (0 to 9) on the social position ladder (Figure 13).

Figure 13: Social position and flourishing



1.4. Winning Ways to Wellbeing: Connect

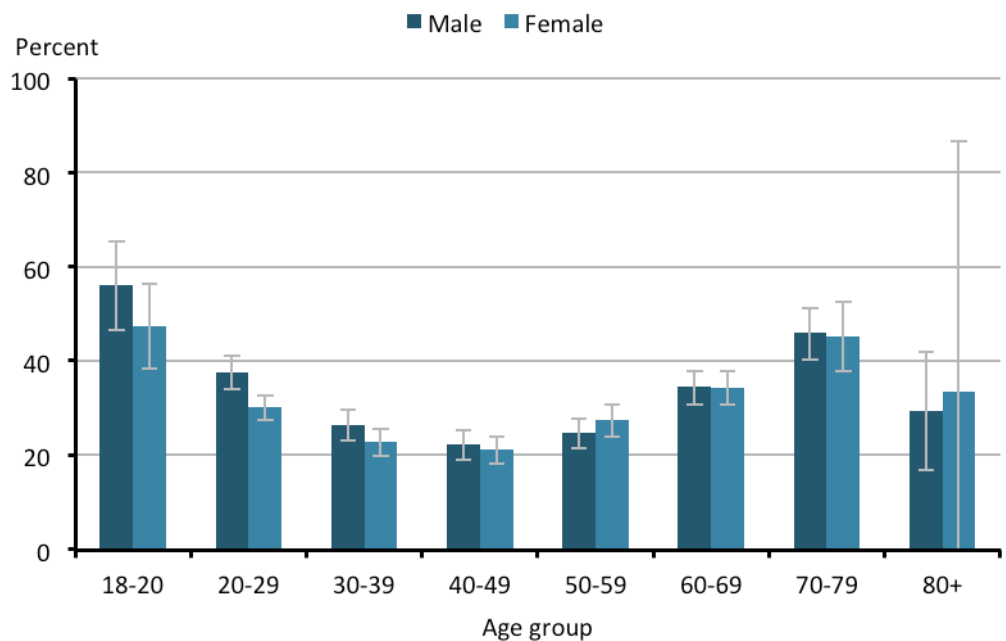
Social relationships are critical for promoting wellbeing (Aked, 2011). People's wellbeing improves when they have richer social networks and connect with others including friends, relatives, colleagues and neighbours.

Connecting was assessed using results from the question "How often do you meet socially with friends, relatives or work colleagues?" The response scale ranged from 'never' to 'every day'. In this section the results of the proportion of people who connect regularly (more than once per week) are reported.

Fewer middle-aged people are connecting

Middle-aged people (30-59 years) are connecting less than young (18-29 years) or older (60-79 years) people (Figure 14).

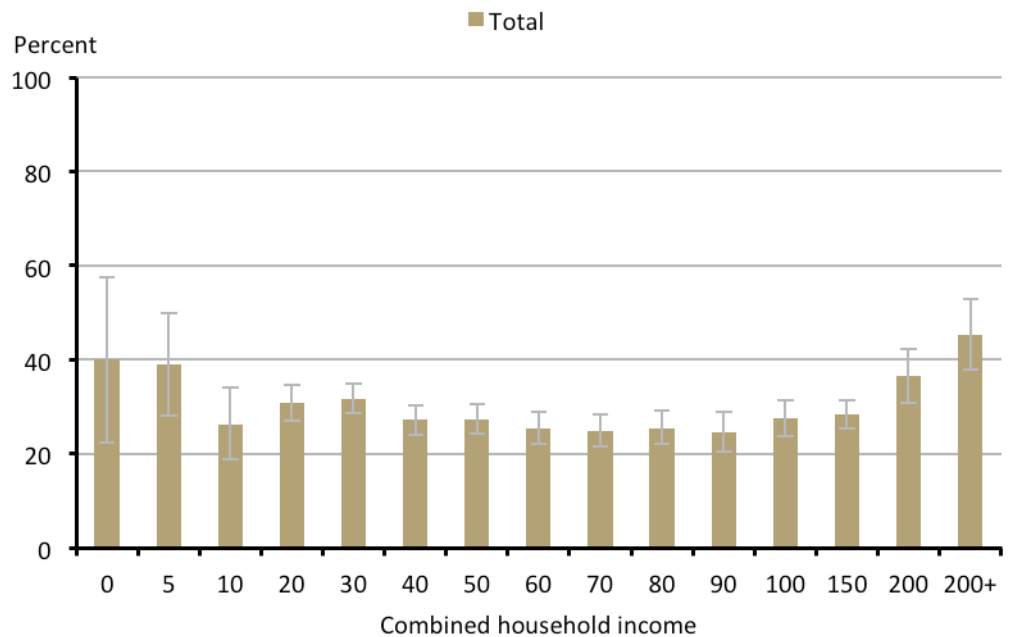
Figure 14: Proportion of New Zealanders connecting more than once per week, by gender



People with higher incomes are connecting more

A larger proportion of those with household incomes greater than \$150,000 connect with others regularly compared to those with household incomes between \$30,000 and \$90,000 (Figure 15).

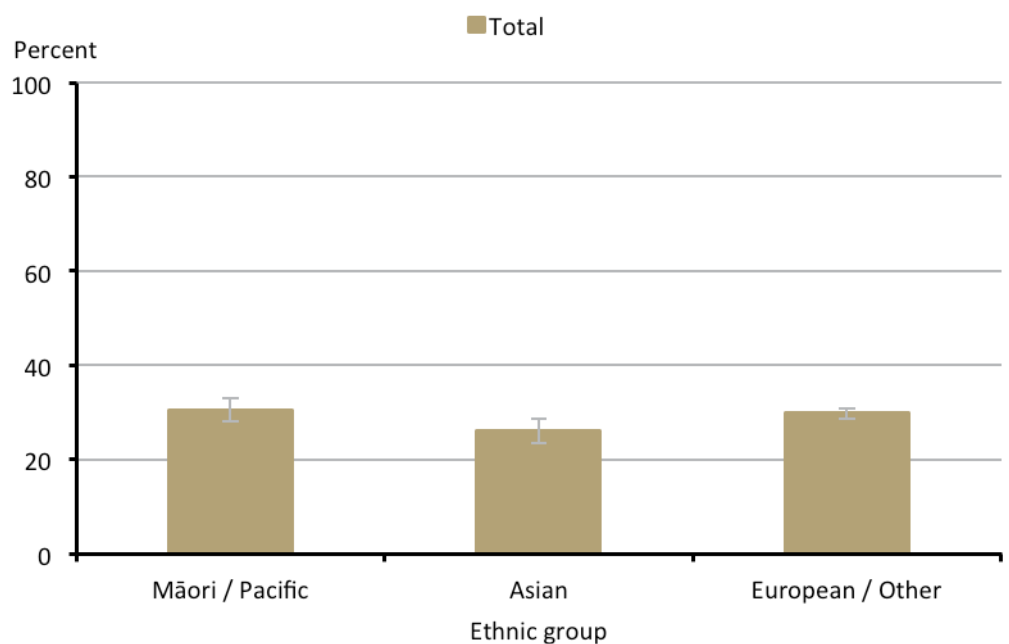
Figure 15: Proportion of New Zealanders connecting more than once per week, by income



A smaller proportion of Asian people are connecting

Fewer Asian people are connecting regularly compared to European people. No differences were found between the proportions of Māori / Pacific people who connect regularly when compared to the other ethnic groups (Figure 16).

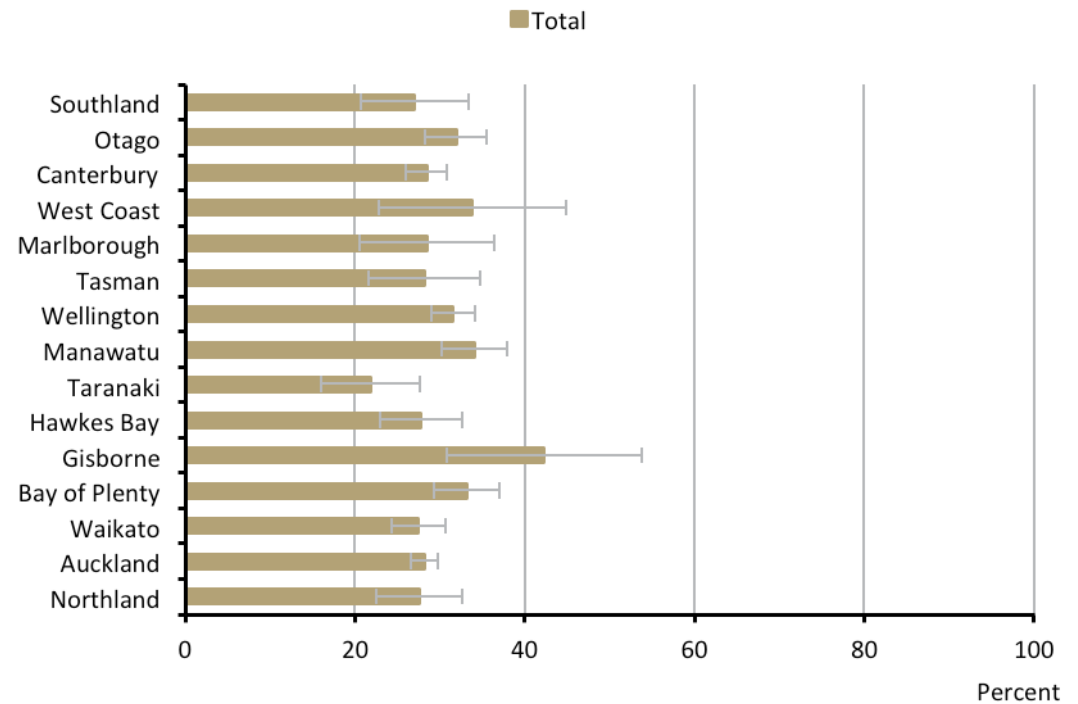
Figure 16: Proportion of New Zealanders connecting more than once per week, by ethnicity



Fewer people are connecting in Taranaki

One in five people (21.8%, 95% CI 15.9-27.6) from Taranaki report that they regularly connect with others. This proportion was smaller than the Bay of Plenty (33.2%, 95% CI 29.2-37.1), Gisborne (42.3%, 95% CI 30.8-53.7), Manawatu (34.0%, 95% CI 30.2-37.8), Wellington (31.6%, 95% CI 29.0-3.1) and Otago (31.9%, 95% CI 28.3-35.5) where around one third of people reported connecting regularly (Figure 17).

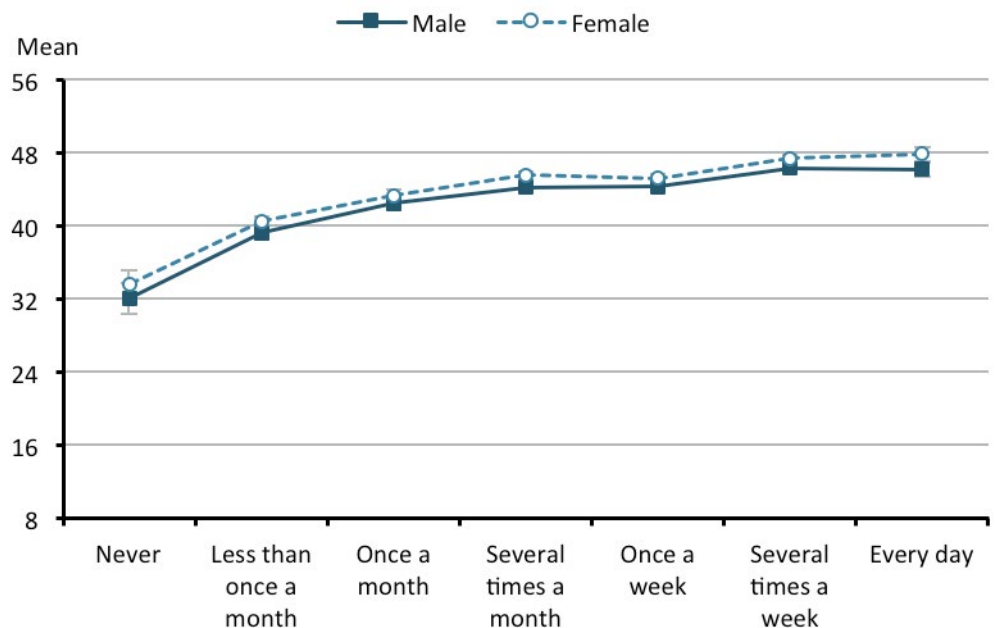
Figure 17: Proportion of New Zealanders connecting more than once per week, by region



Those who are connecting more are flourishing more

Flourishing scores are lower among those who report connecting several times a month or less compared with people who connect more than once per week (Figure 18).

Figure 18: Connecting and flourishing



1.5. Winning Ways to Wellbeing: Give

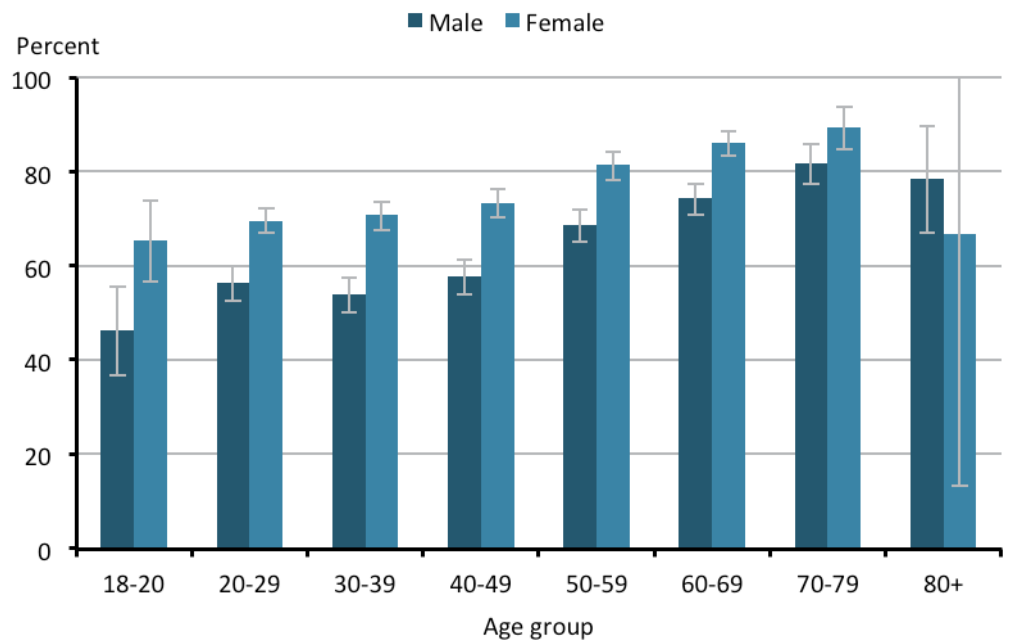
Research shows that reciprocity and giving back to others promotes wellbeing (Aked, 2011). The term 'giving' is broad and includes doing something nice for others, volunteering, or even just thanking someone.

For the purposes of this report giving was assessed using the question "To what extent do you provide help and support to people you are close to when they need it?" The response scale ranged from 0 (not at all) to 7 (completely). In this section the results of the proportion of people who give often (scores of 5-7 on the scale) are reported.

Giving increases with age

A larger proportion of those aged 40 years and over provide help and support to others compared to those aged 18-20 years. Compared with males, a larger proportion of females give. This difference exists between males and females for all age groups up to 70 years (Figure 19).

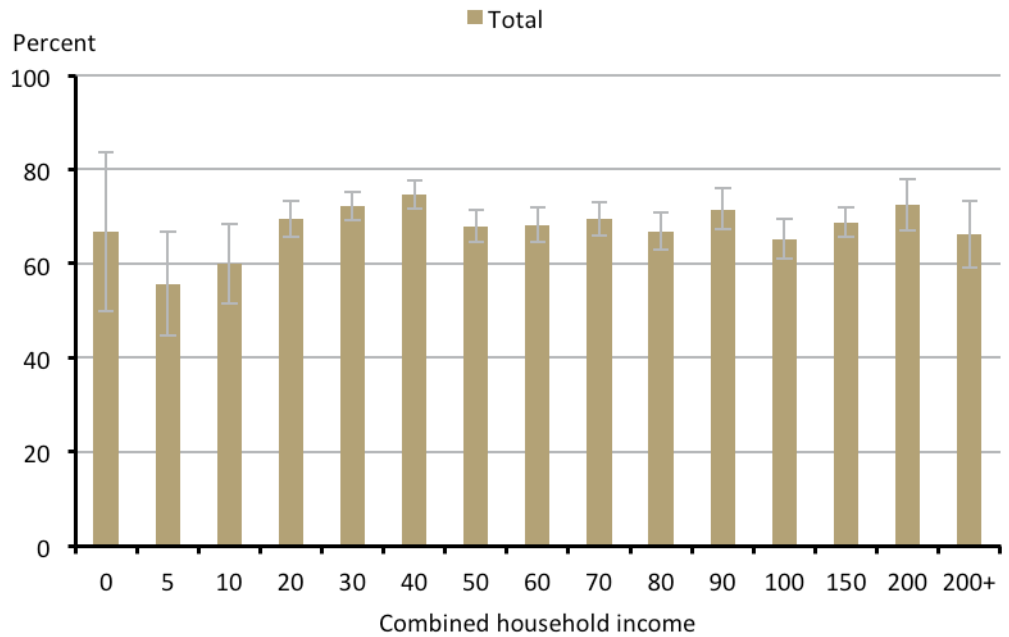
Figure 19: Proportion of New Zealanders who give often, by age and gender



Little variation in giving by income

There was little variation in providing help and support to others across household income groups. Those with incomes less than \$5,000 per year give less than those on middle incomes (\$20,000-40,000 per year) (Figure 20).

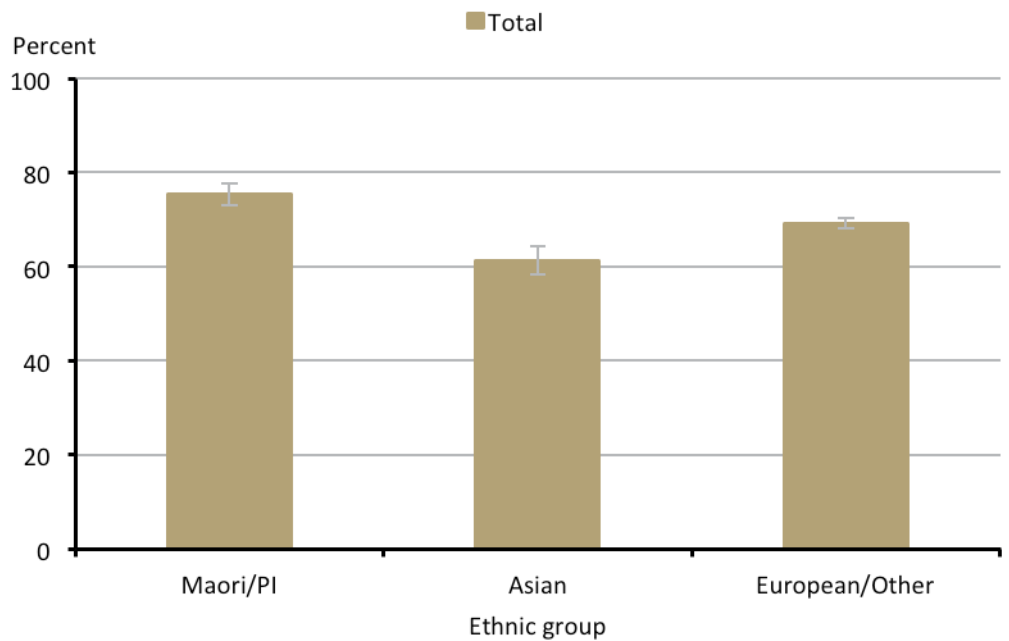
Figure 20: Proportion of New Zealanders who give often, by income



A larger proportion of Māori give compared to other ethnic groups

A larger proportion of Māori / Pacific people provide help and support to others often and a smaller proportion of Asian people give compared to other ethnic groups (Figure 21).

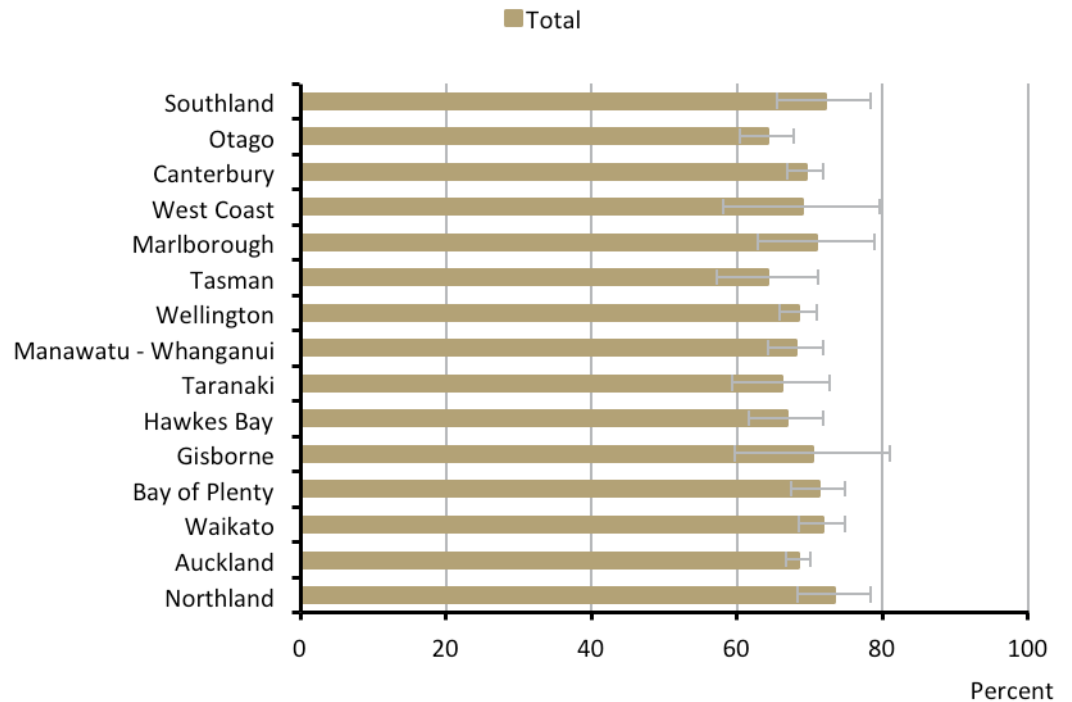
Figure 21: Proportion of New Zealanders that give often, by ethnicity



Northlanders give the most

Almost three-quarters of people living in Northland (73.3%, 95% CI 68.3-78.3) and Waikato (71.8%, 95% CI 68.6-75.0) provide help and support to others. There was little variation across other regions (Figure 22).

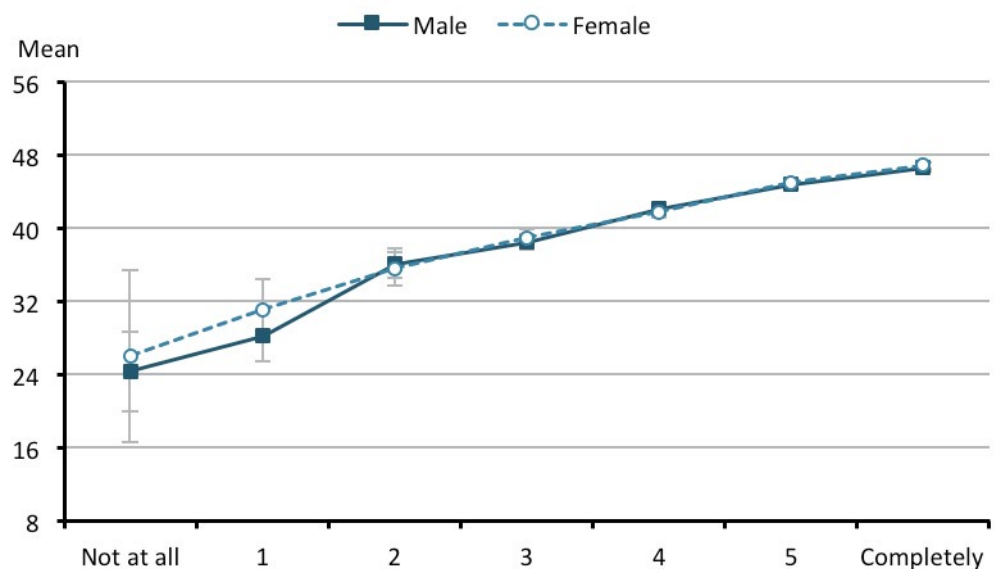
Figure 22: Proportion of New Zealanders that give often, by region



People who give more are flourishing more

For each increase in giving, there is a significant increase in flourishing (Figure 23).

Figure 23: Giving and flourishing



1.6. Winning Ways to Wellbeing: Take notice

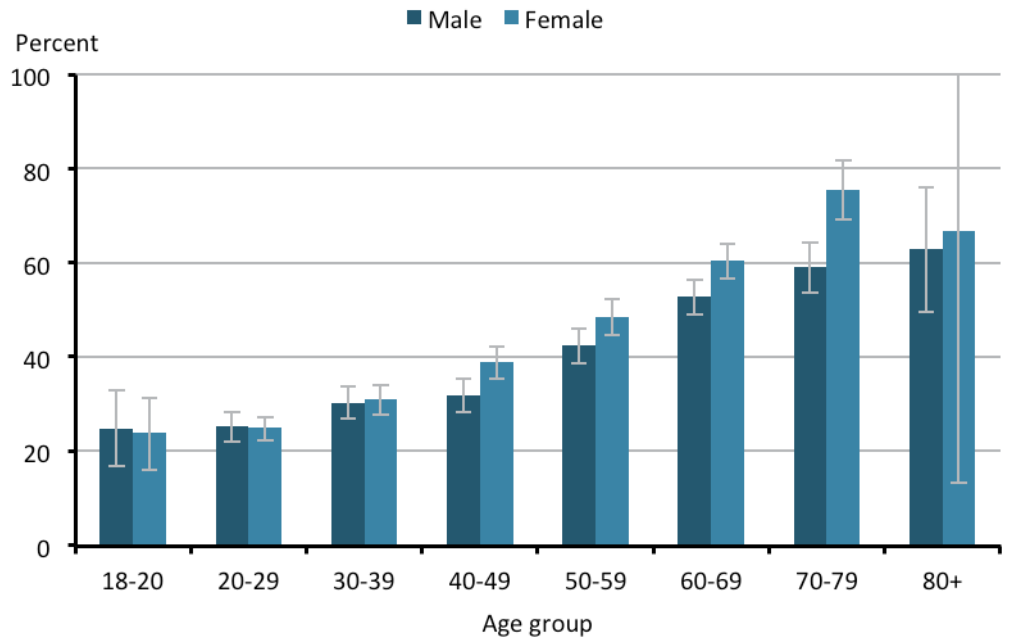
Taking notice, being mindful and living in the present have all been associated with increased wellbeing (Aked, 2011).

The question “On a typical day, how often do you take notice of and appreciate your surroundings?” was used to assess taking notice. The response scale ranged from 0 (never) to 10 (always). In this section the results of the proportion of people who take notice often (scores of 8-10 on the scale) are reported.

Older adults take more notice of their surroundings

Around 40% of New Zealanders often take notice of their surroundings, however over half of those aged 60 years and over take notice often. Only a quarter of New Zealanders 18-30 years frequently take notice of their surroundings (Figure 24). More females aged 70-79 years take notice than males (Figure 24).

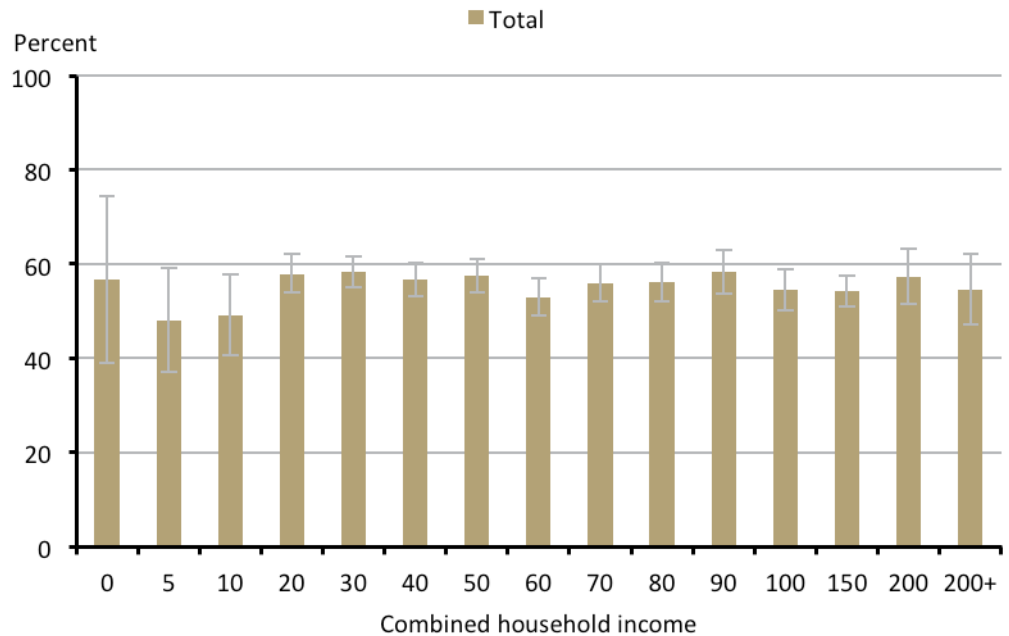
Figure 24: Proportion of New Zealanders that take notice often, by age and gender



The proportion of people who take notice often is similar among all income brackets

The proportion of those who take notice often varied little by income (Figure 25).

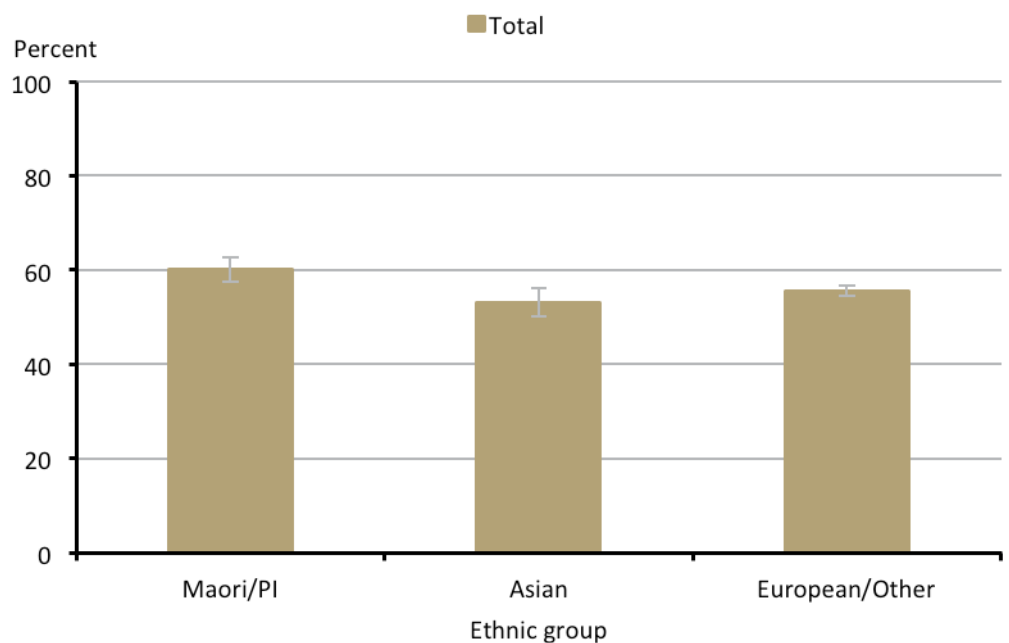
Figure 25: Proportion of New Zealanders that take notice often, by income



More Māori / Pacific people take notice often

There were no differences in the proportion of Asian people and European people who take notice often. However, more Māori / Pacific people take notice often compared to other ethnic groups (Figure 26).

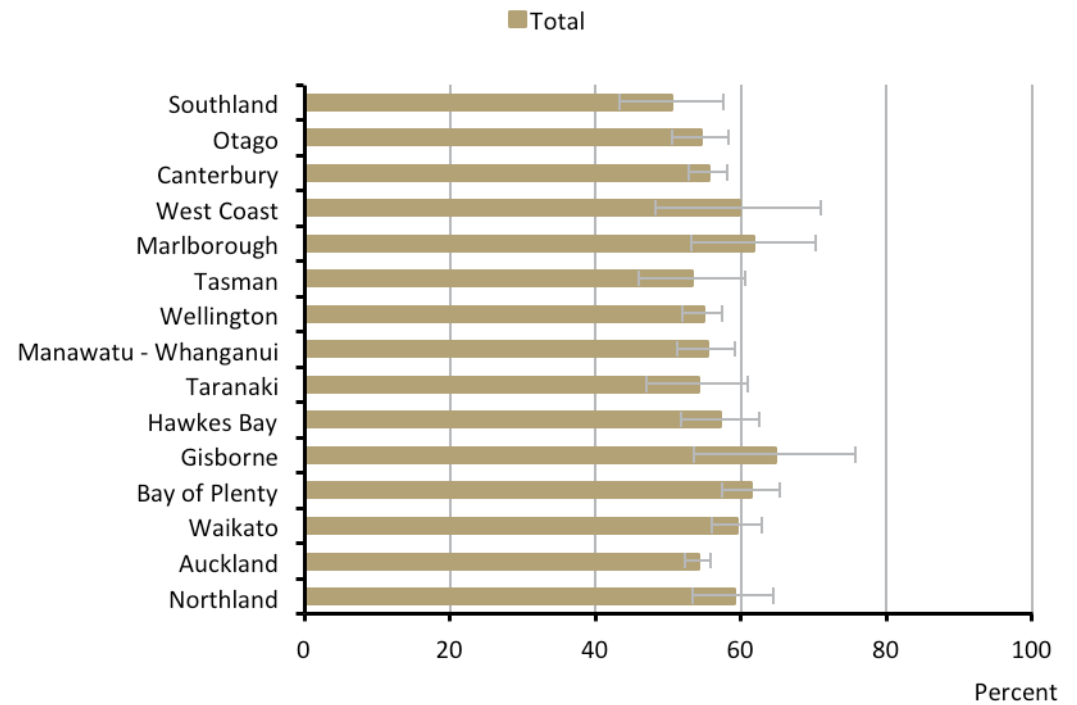
Figure 26: Proportion of New Zealanders who take notice often, by ethnicity



Similar proportions of people report taking notice across regions

The proportion of people who take notice often does not vary considerably across regions. However, fewer people in Auckland report that they take notice often (54.1%, 95% CI 52.4-55.9) compared to the Waikato (59.5%, 95% CI 56.0-62.9) and the Bay of Plenty (61.4%, 95% CI 57.4-65.4)(Figure 27).

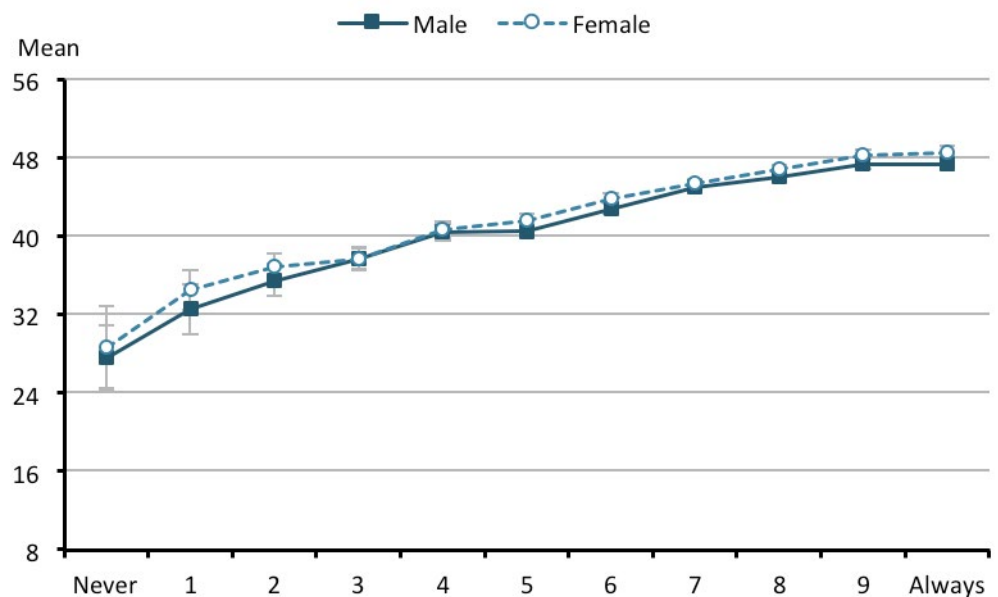
Figure 27: Proportion of New Zealanders that take notice often, by region



People who take notice more often are flourishing more

Flourishing scores increase linearly with taking notice. People who take notice more are flourishing more (Figure 28).

Figure 28: Taking notice and flourishing



1.7. Winning Ways to Wellbeing: Keep learning

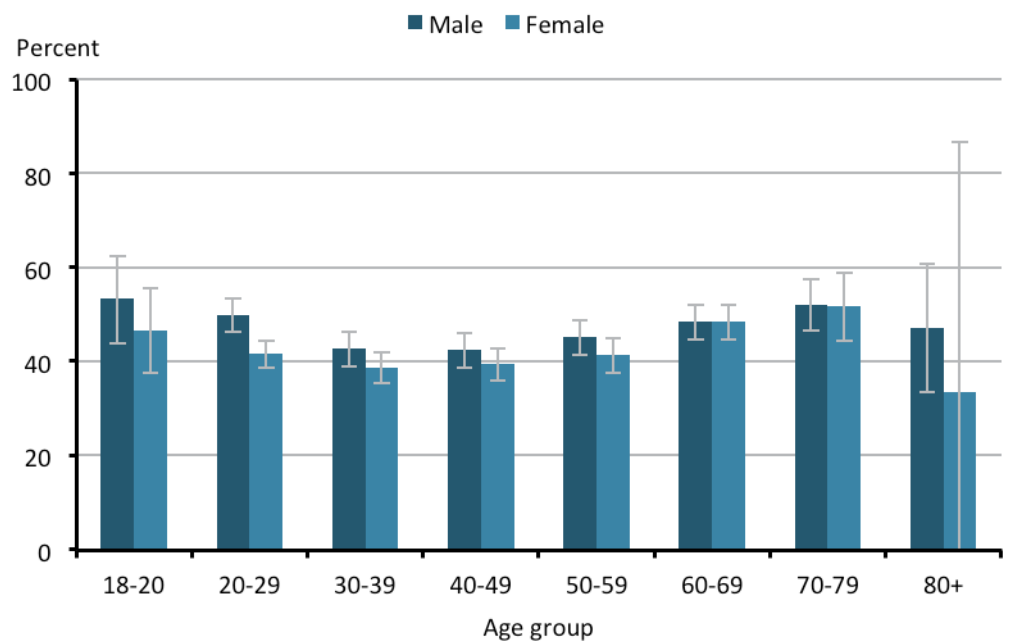
Continuous learning through life is important for wellbeing. The benefits of continuous learning include enhanced self-esteem, confidence, engagement and increased social connections (Aked, 2011).

The question used to assess learning was “To what extent do you learn new things in life?” The response scale ranged from 0 (not at all) to 6 (a great deal). In this section the results of the proportion of people who learn regularly (scores of 5-6 on the scale) are reported.

More older people report they are learning than middle aged people

There is little variation in learning regularly by age. However fewer people in the 30-39 year age group report that they learn regularly. Learning by gender shows that more males are learning a great deal than females in the 20-29 year age group (Figure 29).

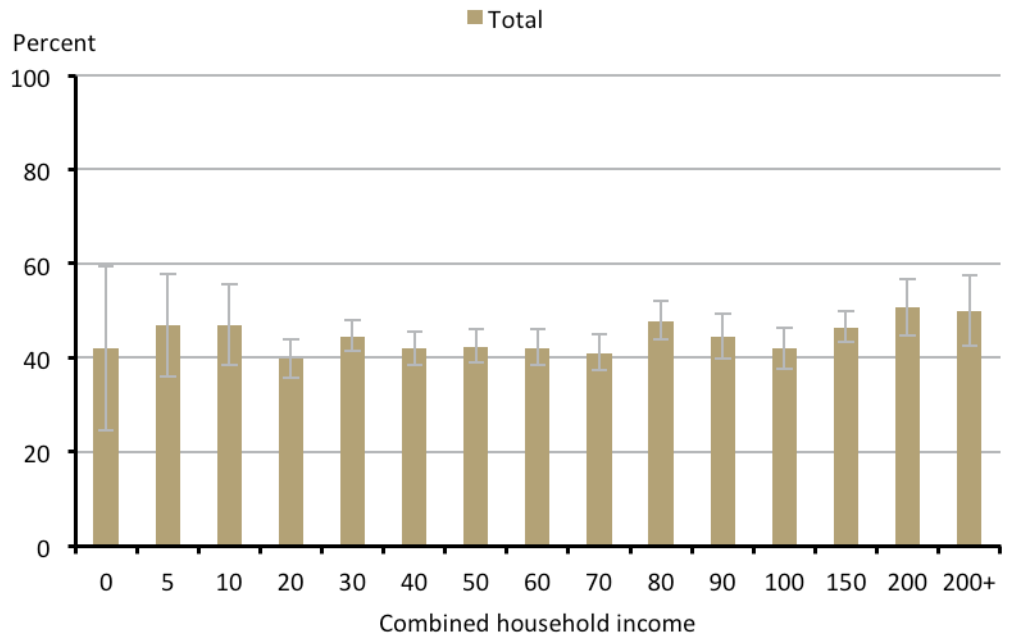
Figure 29: Proportion of New Zealanders who are learning a great deal, by age and gender



There is little variation in learning by income

The smallest percentage of people who reported learning regularly was those with household incomes between \$10,000 and \$20,000 (39.7%, 95% CI 35.7-43.8). This percentage was smaller than those who reported household incomes between \$150,000 and \$200,000 (50.7%, 95% CI 44.8-56.7) (Figure 30).

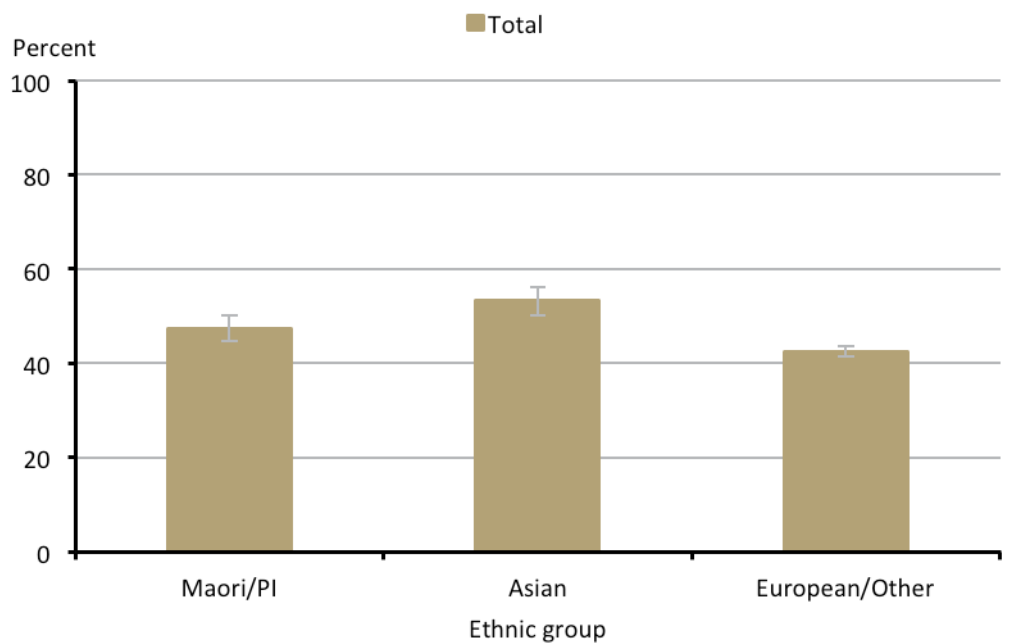
Figure 30: Proportion of New Zealanders who are learning a great deal, by income



Fewer European people report learning

A smaller proportion of European people report they learn new things often compared to Māori/Pacific people and Asian people. No significant differences were found between the proportions of Māori / Pacific people and Asian people who report learning new things often (Figure 31).

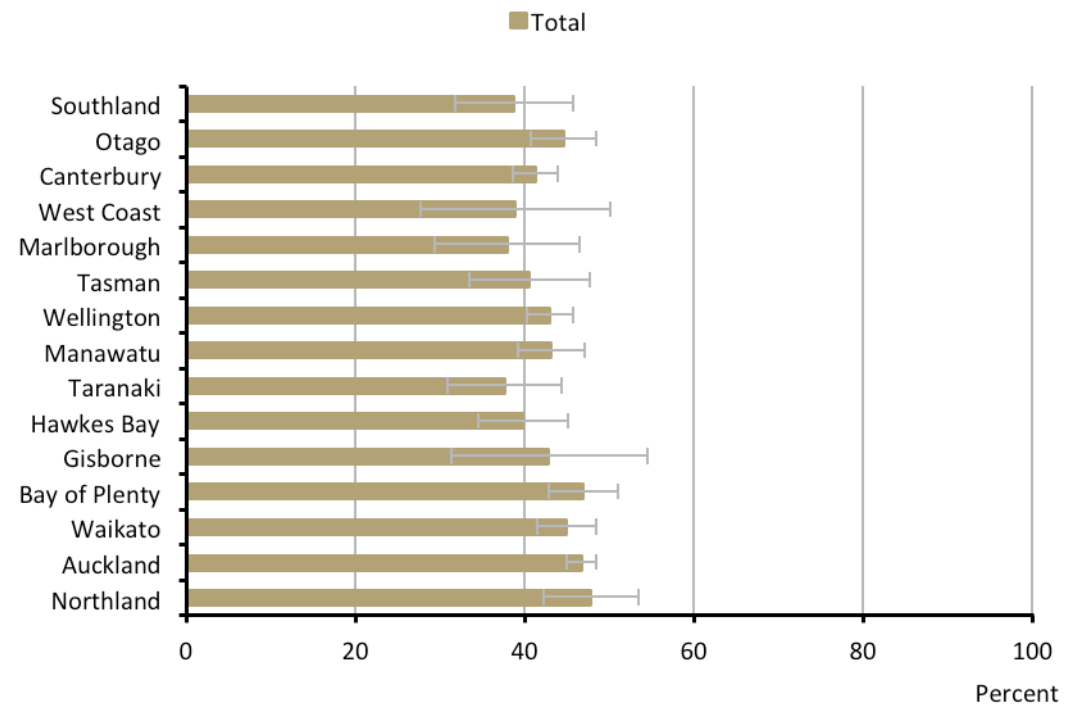
Figure 31: Proportion of New Zealanders who are learning a great deal, by ethnicity



There is little variation in learning by region

Whilst there is little variation in learning by region, there was a difference found between Auckland and Canterbury. A larger proportion of Aucklanders (46.7%, 95% CI 45.0-48.5) reported that they learn new things in their life regularly compared to those in Canterbury (41.3%, 95% CI 38.6-43.9) (Figure 32).

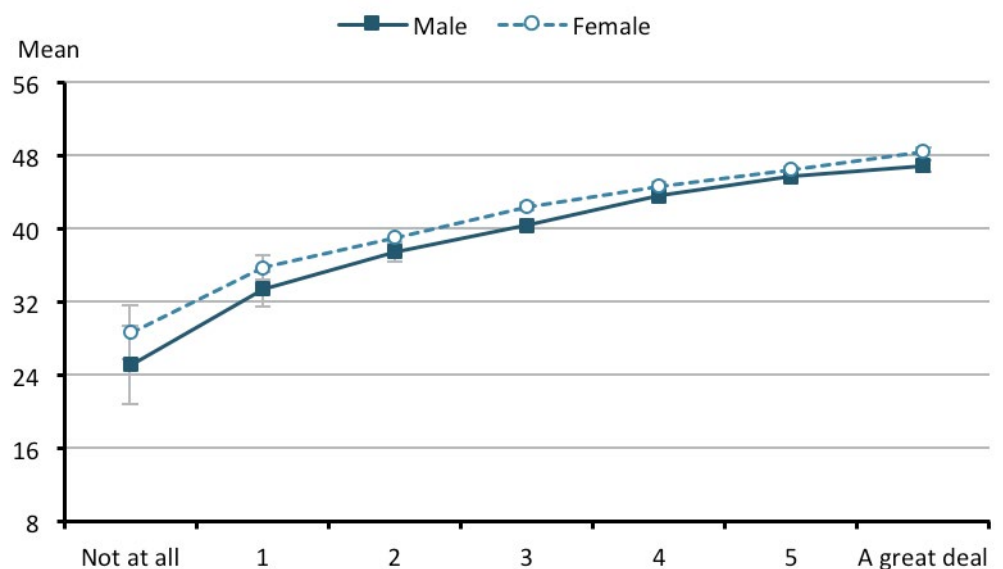
Figure 32: Proportion of New Zealanders that are learning a great deal, by region



People who learn more flourish more

Results from the survey show that for each increase in learning, there is an increase in flourishing (Figure 33).

Figure 33: Learning and flourishing



1.8. Winning Ways to Wellbeing: Be active

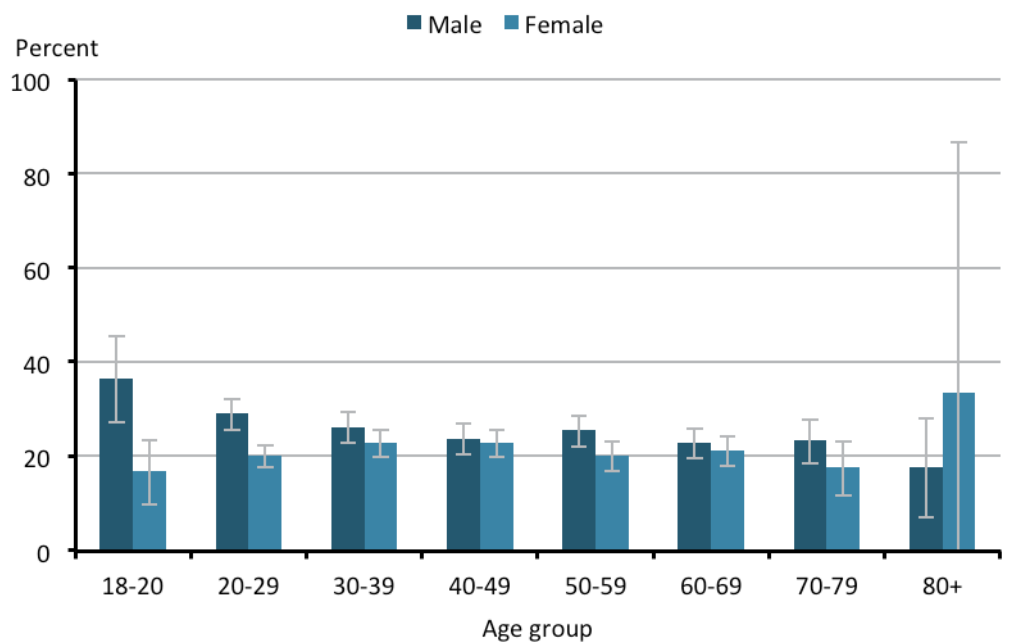
Physical activity and regular exercise are important for overall wellbeing (Aked, 2011).

An aggregated exercise score based on exercise frequency and exercise intensity was used to assess activity. Participants were classified into one of four groups – very low exercise, low exercise, moderate exercise or high exercise.

Young males are the most active

Young New Zealand males (18-29 years) are more active than their female counterparts. No gender differences were found among those aged over 30 years (Figure 34).

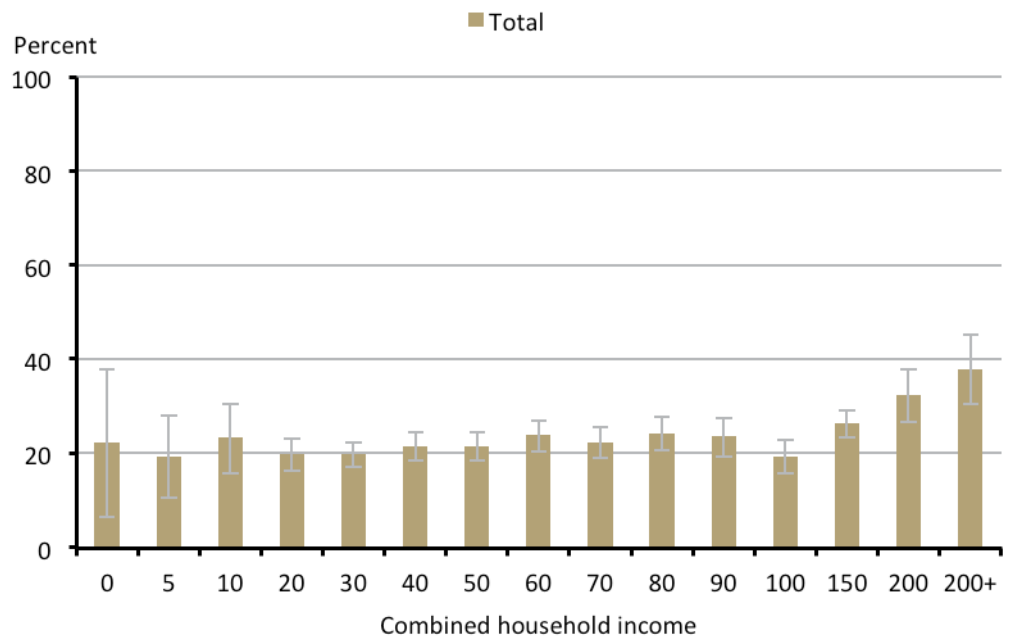
Figure 34: Proportion of New Zealanders who are active, by age and gender



New Zealanders with higher household incomes exercise more

A larger proportion of New Zealanders who report household incomes above \$100,000 exercise regularly, compared to those with household incomes between \$10,000 and \$30,000 (Figure 35).

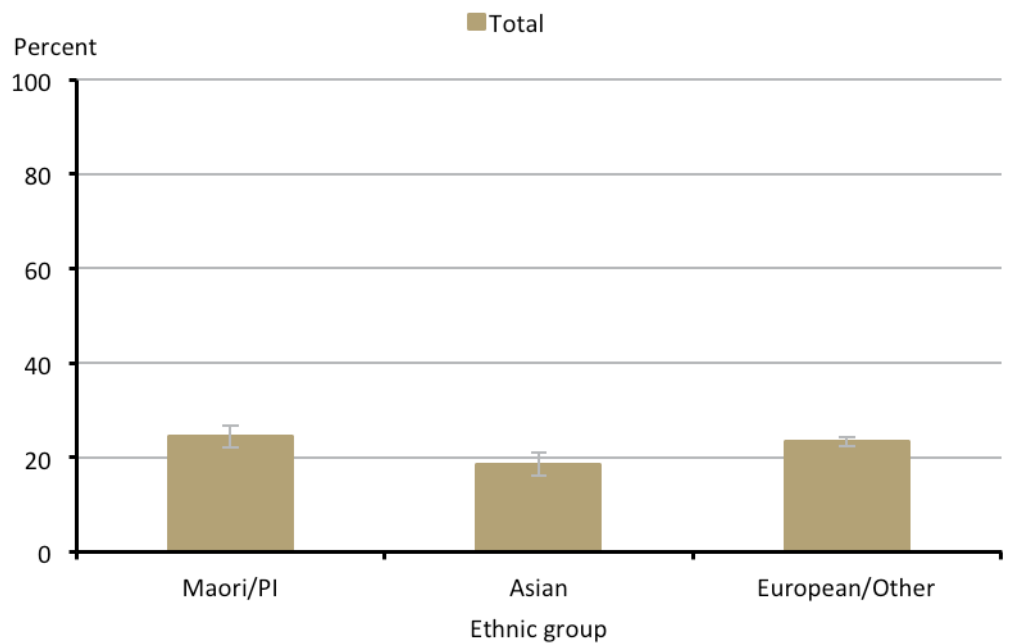
Figure 35: Proportion of New Zealanders who are active, by income



Few Asian people are regular exercisers

No difference was found between the percentage of Māori / Pacific people and the percentage of European people who exercise regularly. However, Asian people exercise less than both Māori/ Pacific people and European people (Figure 36).

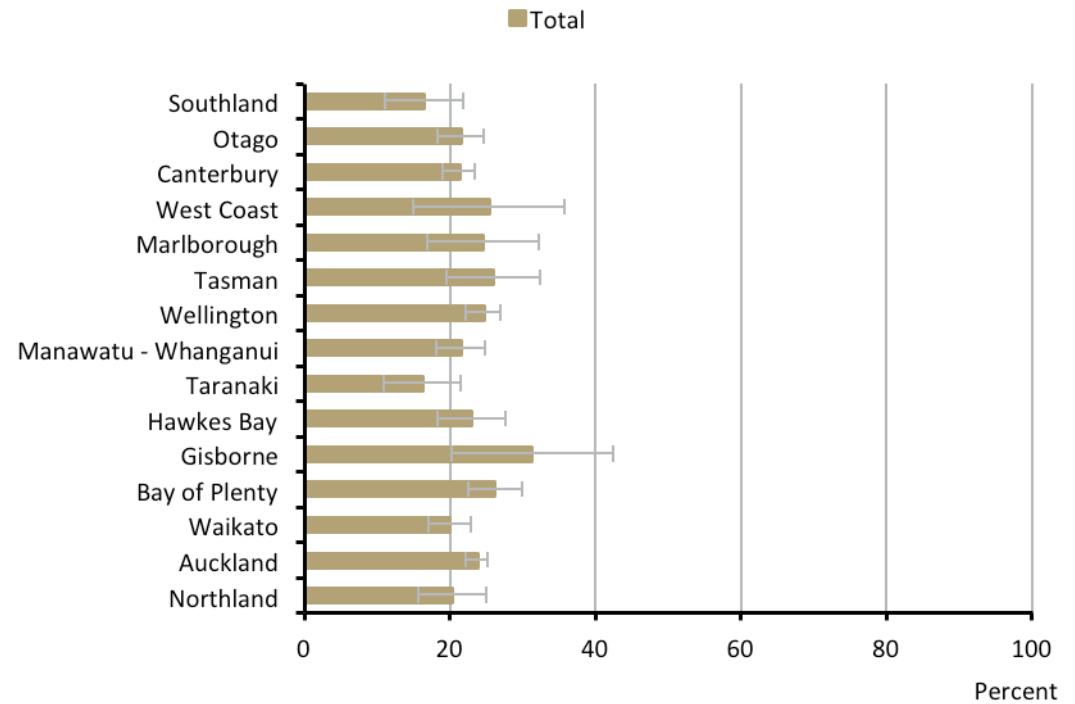
Figure 36: Proportion of New Zealanders that are active, by ethnicity



Fewer people are exercising regularly in Taranaki

The smallest percentage of regular exercisers is in Taranaki (16%, 95% CI 11.1-21.6). A larger proportion of people exercise in the Bay of Plenty (26.2%, 95% CI 22.5-29.9), Wellington (24.7%, 95% CI 22.3-27.1) and Auckland (23.8%, 95% CI 22.3-25.3) compared with Taranaki (Figure 37).

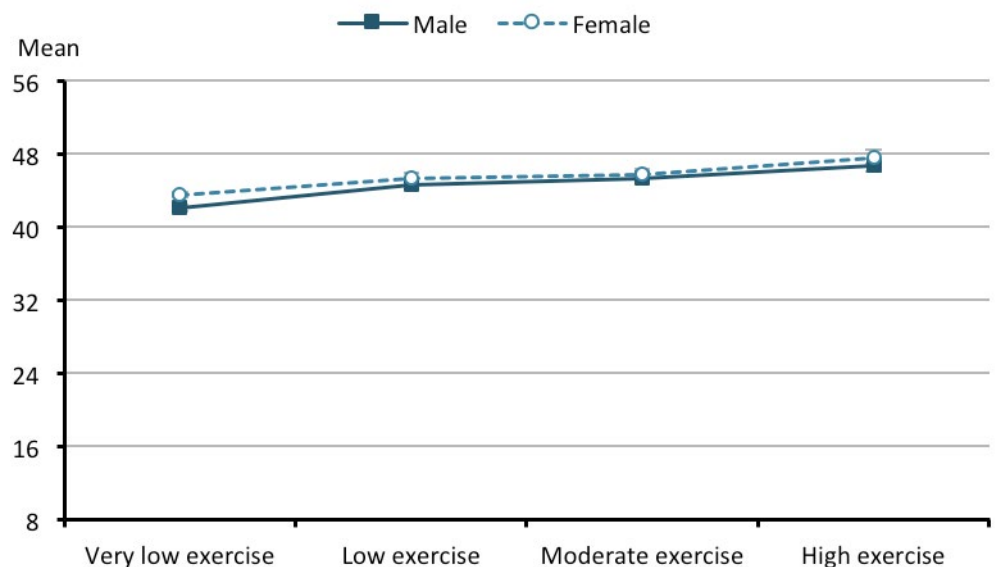
Figure 37: Proportion of New Zealanders who are active, by region



Just a small amount of exercise can increase flourishing

New Zealanders who engage in very low levels of exercise are flourishing less than those with low, moderate or high levels of exercise. Those with high levels of exercise are flourishing more than those with very low, low or moderate levels of exercise (Figure 38).

Figure 38: Physical activity and flourishing



Section 2: Super Wellbeing

This section builds on the results presented in the previous section to explore the concept of 'Super Wellbeing'. A key aim of this section is to identify what differentiates New Zealanders with the highest levels of wellbeing from the rest of the population. This was done by assessing demographics, health, and whether they are actively incorporating the Winning Ways to Wellbeing into their daily lives.

Section 2: Key Findings

- ➔ We looked at the 25% of the population with the highest wellbeing scores and examined what factors defined this group from the rest of the population. This underpins the idea that psychological wealth and resources can be identified, and public policy and action and personal resources utilised to improve these determinants.
- ➔ Similar findings to wellbeing in general were identified. Females were 1.4 times more likely to be in the Super Wellbeing group than males. More older, higher income, and higher social position New Zealanders were in the Super Wellbeing group.
- ➔ Connecting, Giving, Taking notice, Keeping learning, and Being active were all strongly associated with Super Wellbeing.
- ➔ Other health measures were also strongly associated with Super Wellbeing. These included better overall general health, non-smokers, exercisers and those with healthier diets and weights were all more likely to experience Super Wellbeing.

2.1. Super Wellbeing in New Zealand

'Super Wellbeing' denotes people with large quantities of 'psychological wealth' (Diener & Biswas-Diener, 2008). People with psychological wealth report very high levels of flourishing, life satisfaction, positive emotions (e.g. happiness), and low levels of negative emotions (e.g. depressed mood).

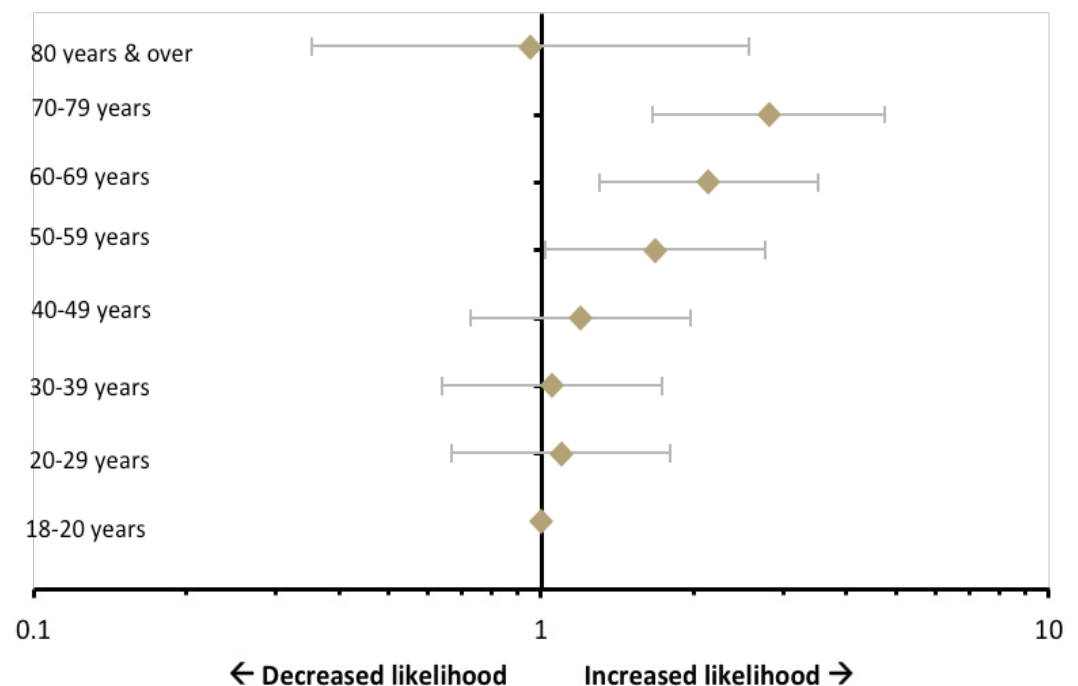
To gain more insight into the differences between those with Super Wellbeing and the rest of the population, the sample was grouped based on flourishing scores. The Super Wellbeing group represents the top 25% of flourishing scores. The relationship between the odds of Super Wellbeing and variables considered to be important for wellbeing were assessed using binary logistic regression. Odds ratios adjusted for age, gender, income and ethnicity are presented in this section.

New Zealanders with Super Wellbeing are more likely to be female and older adults

Females are 1.4 (95% CI 1.2-1.5) times more likely to have Super Wellbeing than males. Super Wellbeing and age are also significantly associated. The odds of being in the Super Wellbeing group increase for each 10-year age bracket from 50-59 years through to 70-79 years. Those aged 70-79 years are 2.8 (95% CI 1.7-4.7) times more likely to have Super Wellbeing than those aged 18-20 years (Figure 39).

The likelihood of being in the Super Wellbeing group does not differ by ethnicity.

Figure 39: Odds of having Super Wellbeing based on age

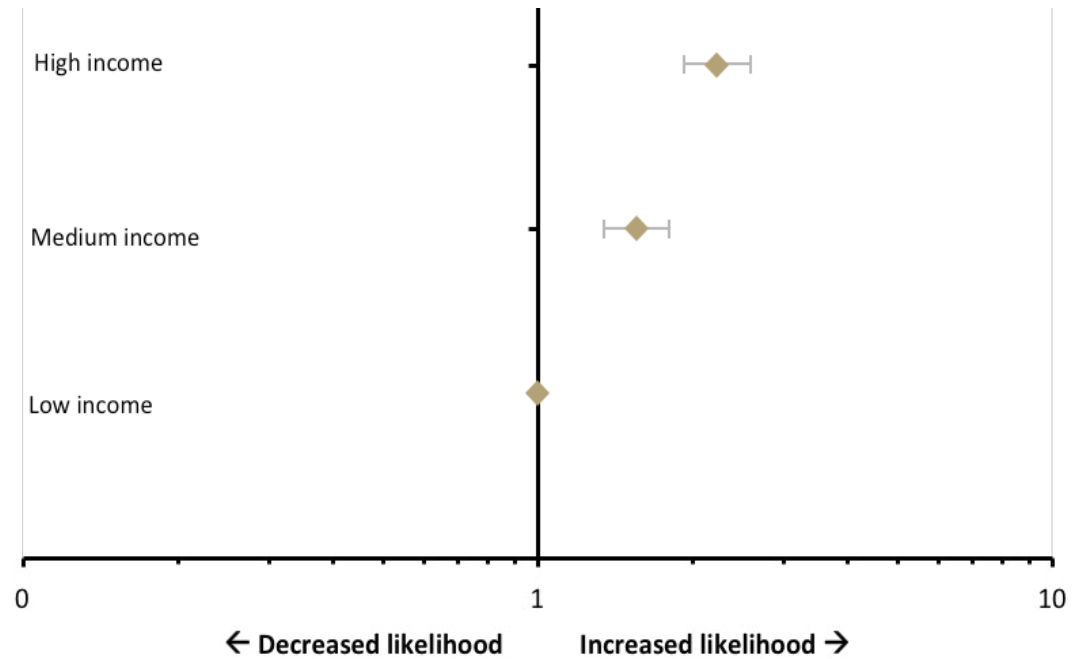


Household income, employment status and perceived position in society are associated with Super Wellbeing

People in the Super Wellbeing group are significantly more likely to have higher household incomes. They are also less likely to perceive themselves to be near the bottom of society or be unemployed.

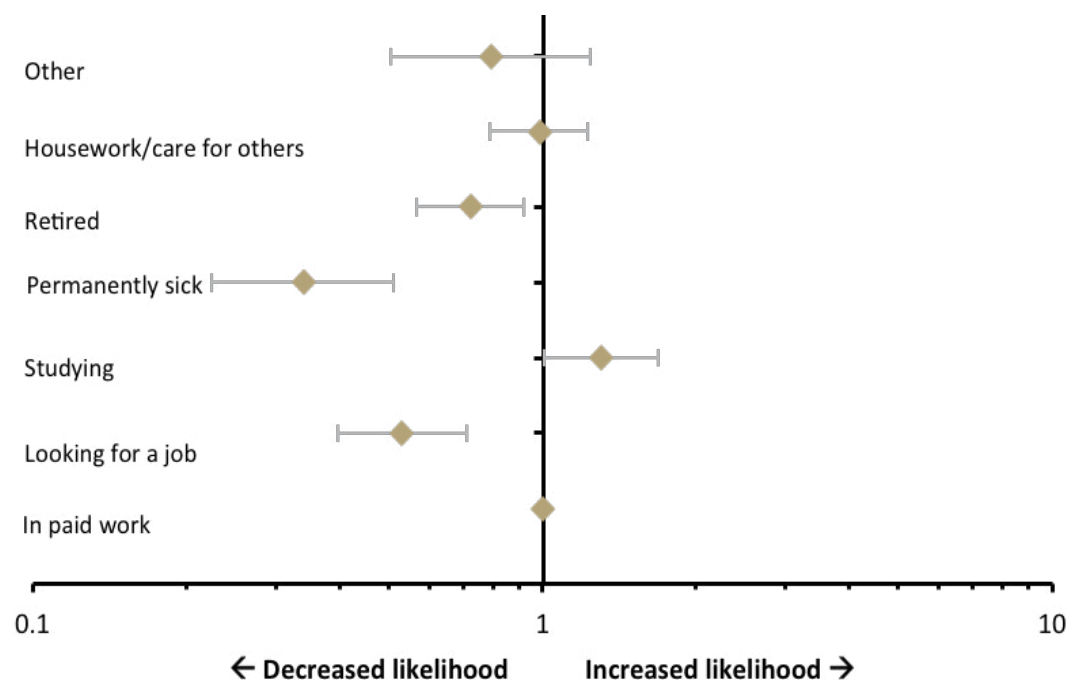
Those in the highest income tertile were more likely to have Super Wellbeing compared to those in the lowest income tertile (Figure 40).

Figure 40: Odds of having Super Wellbeing based on income



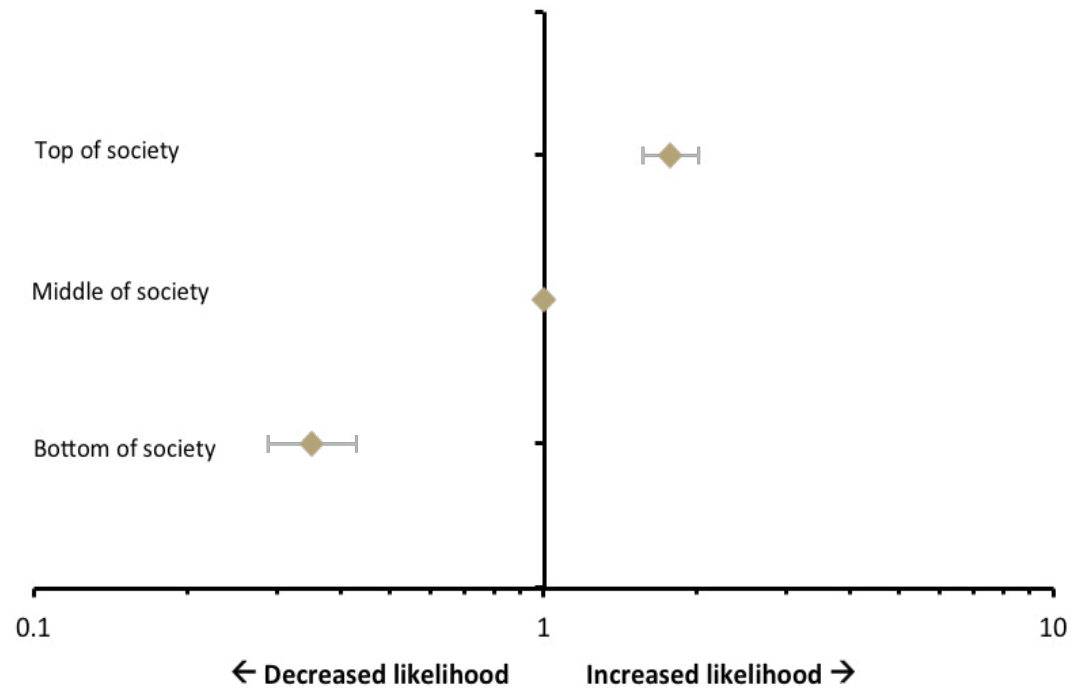
Compared to employed people, people looking for a job, retired people and permanently sick or disabled people are less likely to have Super Wellbeing (Figure 41).

Figure 41: Odds of having Super Wellbeing based on employment status



People who perceive themselves to be towards the bottom of society are less likely to have Super Wellbeing than those who perceive themselves to be in the middle of society. People who perceive themselves to be towards the top of society are more likely to be in the Super Wellbeing group (Figure 42).

Figure 42: Odds of having Super Wellbeing based on perceived position in society



Aucklanders are less likely to have Super Wellbeing

Whilst there was little variation for most regions, those living in Auckland were less likely (0.6, 95% CI 0.4-0.9) to be in the Super Wellbeing group compared to those living in Taranaki.

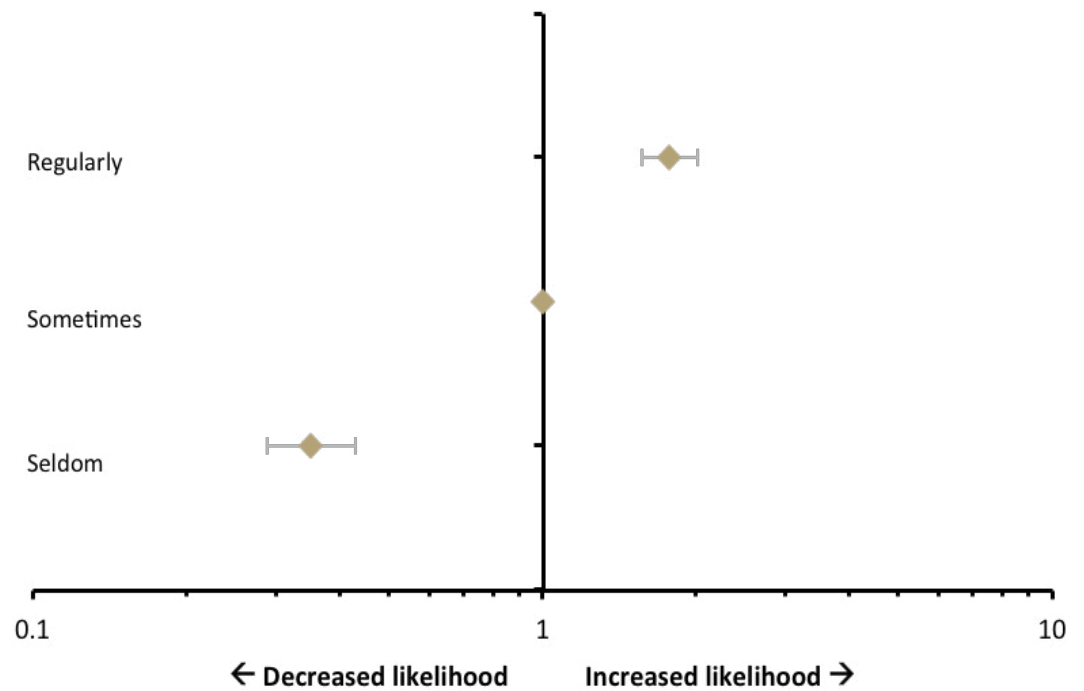
2.2. Winning Ways to Wellbeing

The Winning Ways to Wellbeing includes connecting, giving, taking notice, learning new things and being active. In Section One, descriptive data on the Winning Ways to Wellbeing were presented. Previous research indicates that people who regularly practise the Winning Ways to Wellbeing experience decreased depressed mood and increased wellbeing (Aked, 2011). The results in this section are in line with the findings from previous research. Adjusted odds ratios show that people with Super Wellbeing are more likely to regularly connect, give, take notice, learn new things and be active.

Super Wellbeing is associated with connecting more

People in the Super Wellbeing group are more likely to regularly meet socially with others. Those who connect often are 1.8 (1.6-2.0) times more likely to have Super Wellbeing compared to those who connect sometimes. People who seldom connect with others are less likely to have Super Wellbeing (Figure 43).

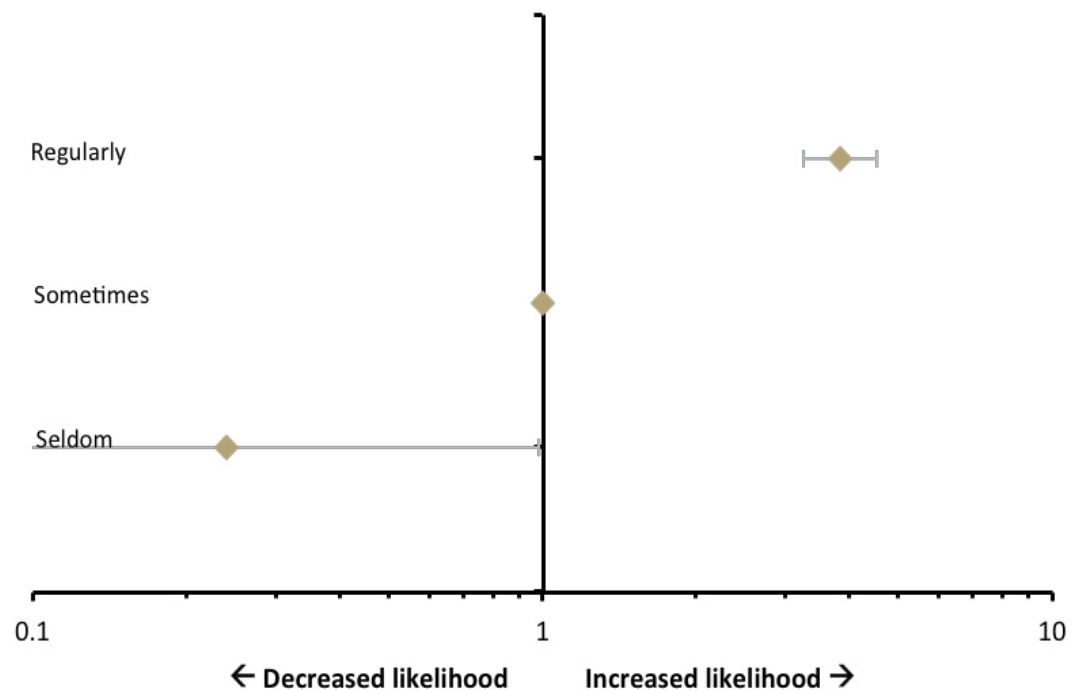
Figure 43: Odds of having Super Wellbeing based on connecting



Giving is associated with Super Wellbeing

Those who give often are 3.8 (3.2-4.5) times more likely to have Super Wellbeing than those who give sometimes. The wide confidence intervals for 'give seldom' show that there is uncertainty in the difference between those who give seldom and those who give sometimes (Figure 44).

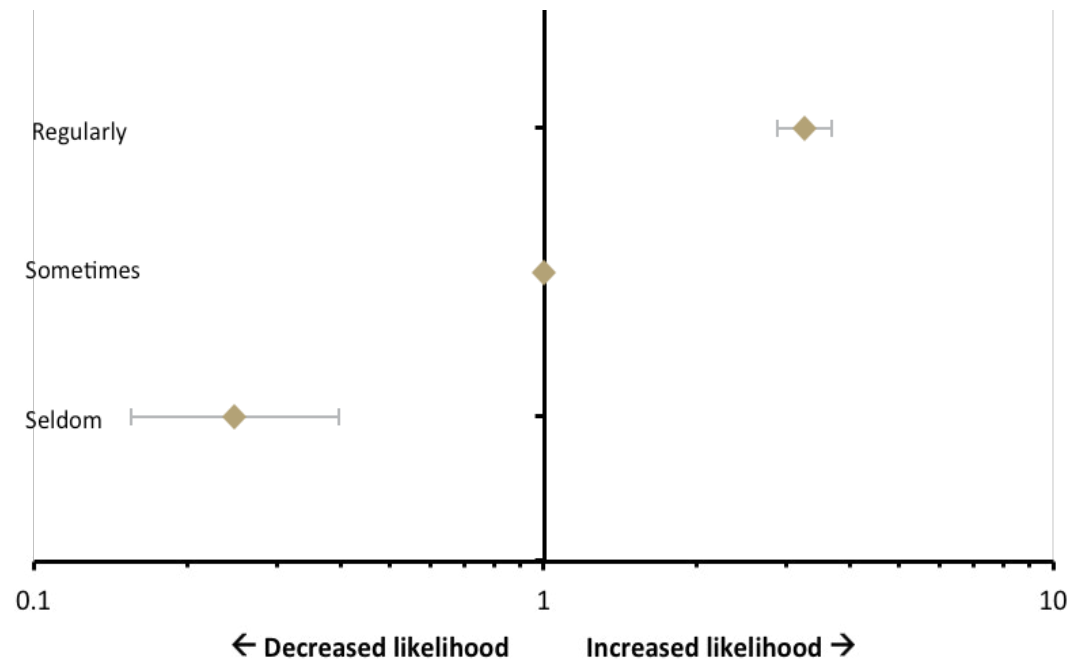
Figure 44: Odds of having Super Wellbeing based on giving



People who take notice and appreciate their surroundings are more likely to have Super Wellbeing

People who take notice often are 3.3 (95% CI 2.9-3.7) times more likely to have Super Wellbeing. People who seldom take notice are less likely to have Super Wellbeing (Figure 45).

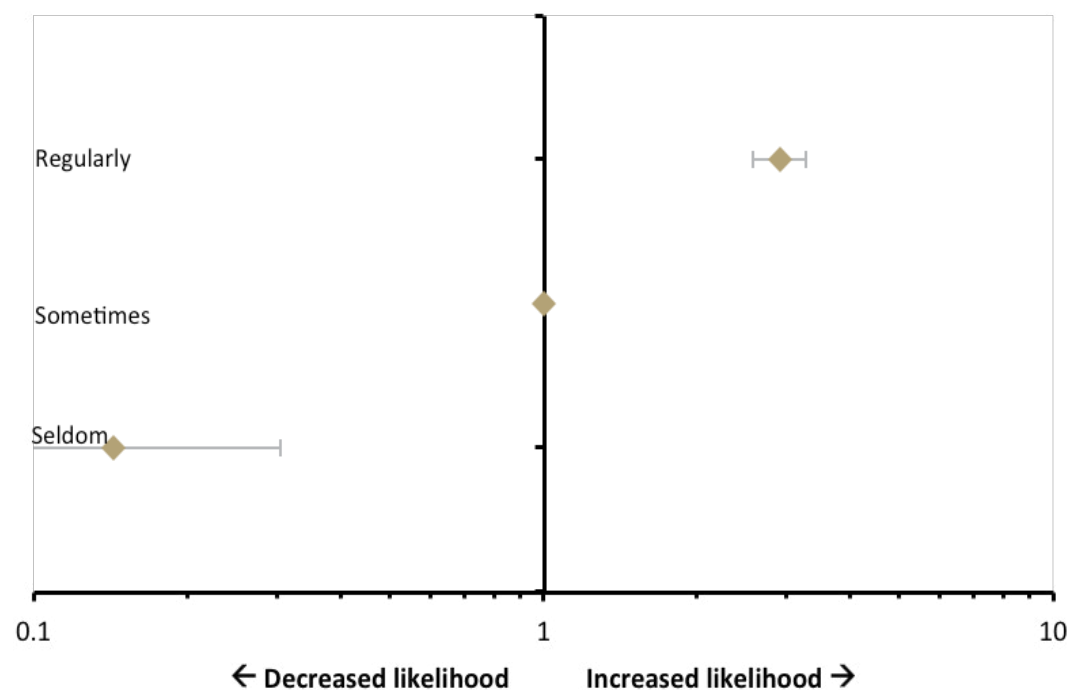
Figure 45: Odds of having Super Wellbeing based on taking notice



Keep learning

Continuous learning helps with goal setting and creating a sense of achievement. The likelihood of having Super Wellbeing is higher among those who report learning often and lower among those who report that they seldom learn new things (Figure 46).

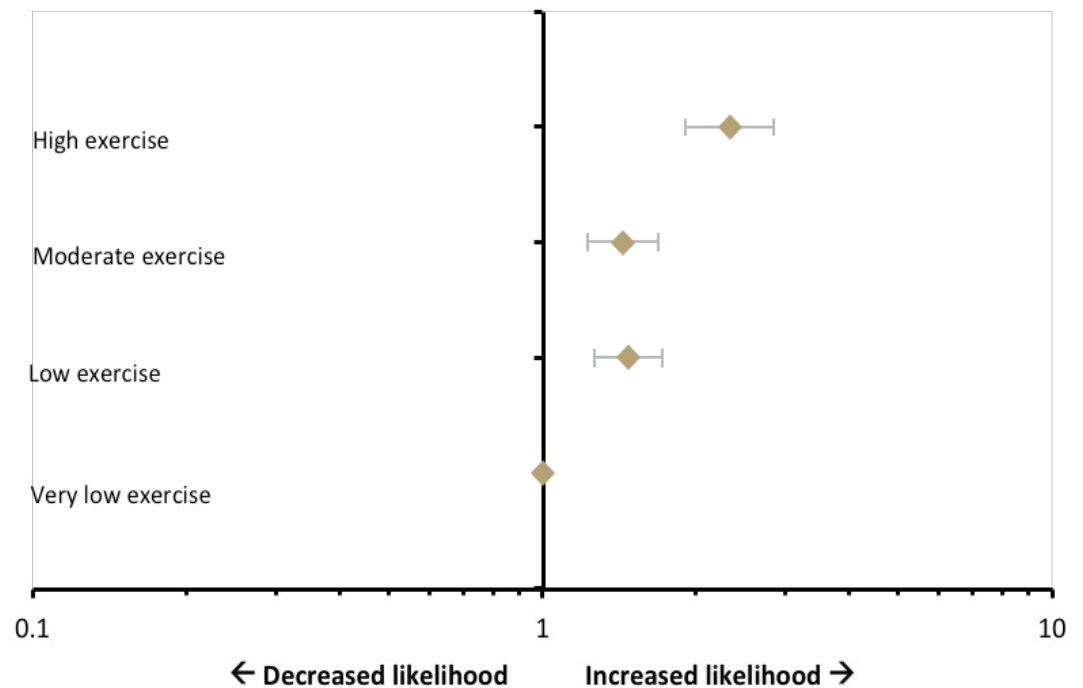
Figure 46: Odds of being in the Super Wellbeing group and keeping learning



People who exercise are more likely to have Super Wellbeing

Exercise is significantly associated with Super Wellbeing. The odds ratios show that even just a small amount of exercise can increase the likelihood of having Super Wellbeing. For example, the chances of having Super Wellbeing are significantly higher for those who engage in low levels of exercise compared with those who engage in very low levels of exercise. People who are highly active are 2.3 (1.9-2.8) times more likely to have Super Wellbeing than those who engage in very low levels of exercise (Figure 47).

Figure 47: Odds of having Super Wellbeing based on exercise



2.3. Health and lifestyle

Despite the growing research on psychological wellbeing, there has been a limited amount of research investigating physical health and wellbeing. A key objective of the Sovereign Wellbeing Index was to examine the relationship between Super Wellbeing and the moderating effect of lifestyle behaviours.

Physical activity is associated with Super Wellbeing

People with Super Wellbeing are more likely to be physically active. The odds for Super Wellbeing increased with overall physical activity (calculated using scores from lifestyle activity domains including exercise, physical activity and transport physical activity). Highly active people were 2.4 (2.0-2.9) times more likely to have Super Wellbeing compared to those with very low physical activity scores (Figure 48).

People with moderate or low levels of sedentary behaviour are more likely to have Super Wellbeing than those who are highly sedentary (Figure 49).

Figure 48: Odds of having Super Wellbeing based on physical activity (PA)

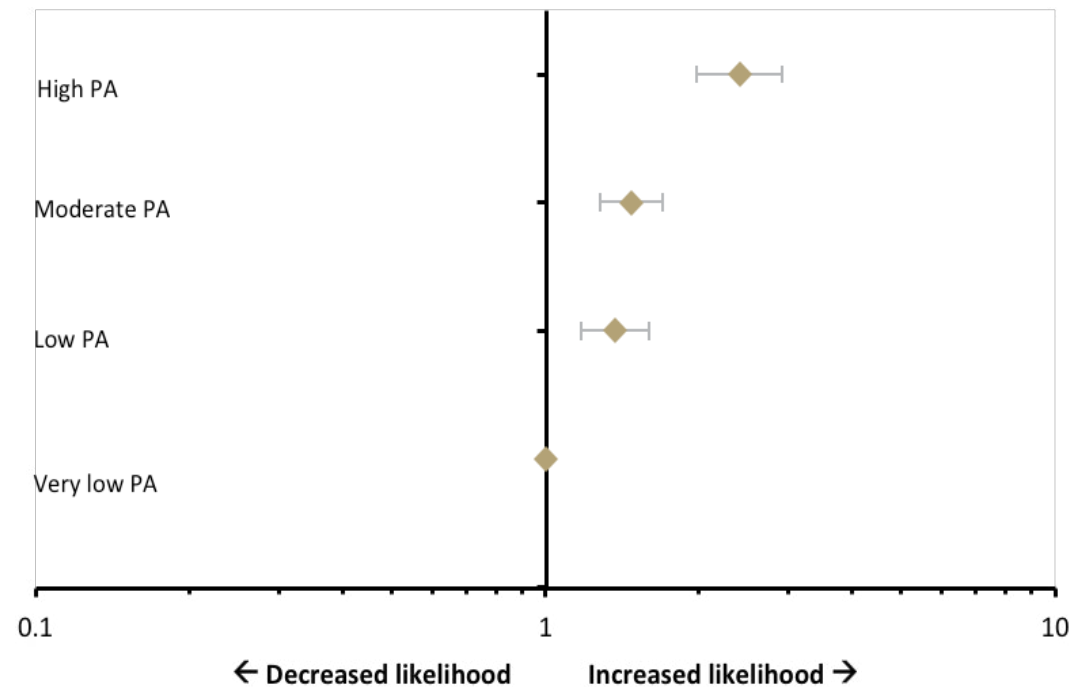
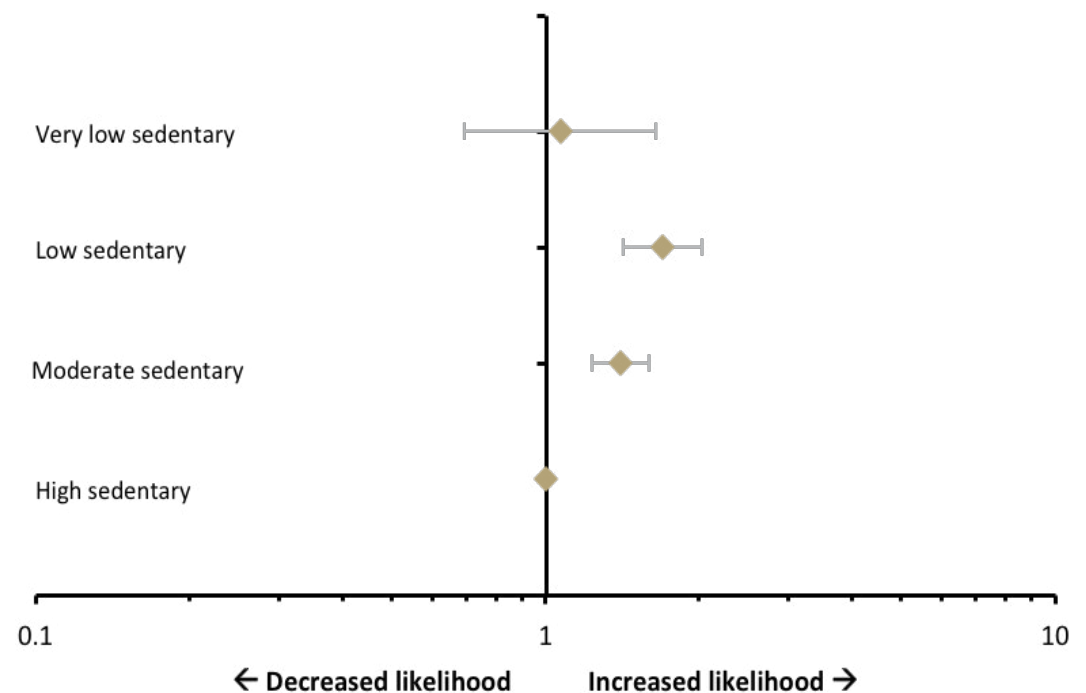


Figure 49: Odds of having Super Wellbeing based on sedentary behaviour



Small but significant associations between smoking and Super Wellbeing

Non-smokers are 1.2 (1.0-1.4) times more likely to have Super Wellbeing than smokers. Frequency of alcohol consumption is not significantly associated with Super Wellbeing.

Those with healthier diets are more likely to have Super Wellbeing

A healthy diet is important for general health and wellbeing. Consumption of breakfast, vegetables, fruit and sugary drinks was assessed in the Sovereign Wellbeing Index. New Zealanders who eat one or more serving of fruit and two or more servings of vegetables are more likely to have Super Wellbeing than those who do not eat fruit or vegetables (Figure 50 and Figure 51).

Figure 50: Odds of having Super Wellbeing based on vegetable consumption

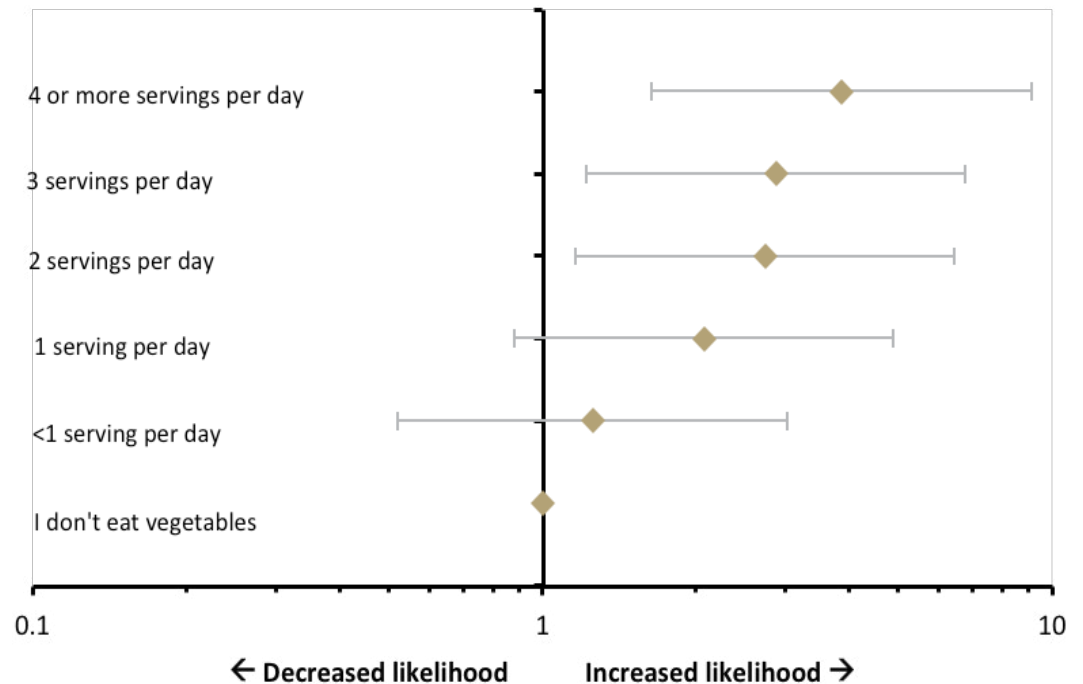
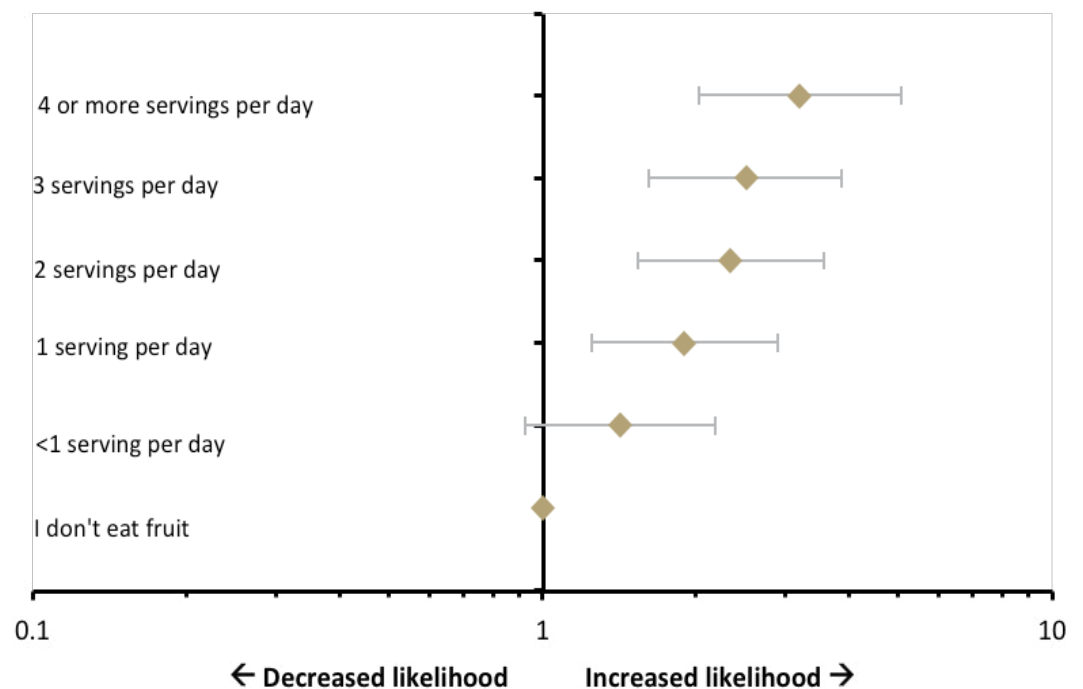
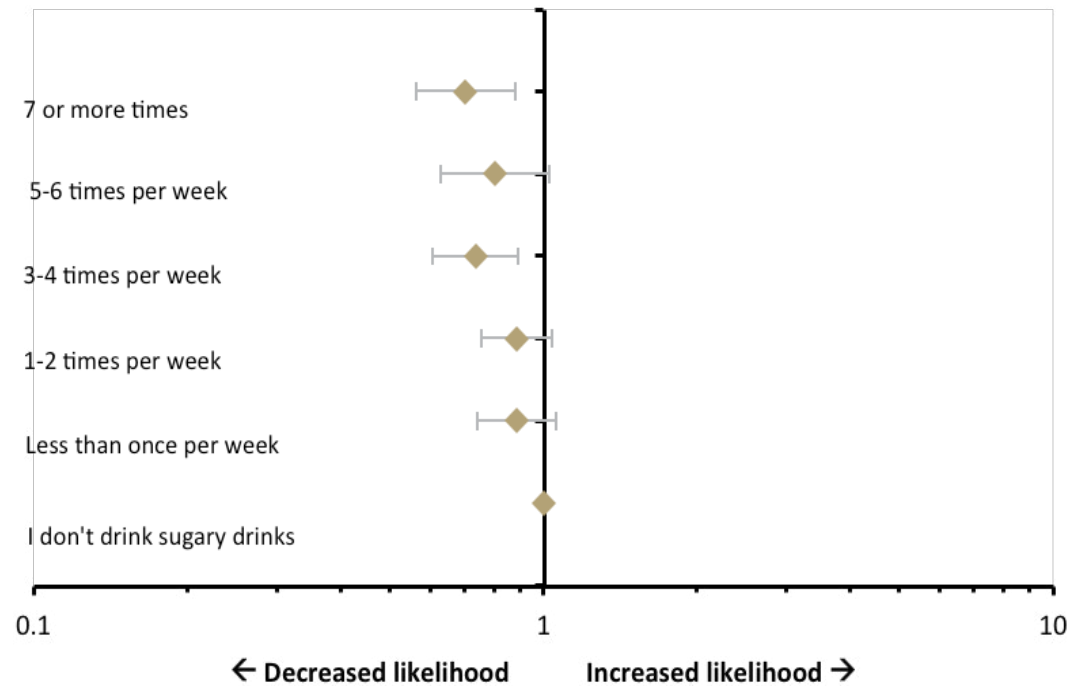


Figure 51: Odds of having Super Wellbeing based on fruit consumption



Likewise, those who indicated that they ate breakfast over the past seven days are more likely to have Super Wellbeing than those who never eat breakfast. Sugary drinks were found to negatively impact wellbeing. Those who consume seven or more sugary drinks per week are less likely to have Super Wellbeing than those who never consume sugary drinks (Figure 52).

Figure 52: Odds of having Super Wellbeing based on sugary drink consumption



Section 3: International Comparisons

This section focuses on selected wellbeing indicators comparable with data from the European Social Survey Round 3, 2006. It shows how New Zealand ranks against 22 European nations across Overall Wellbeing, Personal Wellbeing and Social Wellbeing.

Whilst the European data is from prior to the global recession, these rankings provide a benchmark for New Zealand to compare against.

Section 3: Key Findings

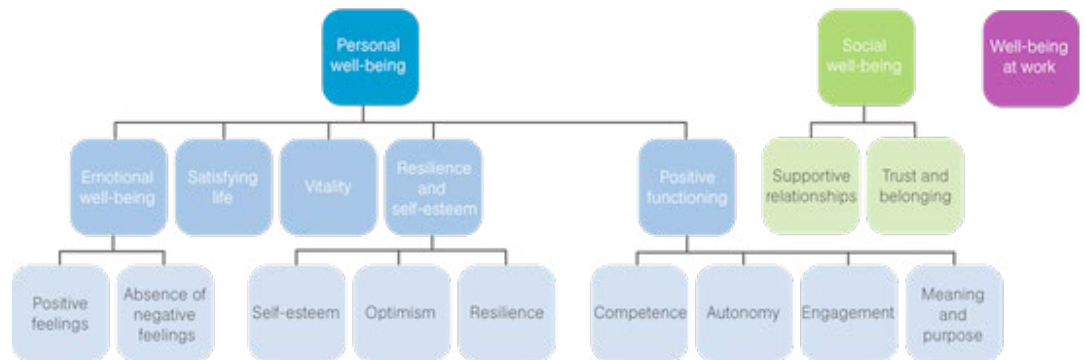
- ➔ When compared with 22 European countries using the same population measures, New Zealand consistently ranks near the bottom of the ranking in both Personal and Social Wellbeing. New Zealand is well behind the Scandinavian countries that lead these measures.
- ➔ New Zealand ranks 17th in Personal Wellbeing. Personal Wellbeing is made up of the measures of Emotional Wellbeing (rank 16th), Satisfying Life (rank 16th), Vitality (rank 16th), Resilience and Self-esteem (rank 19th), and Positive Functioning (rank 23rd).
- ➔ New Zealanders did however rank above the mean for happiness, absence of negative feelings, and enjoyment of life. However, we were still well below the top ranked countries.
- ➔ New Zealand ranks 22nd in Social Wellbeing. Social Wellbeing is made up of the dimensions of Supportive Relations (rank 21st), Felt lonely (rank 20th), Meet socially (rank 21st), Trust and Belonging (rank 23rd), People in local area help one another (rank 21st), Treated with respect (rank 22nd), Feel close to people in local area (rank 23rd), and most people can be trusted (rank 11th).
- ➔ Further exploration of our worst ranked social wellbeing indicator 'Feeling close to people in local area' showed considerable variation across the country with the major cities scoring worst with Auckland at the top. Regional areas fared somewhat better. Younger people and NZ European New Zealanders scored lowest.

3.1. Rankings

Overall Wellbeing combines selected wellbeing indicators according to a framework developed by the New Economics Foundation to provide an overall indication of how each country is functioning as a whole (Figure 53).

New Zealand ranks 20th out of 24 countries for their overall wellbeing. Overall, New Zealand consistently scores poorly on wellbeing indicators compared with other nations.

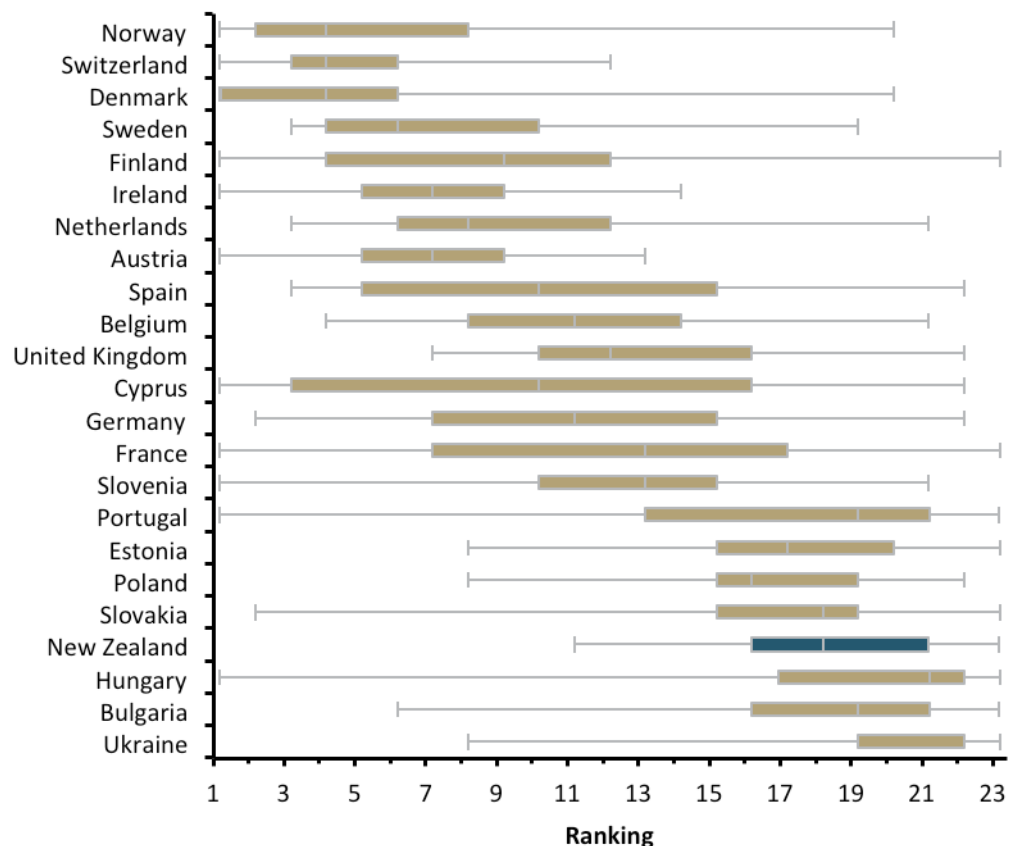
Figure 53: National Accounts of Wellbeing indicators



New Zealand ranks consistently low across all wellbeing indicators

New Zealand ranks in the bottom third of countries for 19 of the 25 wellbeing indicators assessed (Figure 54). The highest rank New Zealand obtains is 11th for New Zealanders' position on whether most people can be trusted.

Figure 54: Interquartile range of country rankings across 25 wellbeing indicators, sorted by overall rank



3.2. Personal wellbeing

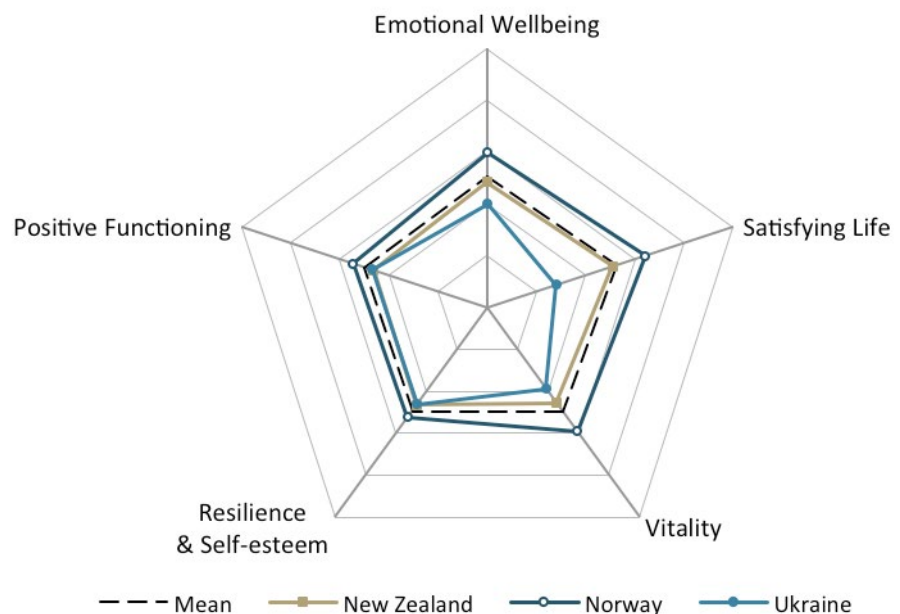
New Zealand's Personal Wellbeing ranks 17th out of 23 nations

Personal Wellbeing combines selected wellbeing indicators associated with how people feel within themselves and experience life personally. This includes feelings of happiness, life satisfaction, energy and vitality, and competence. Overall, New Zealand ranks 17th out of 23 nations for Personal Wellbeing and 16th for general life satisfaction.

New Zealand is consistently below the mean for personal wellbeing indicators

Norway ranks the number one for Personal Wellbeing, with high scores in Satisfying Life, Emotional Wellbeing, and Resilience and Self-esteem. In contrast, New Zealand consistently scores just below the mean for all Personal Wellbeing indicators, and Ukraine scores particularly low on Satisfying Life and Vitality (Figure 55).

Figure 55: Personal Wellbeing indicators for New Zealand compared with the best and worst ranked countries



New Zealand does better for positive feelings and optimism, and worse for competence and meaning and purpose

New Zealand achieves its highest ranking in Personal Wellbeing for positive feelings (15th) and optimism (15th) and worst for competence (22nd) and meaning and purpose (23rd) (Table 1). Despite consistently low rankings, New Zealand scores better on Emotional Wellbeing indicators than Vitality and Positive Functioning indicators.

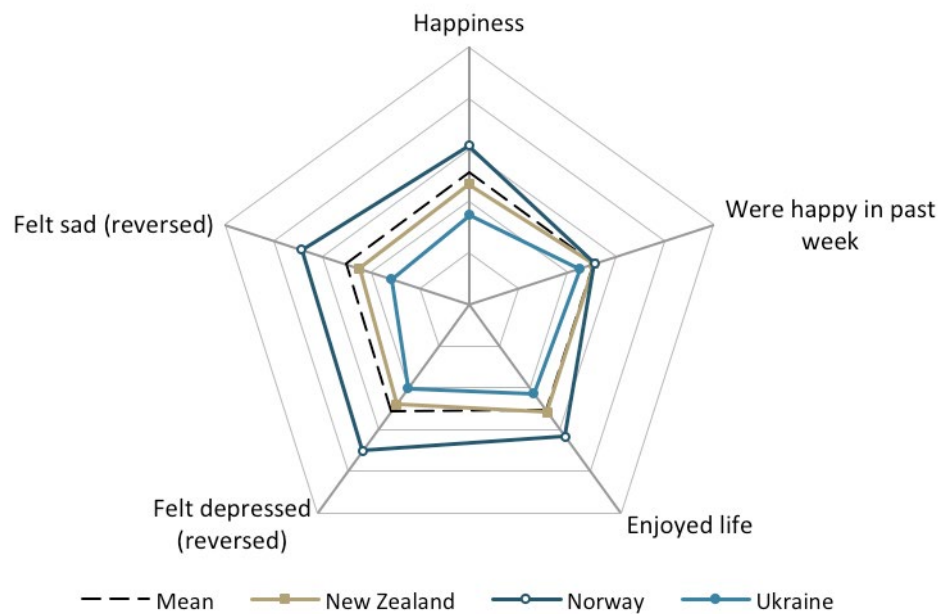
Table 1: Mean z-scores and ranks for New Zealand's Personal Wellbeing indicators

	Score	Rank
Personal Wellbeing	4.7	17
Emotional Wellbeing	4.8	16
<i>Positive Feelings</i>	4.9	15
<i>Absence of negative feelings</i>	4.7	16
Satisfying Life	5.1	16
Vitality	4.6	20
Resilience and Self-esteem	4.7	19
<i>Self-esteem</i>	4.1	21
<i>Optimism</i>	5.0	15
<i>Resilience</i>	4.9	14
Positive Functioning	4.6	23
<i>Competence</i>	4.5	22
<i>Autonomy</i>	4.7	17
<i>Meaning and purpose</i>	4.6	23

New Zealand is doing well in happiness but poorly for other indicators of emotional wellbeing

Norway again ranks the number one for Emotional Wellbeing, with high scores in absence of negative feelings, happiness, and enjoyment of life. In contrast, New Zealand scores below the mean for absence of negative feelings and general happiness. New Zealand does however score comparably with Norway in feelings of happiness during the previous week. Ukraine scores particularly low on all indicators, in particular absence of negative feelings (Figure 56).

Figure 56: Emotional Wellbeing indicators for New Zealand compared with the best and worst ranked countries



3.3. Depressed mood

Depressed mood is higher in New Zealand compared to other European countries

Depressed mood was measured using 8 items. New Zealand's mean score for depressed mood was 7.2 (95% CI 7.1-7.3). Norway had the lowest score for depressed mood (4.3, 95% CI 4.1-4.4) and Hungary the highest (8.7, 95% CI 8.4-8.9). New Zealand ranks 18th out of 23 countries for depressed mood.

3.4. Social wellbeing

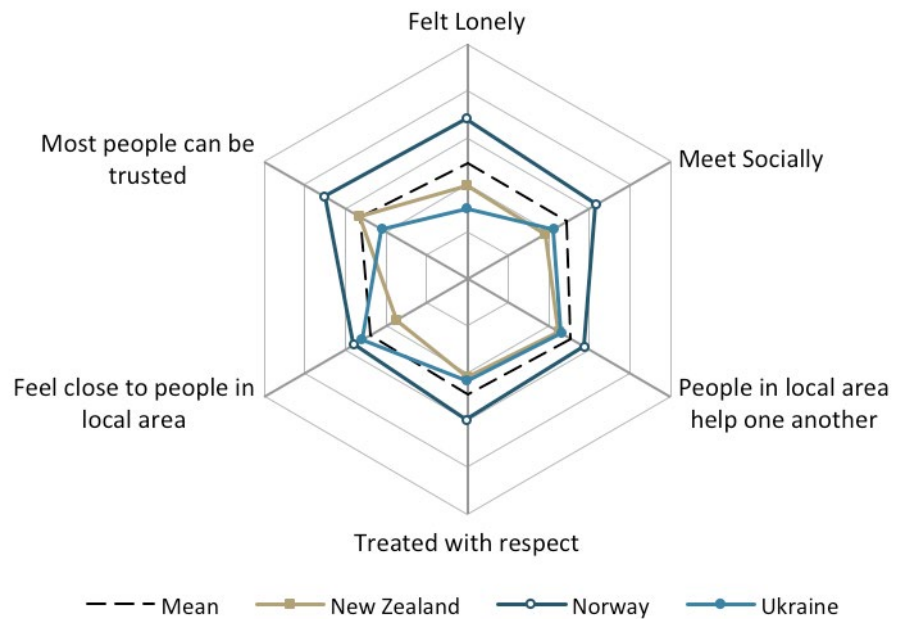
New Zealand's Social Wellbeing ranks 22nd out of 23 nations

Social Wellbeing combines selected wellbeing indicators affecting the quality of people's experience of life, such as feeling close to and valued by other people. Overall, New Zealand ranks 22nd out of 23 nations for Social Wellbeing and 23rd for feeling close with people in their local area.

How New Zealand compares with the best and worst ranked nations for Social Wellbeing indicators

Norway ranks the highest for Social Wellbeing, with high scores for absence of lonely feelings, meeting socially and trust of others. Despite scoring on the mean for trusting other people, New Zealand scores well below the mean for feeling close to people in their local area and meeting socially. Ukraine scores low on most indicators, except connecting with others in their local area (Figure 57).

Figure 57: Social Wellbeing indicators for New Zealand compared with the best and worst ranked countries



New Zealand's highest ranking in Social Wellbeing is trust of others and lowest ranking is for feeling close to people in local area

New Zealanders appear to have reasonable trust for others; however social connectedness is consistently ranked in the bottom three countries. New Zealand achieves its highest ranking in Social Wellbeing for trust of others (11th) and worst for being treated with respect (22nd) and feeling close to people in their local area (23rd) (Table 2).

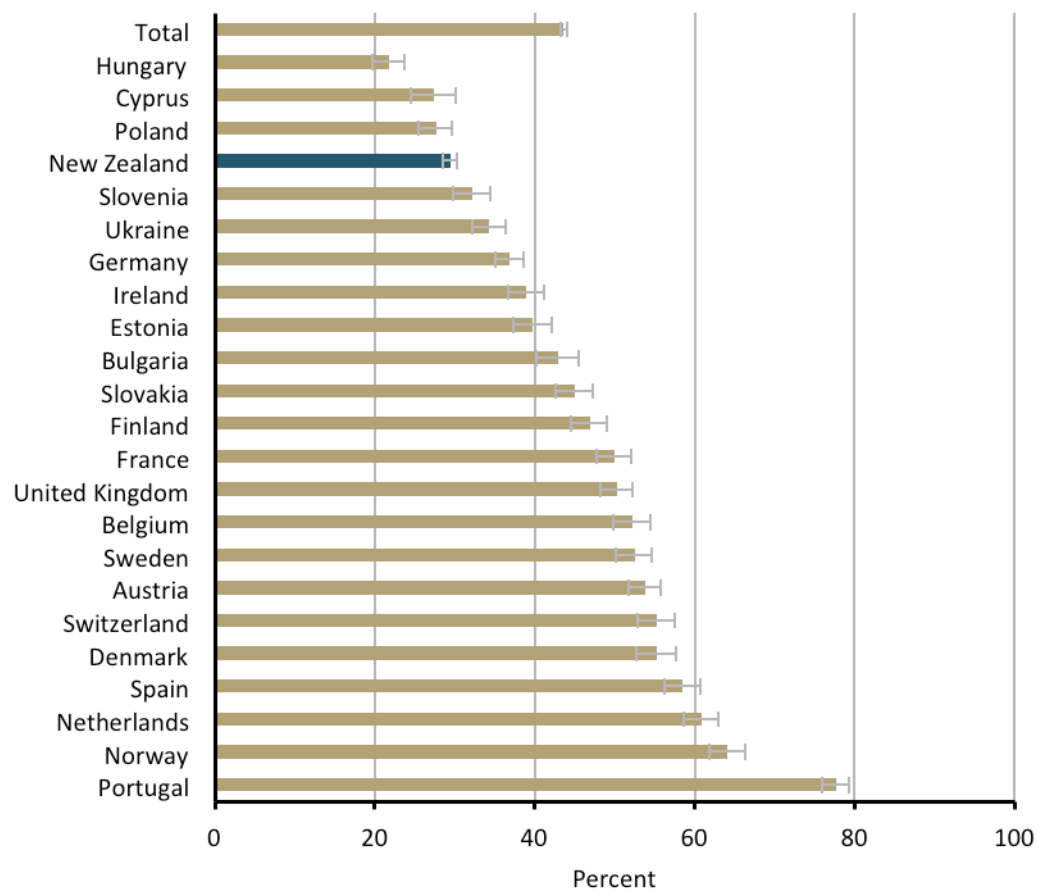
Table 2: Mean z-scores and ranks for New Zealand's Social Wellbeing indicators

	Score	Rank
Social Wellbeing	4.3	22
Supportive Relations	4.2	21
<i>Felt lonely</i>	4.0	20
<i>Meet socially</i>	3.8	21
Trust and Belonging	4.4	23
<i>People in local area help one another</i>	4.5	21
<i>Treated with respect</i>	4.2	22
<i>Feel close to people in local area</i>	3.5	23
<i>Most people can be trusted</i>	5.3	11

New Zealand performs poorly in areas of social connectedness, meeting with others socially and for connecting with people in their local area

New Zealanders connect less with others compared to other nations. New Zealand ranks 20th out of 23 countries for meeting socially with friends, relatives or work colleagues (Figure 58).

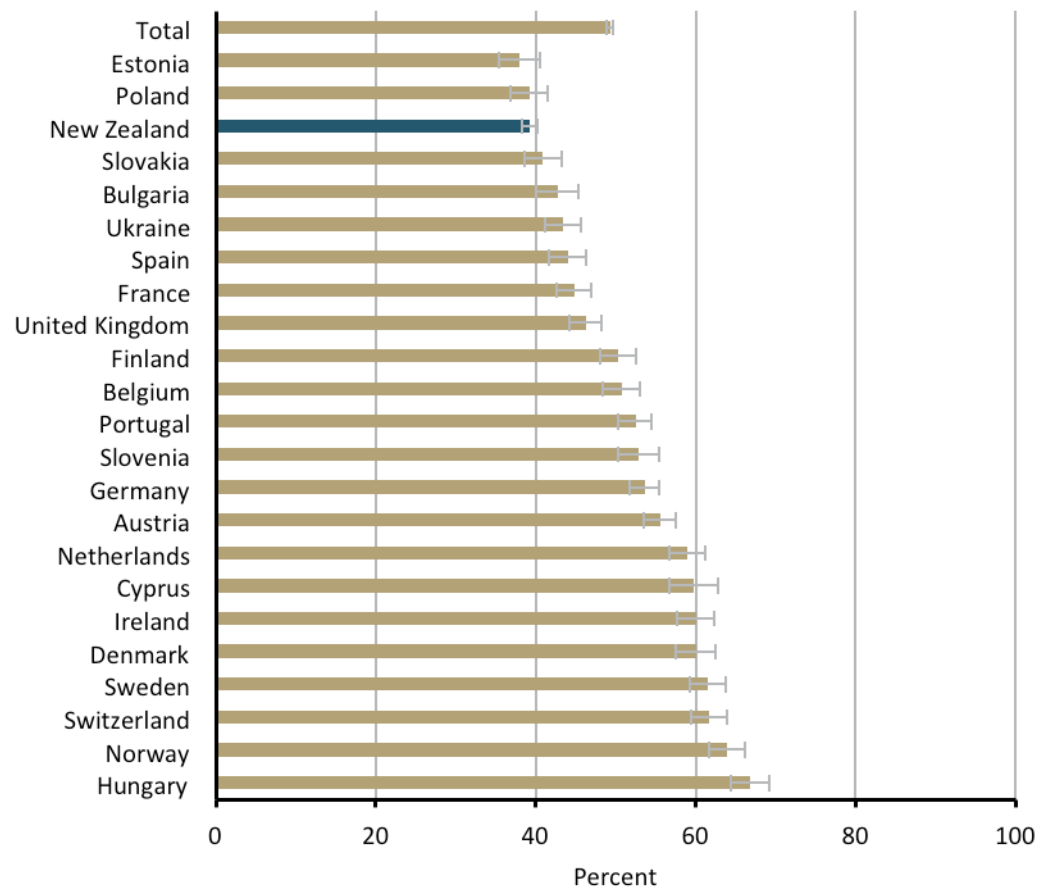
Figure 58: Percentage of the population who meet socially with friends, relatives, or work colleagues more than once per week



Less than half New Zealand's population feel people in their local area help one another

New Zealand ranked 21st out of 23 countries for feeling that people in their local area helped one another. In New Zealand, 39.3% (95% CI 38.4-40.3) of the population felt that people in their local area helped one another compared to 66.8% (95% CI 64.4-69.2) of the population in Hungary (Figure 59).

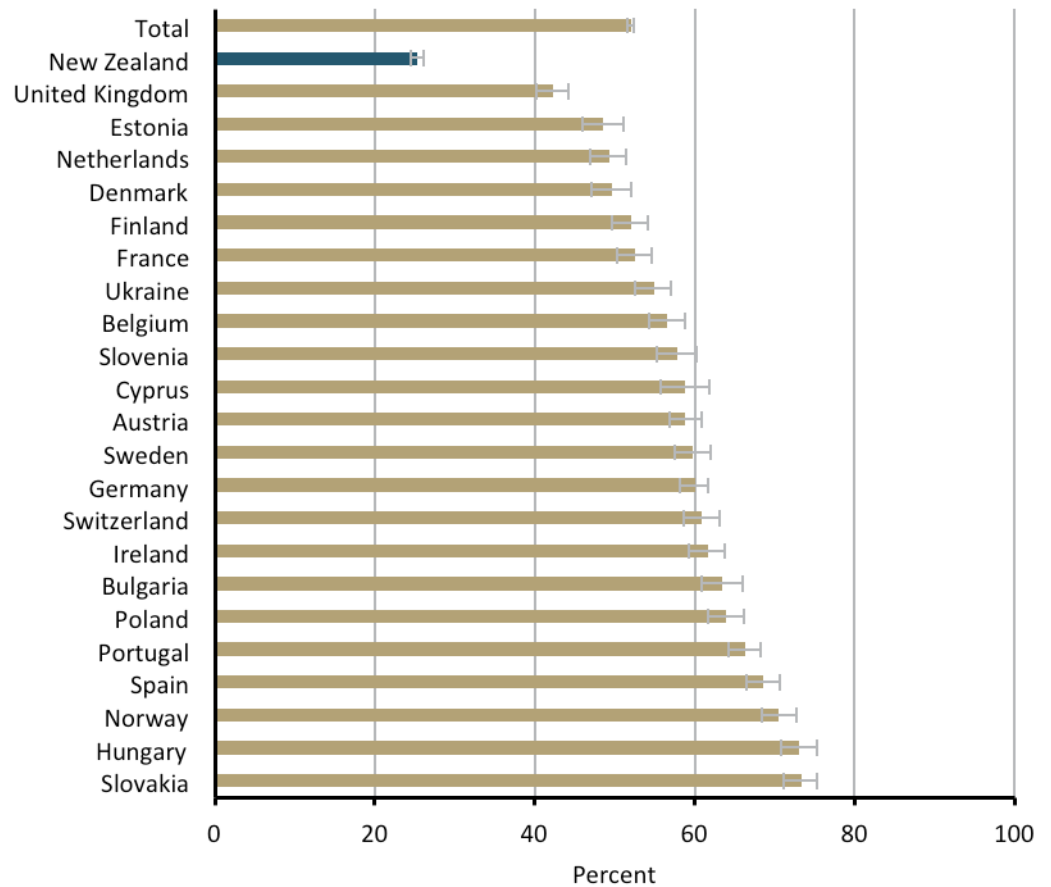
Figure 59: Percentage of the population who feel people in their local area help one another



Three out of four New Zealanders do not feel close to people in their local area

In New Zealand, 25.4% (95% CI 24.5-26.2) of the population feel close to people in the local area (Figure 60). Compared to other countries, New Zealand has the lowest ranking (23rd) for feeling close to people in their local area. As this ranking is particularly low, the National results have been further analysed by age, gender, ethnicity and region.

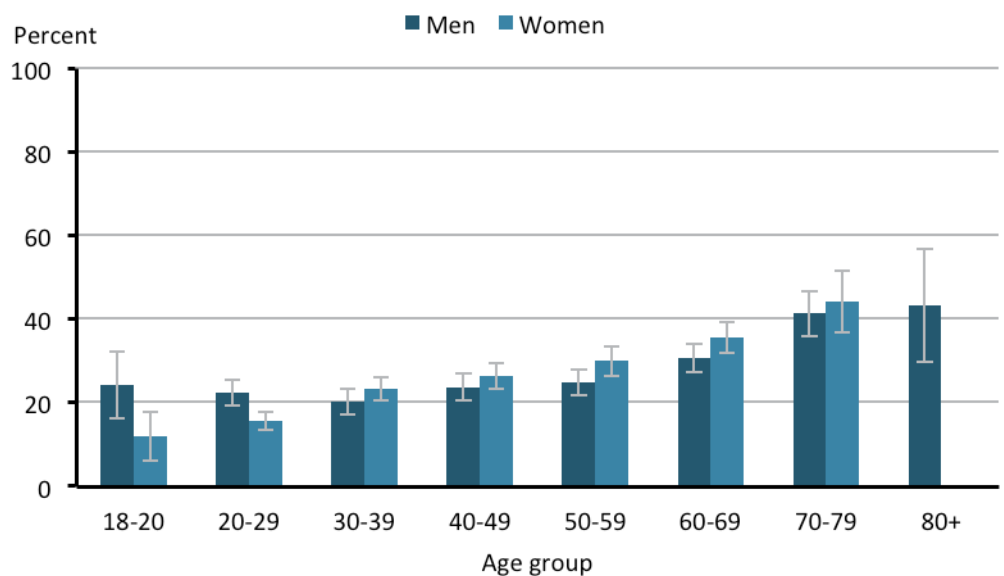
Figure 60: Percentage of population who feel close to people in local area



Older people feel closer to people in their local area

A greater percentage of older people feel close to people in their local area compared to young people. There was little difference between genders in feeling close to people in their local areas (Figure 61).

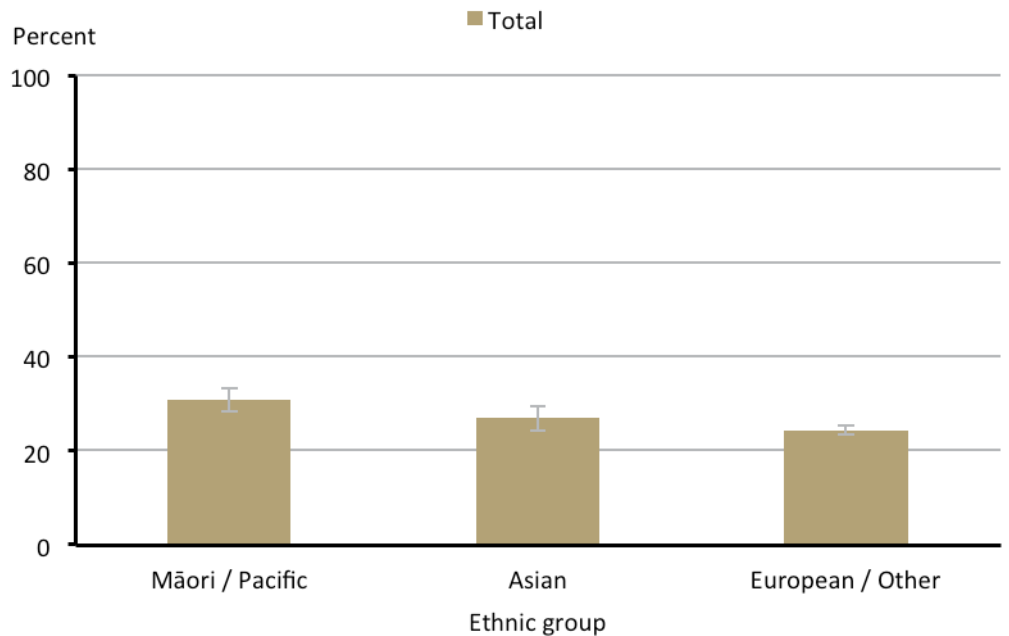
Figure 61: Percentage of population who feel close to people in local area, by age and gender



More Māori / Pacific people feel close to people in their local area

Fewer European (24.3%, 95% CI 23.3-25.3) and Asian (26.9%, 24.2-29.6) people feel close to people in their local area compared to Māori / Pacific (30.8%, 95% CI 28.3-33.4) people (Figure 62).

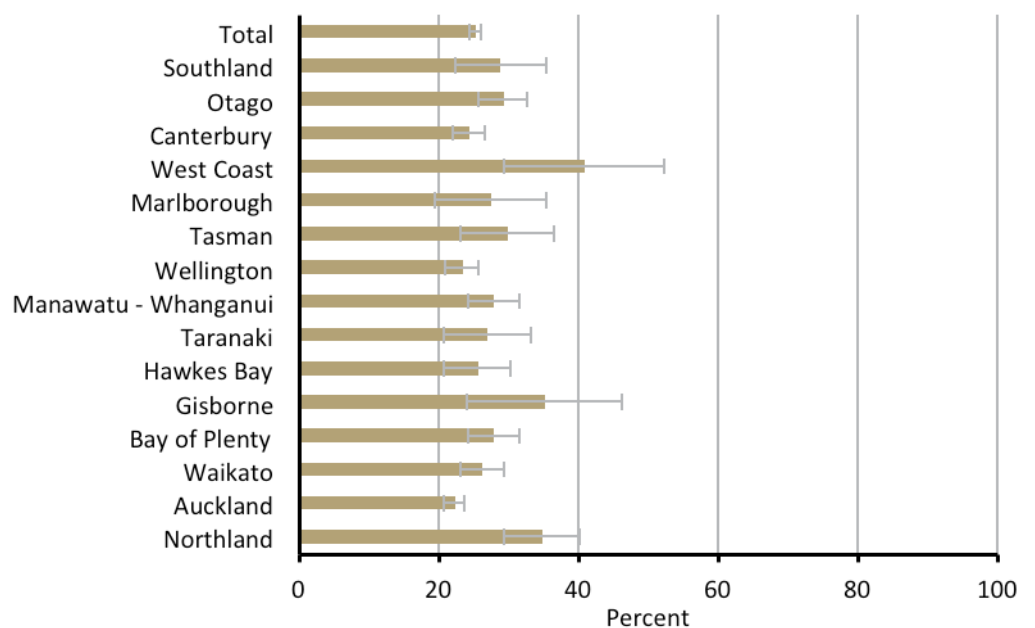
Figure 62: Percentage of population who feel close to people in local area, by ethnicity



Fewer Aucklanders feel close to people in their local area

Generally, fewer people living in cities reported feeling close to people in their local area. The region with the smallest percentage of people who felt close to others in their local area was Auckland (22.3%, 20.8-23.8) and the largest percentage was the West Coast (40.8%, 95% CI 29.4-52.3) (Figure 63).

Figure 63: Percentage of population who feel close to people in local area, by region



Future

New Zealanders make choices every day about their wellbeing. These are both personal choices as well as democratic choices about public policy and action at local and national levels. It is our vision that this index can help frame both personal choices and public policy and action in New Zealand. If it isn't wellbeing for ourselves and others we are ultimately striving for, then what is it?

The Sovereign Wellbeing Index will continue to monitor the wellbeing of New Zealanders over the next four years. We plan to follow up some of the participants in this nationally representative cohort to see how their wellbeing changes with time as well as continue to run this national index and benchmark indicators against European countries.

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Table 1: Sample characteristics

	Men		Women		Total	
Age						
18-20 years	110	(3%)	120	(3%)	230	(3%)
20-29 years	730	(18%)	1,180	(27%)	1,910	(23%)
30-39 years	680	(17%)	840	(19%)	1,520	(18%)
40-49 years	680	(17%)	780	(18%)	1,470	(17%)
50-59 years	720	(18%)	650	(15%)	1,360	(16%)
60-69 years	710	(18%)	660	(15%)	1,370	(16%)
70-79 years	320	(8%)	180	(4%)	500	(6%)
80 years and over	50	(1%)	0	(0%)	50	(1%)
Ethnic Group						
Māori / Pacific	540	(12%)	750	(15%)	1,290	(13%)
Asian	600	(13%)	480	(9%)	1,070	(11%)
European / Other	3,420	(75%)	3,890	(76%)	7,300	(76%)
Marital Status						
Single and never married	1,220	(27%)	1,190	(24%)	2,400	(25%)
Married or living with a partner	2,820	(62%)	3,010	(60%)	5,830	(61%)
Permanently separated or divorced	430	(9%)	640	(13%)	1,070	(11%)
Widowed	80	(2%)	200	(4%)	280	(3%)
Employment						
Working in paid employment	2,810	(62%)	2,730	(54%)	5,540	(58%)
Unemployed, looking for a job	320	(7%)	370	(7%)	690	(7%)
Studying	340	(8%)	420	(8%)	770	(8%)
Permanently sick / disabled	200	(5%)	170	(3%)	380	(4%)
Retired	700	(16%)	500	(10%)	1,200	(13%)
Housework, care of others	60	(1%)	750	(15%)	810	(8%)
Other	70	(2%)	90	(2%)	160	(2%)
Household Income						
Zero or negative	20	(0%)	20	(0%)	30	(0%)
\$5,000 and below	40	(1%)	40	(1%)	80	(1%)
\$5,001-\$10,000	60	(2%)	70	(2%)	130	(2%)
\$10,001-\$20,000	250	(7%)	300	(8%)	560	(8%)
\$20,001-\$30,000	390	(11%)	480	(13%)	870	(12%)
\$30,001-\$40,000	360	(10%)	400	(11%)	760	(11%)
\$40,001-\$50,000	330	(9%)	420	(11%)	750	(10%)

\$50,001-\$60,000	290	(8%)	330	(9%)	620	(9%)
\$60,001-\$70,000	300	(8%)	330	(9%)	630	(9%)
\$70,001-\$80,000	280	(8%)	290	(8%)	560	(8%)
\$80,001-\$90,000	200	(6%)	220	(6%)	420	(6%)
\$90,001-\$100,000	270	(8%)	230	(6%)	500	(7%)
\$100,001-\$150,000	510	(14%)	370	(10%)	880	(12%)
\$150,001-\$200,000	150	(4%)	120	(3%)	270	(4%)
\$200,001 and above	120	(3%)	60	(2%)	170	(2%)
Body Mass Index						
Underweight	40	(1%)	110	(3%)	150	(2%)
Normal weight	1,210	(31%)	1,500	(38%)	2,710	(34%)
Overweight	1,530	(39%)	1,050	(27%)	2,580	(33%)
Obese	1,170	(30%)	1,270	(32%)	2,430	(31%)

Table 2: Region

	Men		Women		Total	
Region						
Northland	150	(3%)	150	(3%)	300	(3%)
Auckland	1,540	(33%)	1,610	(31%)	3,150	(32%)
Waikato	370	(8%)	400	(8%)	770	(8%)
Bay of Plenty	280	(6%)	290	(6%)	570	(6%)
Gisborne	20	(0%)	50	(1%)	70	(1%)
Hawkes Bay	170	(4%)	170	(3%)	330	(3%)
Taranaki	100	(2%)	100	(2%)	200	(2%)
Manawatu - Whanganui	260	(6%)	340	(7%)	600	(6%)
Wellington	600	(13%)	660	(13%)	1,250	(13%)
Tasman	80	(2%)	110	(2%)	180	(2%)
Marlborough	60	(1%)	70	(1%)	130	(1%)
West Coast	30	(1%)	50	(1%)	70	(1%)
Canterbury	640	(14%)	730	(14%)	1,360	(14%)
Otago	280	(6%)	360	(7%)	650	(7%)
Southland	80	(2%)	110	(2%)	190	(2%)

Table 3: Flourishing in New Zealand

Population group	Mean (95% CI)						Estimated Number
	Total		Men		Women		
Age	43.9	(43.8-44.1)	43.3	(43.1-43.6)	44.5	(44.2-44.7)	8240
18-20 years	42.8	(41.7-43.8)	43.2	(41.5-44.8)	42.4	(41.1-43.8)	210
20-29 years	43.3	(42.9-43.7)	42.6	(42.0-43.3)	43.7	(43.3-44.2)	1870
30-39 years	43.4	(43.0-43.8)	42.3	(41.6-42.9)	44.3	(43.7-44.8)	1490
40-49 years	43.2	(42.7-43.6)	42.3	(41.6-43.0)	43.9	(43.3-44.5)	1430
50-59 years	44.3	(43.8-44.7)	44.0	(43.3-44.6)	44.6	(44.0-45.3)	1350
60-69 years	45.2	(44.8-45.6)	44.2	(43.6-44.9)	46.2	(45.7-46.8)	1340
70-79 years	46.5	(45.9-47.1)	46.2	(45.4-47.0)	47.1	(46.3-47.9)	490
80+ years	43.2	(40.9-45.6)	43.5	(41.4-45.7)	38.0	(14.5-61.5)	50
Ethnic Group	43.9	(43.7-44.1)	43.4	(43.1-43.6)	44.4	(44.2-44.6)	9400
Māori / Pacific	43.7	(43.2-44.2)	42.9	(42.1-43.7)	44.2	(43.6-44.8)	1230
Asian	43.2	(42.7-43.7)	42.8	(42.1-43.5)	43.8	(43.0-44.5)	1040
European / Other	44.0	(43.9-44.2)	43.6	(43.3-43.8)	44.5	(44.2-44.7)	7130
Household Income	44.0	(43.8-44.2)	43.5	(43.2-43.8)	44.5	(44.2-44.7)	7090
Zero or negative	40.9	(37.4-44.5)	41.7	(38.3-45.2)	40.1	(33.8-46.4)	30
\$5,000 and below	40.0	(37.5-42.5)	37.3	(33.1-41.5)	42.3	(39.7-44.9)	70
\$5,001-\$10,000	39.7	(37.9-41.5)	39.3	(36.5-42.0)	40.1	(37.7-42.6)	130
\$10,001-\$20,000	40.1	(39.2-40.9)	38.0	(36.7-39.3)	41.8	(40.8-42.8)	540
\$20,001-\$30,000	42.6	(42.0-43.2)	41.5	(40.6-42.5)	43.4	(42.7-44.2)	850
\$30,001-\$40,000	43.2	(42.6-43.8)	43.0	(42.0-43.9)	43.4	(42.5-44.3)	750
\$40,001-\$50,000	43.9	(43.3-44.4)	43.2	(42.3-44.1)	44.3	(43.6-45.1)	740
\$50,001-\$60,000	43.6	(43.0-44.3)	43.0	(42.1-44.0)	44.2	(43.3-45.0)	610
\$60,001-\$70,000	44.8	(44.1-45.4)	44.0	(43.0-44.9)	45.5	(44.7-46.3)	620
\$70,001-\$80,000	44.7	(44.1-45.4)	44.4	(43.5-45.3)	45.1	(44.2-46.0)	560
\$80,001-\$90,000	45.5	(44.9-46.1)	45.6	(44.7-46.4)	45.4	(44.5-46.3)	410
\$90,001-\$100,000	45.0	(44.4-45.6)	44.5	(43.6-45.4)	45.6	(44.8-46.5)	490
\$100,001-\$150,000	46.1	(45.7-46.6)	45.7	(45.1-46.3)	46.6	(45.9-47.3)	860
\$150,001-\$200,000	46.7	(45.9-47.6)	45.9	(44.6-47.1)	47.8	(46.8-48.8)	270
\$200,001 and above	47.3	(46.4-48.2)	47.4	(46.3-48.4)	47.2	(45.5-49.0)	170
Region	43.8	(43.7-44.0)	43.3	(43.1-43.6)	44.3	(44.1-44.6)	9560
Northland	44.2	(43.2-45.1)	43.8	(42.4-45.1)	44.6	(43.2-46.0)	290
Auckland	43.6	(43.3-43.9)	43.0	(42.6-43.5)	44.1	(43.7-44.5)	3070
Waikato	44.1	(43.5-44.7)	43.3	(42.4-44.2)	44.8	(44.0-45.6)	760

Bay of Plenty	44.6	(43.9-45.3)	43.9	(42.9-44.9)	45.2	(44.3-46.2)	550
Gisborne	44.0	(41.6-46.3)	45.2	(42.3-48.2)	43.5	(40.4-46.5)	70
Hawkes Bay	43.7	(42.8-44.6)	43.2	(41.8-44.5)	44.3	(43.1-45.4)	320
Taranaki	42.8	(41.4-44.1)	43.1	(41.1-45.1)	42.4	(40.7-44.2)	190
Manawatu-Whanganui	44.0	(43.3-44.6)	43.3	(42.2-44.4)	44.5	(43.6-45.3)	570
Wellington	44.1	(43.7-44.6)	43.8	(43.2-44.5)	44.4	(43.8-45.0)	1220
Tasman	43.7	(42.4-45.0)	43.3	(41.4-45.2)	43.9	(42.1-45.8)	180
Marlborough	43.3	(41.9-44.7)	42.7	(40.6-44.9)	43.7	(41.8-45.7)	120
West Coast	43.0	(40.9-45.2)	42.0	(38.9-45.1)	43.6	(40.8-46.5)	70
Canterbury	43.6	(43.2-44.1)	42.8	(42.1-43.5)	44.4	(43.8-45.0)	1340
Otago	44.3	(43.7-44.9)	44.3	(43.3-45.3)	44.4	(43.6-45.1)	630
Southland	43.9	(42.7-45.1)	42.8	(41.1-44.5)	44.7	(43.0-46.3)	180

Table 4: Depressed mood in New Zealand

Population group	Mean (95% CI)						Estimated Number
	Total		Men		Women		
Age	7.2	(7.1-7.3)	7.0	(6.9-7.2)	7.3	(7.2-7.4)	8200
18-20 years	7.9	(7.3-8.4)	7.7	(6.9-8.5)	8.1	(7.2-8.9)	220
20-29 years	8.1	(7.9-8.3)	8.2	(7.8-8.5)	8.1	(7.8-8.4)	1860
30-39 years	7.7	(7.5-7.9)	7.8	(7.4-8.2)	7.6	(7.3-7.9)	1480
40-49 years	7.2	(7.0-7.5)	7.1	(6.8-7.5)	7.3	(7.0-7.6)	1430
50-59 years	6.8	(6.6-7.1)	6.7	(6.4-7.0)	7.0	(6.7-7.4)	1340
60-69 years	6.1	(5.9-6.3)	6.0	(5.7-6.4)	6.1	(5.8-6.5)	1340
70-79 years	5.3	(5.0-5.6)	5.2	(4.8-5.6)	5.5	(5-6.0)	490
80+ years	6.9	(5.8-8.1)	6.8	(5.7-8.0)	8.7	(0.0-17.8)	50
Ethnic Group	7.1	(7-7.2)	7.0	(6.8-7.1)	7.3	(7.2-7.4)	9370
Māori / Pacific	7.7	(7.4-8.0)	7.6	(7.2-8.0)	7.8	(7.5-8.1)	1240
Asian	7.9	(7.7-8.2)	8.0	(7.7-8.4)	7.8	(7.4-8.2)	1010
European / Other	6.9	(6.8-7.0)	6.7	(6.6-6.9)	7.1	(7.0-7.3)	7120
Household Income	7.2	(7.1-7.3)	7.0	(6.8-7.1)	7.3	(7.2-7.5)	7090
Zero or negative	8.3	(6.5-10.1)	8.3	(5.6-11.0)	8.3	(6.0-10.7)	30
\$5,000 and below	9.2	(8.1-10.3)	9.5	(7.9-11.1)	9.0	(7.4-10.6)	70
\$5,001-\$10,000	9.8	(8.9-10.8)	9.4	(8.1-10.7)	10.2	(8.9-11.5)	130
\$10,001-\$20,000	8.9	(8.5-9.3)	8.9	(8.3-9.5)	8.9	(8.3-9.4)	540
\$20,001-\$30,000	7.9	(7.6-8.2)	7.8	(7.4-8.3)	8.0	(7.6-8.4)	850
\$30,001-\$40,000	7.7	(7.4-8.1)	7.3	(6.8-7.8)	8.1	(7.6-8.6)	750

\$40,001-\$50,000	7.3	(7.0-7.7)	7.0	(6.5-7.5)	7.6	(7.2-8.0)	740
\$50,001-\$60,000	7.4	(7.1-7.8)	7.4	(6.9-8.0)	7.4	(6.9-7.9)	610
\$60,001-\$70,000	6.8	(6.4-7.2)	6.7	(6.2-7.2)	6.9	(6.4-7.4)	620
\$70,001-\$80,000	6.7	(6.4-7.0)	6.5	(6.0-7.0)	6.9	(6.4-7.3)	560
\$80,001-\$90,000	6.4	(6.0-6.8)	6.2	(5.6-6.7)	6.6	(6.1-7.1)	410
\$90,001-\$100,000	6.5	(6.1-6.8)	6.5	(5.9-7.0)	6.5	(6.0-7.0)	490
\$100,001-\$150,000	6.0	(5.7-6.2)	5.9	(5.6-6.3)	6.1	(5.7-6.5)	870
\$150,001-\$200,000	6.0	(5.5-6.5)	6.3	(5.7-7.0)	5.6	(5.0-6.3)	270
\$200,001 and above	5.1	(4.6-5.6)	5.3	(4.6-6.0)	4.7	(3.9-5.5)	170
Region	7.2	(7.1-7.3)	7.0	(6.9-7.2)	7.3	(7.2-7.4)	9510
Northland	7.2	(6.7-7.7)	7.1	(6.4-7.8)	7.3	(6.5-8.1)	290
Auckland	7.3	(7.2-7.5)	7.3	(7.1-7.6)	7.3	(7.1-7.5)	3040
Waikato	7.0	(6.7-7.3)	6.8	(6.4-7.3)	7.2	(6.8-7.6)	750
Bay of Plenty	6.8	(6.5-7.2)	6.5	(6.0-7.0)	7.1	(6.6-7.7)	550
Gisborne	7.4	(6.3-8.4)	6.6	(4.9-8.3)	7.7	(6.3-9.0)	70
Hawkes Bay	7.0	(6.5-7.6)	7.1	(6.4-7.9)	7.0	(6.2-7.7)	320
Taranaki	7.4	(6.7-8.1)	6.6	(5.7-7.5)	8.1	(7.1-9.2)	190
Manawatu-Whanganui	7.2	(6.8-7.6)	7.1	(6.5-7.6)	7.3	(6.8-7.8)	580
Wellington	7.2	(7.0-7.5)	6.9	(6.5-7.2)	7.6	(7.2-7.9)	1230
Tasman	6.9	(6.2-7.6)	7.4	(6.2-8.6)	6.5	(5.6-7.5)	180
Marlborough	7.2	(6.4-8.1)	6.6	(5.2-8.0)	7.7	(6.7-8.7)	120
West Coast	8.0	(6.8-9.2)	7.9	(5.7-10.1)	8.0	(6.6-9.4)	70
Canterbury	7.2	(6.9-7.4)	7.0	(6.6-7.3)	7.3	(7.0-7.6)	1320
Otago	6.8	(6.4-7.1)	6.5	(6.0-7.0)	6.9	(6.5-7.4)	630
Southland	7.0	(6.3-7.7)	6.7	(5.7-7.7)	7.3	(6.3-8.3)	180

Table 5: Proportion of New Zealanders towards top of society (scored 7-10)

Population group	Prevalence % (95% CI)						Estimated Number
	Total		Men		Women		
Total	13.0	(12.3-13.8)	15.2	(14.1-16.3)	11.1	(10.2-12.0)	8270
18-20 years	10.4	(6.4-14.4)	15.1	(8.3-21.9)	6.1	(1.7-10.5)	220
20-29 years	9.1	(7.8-10.4)	12.1	(9.7-14.4)	7.3	(5.8-8.8)	1880
30-39 years	9.2	(7.8-10.7)	10.4	(8.0-12.7)	8.4	(6.5-10.2)	1500
40-49 years	11.4	(9.7-13.0)	12.3	(9.8-14.9)	10.6	(8.4-12.7)	1440
50-59 years	14.1	(12.2-15.9)	16.0	(13.3-18.7)	11.8	(9.3-14.4)	1340
60-69 years	19.9	(17.8-22.0)	21.1	(18.1-24.2)	18.6	(15.6-21.6)	1340
70-79 years	23.0	(19.3-26.7)	22.3	(17.7-26.8)	24.3	(17.9-30.7)	490

80+ years	24.1	(12.7-35.5)	23.5	(11.9-35.2)	33.3	(-20.0-86.7)	50
Ethnic Group	12.9	(12.2-13.6)	15.2	(14.2-16.3)	10.8	(10.0-11.7)	9440
Māori / Pacific	12.8	(10.9-14.6)	17.1	(13.9-20.4)	9.8	(7.6-11.9)	1250
Asian	16.8	(14.5-19.1)	17.8	(14.7-20.9)	15.6	(12.2-18.9)	1040
European / Other	12.4	(11.6-13.1)	14.5	(13.3-15.7)	10.5	(9.5-11.5)	7150
Household Income	13.4	(12.6-14.2)	15.6	(14.4-16.8)	11.2	(10.2-12.3)	7140
Zero or negative	16.7	(3.3-30.0)	13.3	(-3.9-30.5)	20.0	(-0.2-40.2)	30
\$5,000 and below	16.5	(8.3-24.6)	18.4	(6.1-30.7)	14.6	(3.8-25.5)	80
\$5,001-\$10,000	13.0	(7.2-18.7)	14.5	(5.7-23.3)	11.6	(4.0-19.1)	130
\$10,001-\$20,000	6.8	(4.7-8.9)	8.1	(4.7-11.5)	5.7	(3.1-8.3)	550
\$20,001-\$30,000	9.9	(7.9-11.9)	10.8	(7.7-13.9)	9.2	(6.6-11.8)	850
\$30,001-\$40,000	10.9	(8.7-13.2)	11.6	(8.3-15.0)	10.3	(7.3-13.3)	750
\$40,001-\$50,000	9.4	(7.3-11.5)	10.7	(7.3-14.0)	8.4	(5.7-11.1)	750
\$50,001-\$60,000	10.6	(8.2-13.1)	12.5	(8.7-16.3)	9.0	(6.0-12.1)	620
\$60,001-\$70,000	10.5	(8.1-12.9)	11.1	(7.5-14.7)	9.9	(6.7-13.2)	620
\$70,001-\$80,000	13.2	(10.4-16.0)	13.5	(9.5-17.6)	12.9	(9.0-16.8)	560
\$80,001-\$90,000	14.1	(10.8-17.5)	17.3	(12.0-22.5)	11.3	(7.0-15.5)	410
\$90,001-\$100,000	15.0	(11.8-18.1)	17.7	(13.1-22.3)	11.8	(7.6-16.0)	490
\$100,001-\$150,000	18.0	(15.5-20.6)	20.7	(17.2-24.3)	14.4	(10.8-17.9)	870
\$150,001-\$200,000	28.5	(23.1-33.9)	32.9	(25.3-40.5)	23.1	(15.6-30.7)	270
\$200,001 and above	44.8	(37.3-52.2)	45.2	(36.1-54.3)	43.9	(31.0-56.7)	170
Region	12.9	(12.2-13.6)	15.2	(14.1-16.2)	10.9	(10-11.7)	9590
Northland	16.6	(12.3-20.8)	18.0	(11.9-24.1)	15.1	(9.3-20.9)	300
Auckland	14.3	(13.1-15.5)	17.4	(15.5-19.3)	11.3	(9.8-12.9)	3080
Waikato	12.3	(10.0-14.6)	14.9	(11.2-18.5)	9.9	(7.0-12.9)	760
Bay of Plenty	14.5	(11.6-17.4)	17.4	(12.9-21.9)	11.7	(7.9-15.4)	560
Gisborne	17.4	(8.4-26.3)	13.6	(-0.7-28.0)	19.1	(7.9-30.4)	70
Hawkes Bay	12.3	(8.7-15.9)	13.9	(8.5-19.3)	10.7	(5.9-15.5)	320
Taranaki	12.4	(7.8-17.1)	19.8	(11.8-27.8)	5.2	(0.8-9.6)	190
Manawatu-Wanganui	10.5	(8.0-13.0)	11.9	(7.9-15.8)	9.4	(6.3-12.6)	580
Wellington	12.5	(10.6-14.3)	14.2	(11.3-17.0)	11.0	(8.6-13.4)	1230
Tasman	11.8	(7.1-16.5)	13.3	(5.6-21.0)	10.7	(4.7-16.6)	180
Marlborough	10.8	(5.3-16.4)	16.7	(6.7-26.6)	6.1	(0.3-11.8)	120
West Coast	5.6	(0.3-11.0)	7.4	(-2.5-17.3)	4.5	(-1.6-10.7)	70
Canterbury	11.4	(9.6-13.1)	11.5	(9.0-14.0)	11.2	(8.9-13.6)	1330
Otago	11.8	(9.3-14.3)	14.7	(10.5-18.8)	9.5	(6.4-12.5)	640
Southland	11.5	(6.9-16.2)	9.0	(2.6-15.3)	13.5	(6.9-20.0)	180

Table 6: Proportion of New Zealanders connecting more than once per week

Population group	Prevalence % (95% CI)						Estimated Number
	Total		Men		Women		
Total	30.0	(28.8-30.7)	31.3	(29.8-32.7)	28.4	(27.1-29.8)	8310
18-20 years	51.6	(45.0-58.1)	56.1	(46.7-65.5)	47.4	(38.3-56.5)	220
20-29 years	33.0	(30.9-35.1)	37.6	(34.1-41.1)	30.2	(27.6-32.8)	1890
30-39 years	24.3	(22.1-26.5)	26.3	(22.9-29.6)	22.7	(19.9-25.5)	1500
40-49 years	21.7	(19.6-23.8)	22.2	(19.1-25.4)	21.2	(18.3-24.1)	1440
50-59 years	25.9	(23.5-28.2)	24.6	(21.4-27.8)	27.3	(23.8-30.7)	1350
60-69 years	34.4	(31.8-36.9)	34.4	(30.9-38.0)	34.3	(30.7-37.9)	1350
70-79 years	45.7	(41.3-50.1)	45.9	(40.5-51.4)	45.2	(37.9-52.5)	500
80+ years	29.6	(17.5-41.8)	29.4	(16.9-41.9)	33.3	(-20.0-86.7)	50
Ethnic Group	29.5	(28.6-30.4)	30.7	(29.4-32.1)	28.4	(27.1-29.6)	9490
Māori / Pacific	30.6	(28.0-33.1)	35.1	(31.0-39.2)	27.3	(24.1-30.5)	1260
Asian	26.0	(23.4-28.7)	25.8	(22.2-29.4)	26.3	(22.3-30.4)	1040
European / Other	29.8	(28.7-30.8)	30.9	(29.3-32.5)	28.8	(27.4-30.2)	7190
Household Income	28.5	(27.4-29.5)	30.1	(28.6-31.6)	26.9	(25.5-28.4)	7180
Zero or negative	40.0	(22.5-57.5)	53.3	(28.1-78.6)	26.7	(4.3-49.0)	30
\$5,000 and below	39.0	(28.1-49.9)	41.7	(25.6-57.8)	36.6	(21.8-51.3)	80
\$5,001-\$10,000	26.4	(18.8-34.0)	24.6	(13.8-35.4)	27.9	(17.3-38.6)	130
\$10,001-\$20,000	30.8	(26.9-34.6)	35.6	(29.7-41.5)	26.8	(21.7-31.8)	550
\$20,001-\$30,000	31.7	(28.6-34.8)	35.4	(30.6-40.2)	28.7	(24.6-32.8)	860
\$30,001-\$40,000	27.2	(24.0-30.4)	28.9	(24.2-33.6)	25.7	(21.4-30.0)	760
\$40,001-\$50,000	27.4	(24.2-30.6)	29.0	(24.1-33.9)	26.2	(22.0-30.4)	750
\$50,001-\$60,000	25.4	(22.0-28.8)	27.7	(22.5-32.8)	23.4	(18.8-28.0)	620
\$60,001-\$70,000	24.8	(21.4-28.2)	24.6	(19.7-29.5)	25.1	(20.4-29.8)	620
\$70,001-\$80,000	25.4	(21.8-29.0)	28.4	(23.0-33.7)	22.6	(17.8-27.5)	560
\$80,001-\$90,000	24.6	(20.5-28.8)	25.6	(19.6-31.7)	23.7	(18.0-29.4)	410
\$90,001-\$100,000	27.5	(23.6-31.4)	27.9	(22.5-33.2)	27.1	(21.3-32.8)	500
\$100,001-\$150,000	28.3	(25.3-31.3)	27.8	(23.9-31.6)	29.1	(24.4-33.7)	880
\$150,001-\$200,000	36.6	(30.8-42.3)	33.3	(25.7-41.0)	40.5	(31.7-49.2)	270
\$200,001 and above	45.3	(37.8-52.8)	47.0	(37.8-56.1)	41.8	(28.8-54.9)	170
Region	29.5	(28.5-30.4)	30.7	(29.3-32.0)	28.3	(27.1-29.6)	9640
Northland	27.6	(22.5-32.7)	30.9	(23.6-38.3)	24.1	(17.2-31.1)	300
Auckland	28.2	(26.6-29.8)	29.7	(27.4-32.0)	26.8	(24.6-29.0)	3090
Waikato	27.4	(24.2-30.6)	26.1	(21.6-30.6)	28.6	(24.2-33.1)	760
Bay of Plenty	33.2	(29.2-37.1)	36.2	(30.4-41.9)	30.3	(25.0-35.6)	560

Gisborne	42.3	(30.8-53.7)	54.5	(33.7-75.4)	36.7	(23.2-50.2)	70
Hawkes Bay	27.8	(22.9-32.7)	24.8	(18.2-31.5)	30.7	(23.6-37.8)	320
Taranaki	21.8	(15.9-27.6)	22.9	(14.5-31.3)	20.6	(12.6-28.7)	190
Manawatu-Whanganui	34.0	(30.2-37.8)	33.9	(28.0-39.7)	34.1	(29.0-39.2)	590
Wellington	31.6	(29.0-34.1)	34.0	(30.2-37.9)	29.3	(25.8-32.8)	1240
Tasman	28.2	(21.6-34.7)	27.6	(17.6-37.7)	28.6	(19.9-37.2)	180
Marlborough	28.5	(20.5-36.4)	37.5	(24.8-50.2)	20.9	(11.2-30.6)	120
West Coast	33.8	(22.8-44.8)	34.6	(16.3-52.9)	33.3	(19.6-47.1)	70
Canterbury	28.4	(26.0-30.9)	29.1	(25.6-32.7)	27.8	(24.5-31.1)	1330
Otago	31.9	(28.3-35.5)	34.9	(29.3-40.4)	29.6	(24.8-34.3)	640
Southland	27.0	(20.6-33.4)	25.9	(16.4-35.5)	27.9	(19.3-36.5)	190

Table 7: Proportion of New Zealanders who give often

Population group	Prevalence % (95% CI)						Estimated Number
	Total		Men		Women		
Total	70.0	(68.8-70.7)	63.6	(62.1-65.1)	75.3	(74.0-76.6)	8320
18-20 years	56.3	(49.8-62.7)	46.2	(36.7-55.7)	65.3	(56.7-73.8)	220
20-29 years	64.5	(62.3-66.7)	56.3	(52.7-59.9)	69.5	(66.9-72.2)	1890
30-39 years	63.2	(60.8-65.6)	53.8	(50.0-57.6)	70.7	(67.6-73.7)	1500
40-49 years	66.1	(63.7-68.6)	57.8	(54.0-61.5)	73.4	(70.3-76.5)	1450
50-59 years	74.6	(72.3-76.9)	68.5	(65.1-71.9)	81.4	(78.4-84.4)	1350
60-69 years	80.0	(77.8-82.1)	74.2	(71.0-77.5)	86.1	(83.4-88.7)	1350
70-79 years	84.4	(81.2-87.6)	81.7	(77.5-85.9)	89.3	(84.8-93.9)	500
80+ years	77.8	(66.7-88.9)	78.4	(67.1-89.7)	66.7	(13.3-120.0)	50
Ethnic Group	69.1	(68.1-70.0)	62.8	(61.4-64.2)	74.6	(73.4-75.8)	9530
Māori / Pacific	75.3	(72.9-77.7)	70.9	(67.0-74.8)	78.3	(75.4-81.3)	1270
Asian	61.3	(58.3-64.2)	57.9	(53.9-61.9)	65.5	(61.2-69.8)	1050
European / Other	69.1	(68.0-70.2)	62.4	(60.8-64.1)	74.9	(73.6-76.3)	7210
Household Income	69.3	(68.2-70.3)	63.4	(61.8-65.0)	75.0	(73.6-76.4)	7170
Zero or negative	66.7	(49.8-83.5)	60.0	(35.2-84.8)	73.3	(51.0-95.7)	30
\$5,000 and below	55.7	(44.7-66.7)	50.0	(34.1-65.9)	61.0	(46.0-75.9)	80
\$5,001-\$10,000	60.0	(51.6-68.4)	55.6	(43.3-67.8)	64.2	(52.7-75.7)	130
\$10,001-\$20,000	69.4	(65.5-73.2)	59.4	(53.3-65.5)	77.6	(72.9-82.3)	550
\$20,001-\$30,000	72.1	(69.1-75.1)	68.0	(63.3-72.6)	75.5	(71.7-79.4)	860
\$30,001-\$40,000	74.6	(71.5-77.7)	71.8	(67.1-76.4)	77.1	(73.0-81.3)	750
\$40,001-\$50,000	67.9	(64.5-71.2)	59.6	(54.3-64.9)	74.5	(70.3-78.7)	740
\$50,001-\$60,000	68.1	(64.4-71.8)	64.9	(59.4-70.4)	70.9	(66.0-75.8)	620

\$60,001-\$70,000	69.4	(65.8-73.0)	62.1	(56.6-67.6)	76.2	(71.5-80.8)	620
\$70,001-\$80,000	66.8	(62.9-70.7)	59.8	(54.0-65.6)	73.7	(68.6-78.8)	560
\$80,001-\$90,000	71.5	(67.2-75.9)	68.3	(61.9-74.8)	74.5	(68.7-80.4)	410
\$90,001-\$100,000	65.2	(61.0-69.4)	58.4	(52.5-64.3)	73.1	(67.4-78.9)	490
\$100,001-\$150,000	68.8	(65.7-71.9)	62.6	(58.4-66.8)	77.3	(73.0-81.6)	880
\$150,001-\$200,000	72.5	(67.1-77.8)	64.4	(56.6-72.2)	82.4	(75.5-89.2)	270
\$200,001 and above	66.3	(59.2-73.3)	63.5	(54.7-72.3)	71.9	(60.3-83.6)	170
Region	68.8	(67.9-69.8)	62.6	(61.2-64.0)	74.4	(73.2-75.6)	9680
Northland	73.3	(68.3-78.3)	66.4	(58.9-74.0)	80.4	(74.0-86.8)	300
Auckland	68.5	(66.9-70.1)	61.4	(59.0-63.9)	75.2	(73.1-77.3)	3100
Waikato	71.8	(68.6-75.0)	66.1	(61.3-71.0)	77.0	(72.9-81.2)	760
Bay of Plenty	71.3	(67.6-75.0)	65.9	(60.4-71.5)	76.5	(71.6-81.4)	570
Gisborne	70.4	(59.8-81.0)	68.2	(48.7-87.6)	71.4	(58.8-84.1)	70
Hawkes Bay	66.8	(61.6-71.9)	63.0	(55.5-70.4)	70.6	(63.6-77.5)	330
Taranaki	66.1	(59.5-72.8)	64.6	(55.0-74.2)	67.7	(58.4-77.1)	190
Manawatu-Wanganui	68.1	(64.4-71.9)	61.7	(55.7-67.7)	73.0	(68.3-77.7)	590
Wellington	68.5	(65.9-71.1)	60.6	(56.7-64.6)	75.5	(72.2-78.8)	1230
Tasman	64.2	(57.2-71.3)	57.3	(46.1-68.5)	69.2	(60.4-78.1)	180
Marlborough	71.0	(63.0-79.0)	62.5	(49.8-75.2)	77.9	(68.1-87.8)	120
West Coast	69.0	(58.3-79.8)	65.4	(47.1-83.7)	71.1	(57.9-84.4)	70
Canterbury	69.5	(67.1-72.0)	64.9	(61.2-68.6)	73.5	(70.3-76.8)	1350
Otago	64.2	(60.5-67.9)	56.9	(51.1-62.7)	69.8	(65.1-74.5)	640
Southland	72.0	(65.6-78.5)	67.5	(57.2-77.8)	75.5	(67.3-83.7)	190

Table 8: Proportion of New Zealanders who take notice often

Population group	Prevalence % (95% CI)						Estimated Number
	Total		Men		Women		
Total	38.9	(37.9-40.0)	38.4	(36.9-39.9)	39.4	(37.9-40.8)	8370
18-20 years	24.2	(18.7-29.8)	24.8	(16.7-32.9)	23.7	(16.1-31.4)	230
20-29 years	25.1	(23.1-27.0)	25.3	(22.1-28.5)	24.9	(22.4-27.4)	1900
30-39 years	30.6	(28.3-33.0)	30.3	(26.8-33.7)	31.0	(27.8-34.1)	1510
40-49 years	35.6	(33.2-38.1)	31.9	(28.3-35.4)	38.9	(35.5-42.3)	1460
50-59 years	45.3	(42.6-47.9)	42.4	(38.8-46.1)	48.4	(44.6-52.3)	1360
60-69 years	56.5	(53.9-59.1)	52.8	(49.1-56.5)	60.5	(56.7-64.2)	1360
70-79 years	64.9	(60.7-69.1)	59.0	(53.6-64.4)	75.4	(69.1-81.7)	500
80+ years	63.0	(50.1-75.8)	62.7	(49.5-76.0)	66.7	(13.3-120.0)	50

Ethnic Group	55.9	(54.9-56.9)	55.1	(53.7-56.6)	56.7	(55.3-58.0)	9590
Māori / Pacific	60.1	(57.4-62.7)	62.8	(58.6-66.9)	58.2	(54.6-61.7)	1280
Asian	53.1	(50.1-56.1)	50.4	(46.4-54.5)	56.5	(52.0-61.0)	1050
European / Other	55.6	(54.5-56.8)	54.7	(53.1-56.4)	56.4	(54.8-58.0)	7260
Household Income	56.0	(54.9-57.2)	55.4	(53.7-57.0)	56.7	(55.0-58.3)	7210
Zero or negative	56.7	(38.9-74.4)	53.3	(28.1-78.6)	60.0	(35.2-84.8)	30
\$5,000 and below	48.1	(37.1-59.1)	47.4	(31.5-63.2)	48.8	(33.5-64.1)	80
\$5,001-\$10,000	49.2	(40.7-57.8)	50.8	(38.4-63.1)	47.8	(36.0-59.6)	130
\$10,001-\$20,000	57.9	(53.8-62.0)	54.0	(47.8-60.2)	61.1	(55.6-66.5)	550
\$20,001-\$30,000	58.3	(55.0-61.6)	55.4	(50.5-60.4)	60.6	(56.2-65.0)	860
\$30,001-\$40,000	56.7	(53.1-60.2)	59.0	(53.9-64.1)	54.6	(49.7-59.5)	760
\$40,001-\$50,000	57.6	(54.0-61.1)	56.2	(50.8-61.5)	58.7	(54.0-63.4)	750
\$50,001-\$60,000	52.9	(49.0-56.8)	55.0	(49.3-60.8)	51.1	(45.7-56.4)	620
\$60,001-\$70,000	55.9	(52.0-59.9)	54.7	(49.0-60.3)	57.1	(51.7-62.5)	620
\$70,001-\$80,000	56.2	(52.1-60.3)	54.9	(49.0-60.7)	57.5	(51.8-63.2)	560
\$80,001-\$90,000	58.3	(53.5-63.0)	62.7	(56.0-69.4)	54.2	(47.5-60.8)	420
\$90,001-\$100,000	54.5	(50.1-58.9)	54.4	(48.5-60.4)	54.6	(48.1-61.0)	500
\$100,001-\$150,000	54.2	(50.9-57.5)	52.9	(48.5-57.2)	56.1	(51.0-61.2)	880
\$150,001-\$200,000	57.3	(51.4-63.2)	55.5	(47.4-63.5)	59.5	(50.8-68.3)	270
\$200,001 and above	54.7	(47.2-62.1)	53.9	(44.8-63.0)	56.1	(43.3-69.0)	170
Region	55.7	(54.7-56.7)	55.0	(53.5-56.4)	56.4	(55.1-57.8)	9750
Northland	59.0	(53.4-64.6)	58.6	(50.7-66.4)	59.5	(51.5-67.4)	300
Auckland	54.1	(52.4-55.9)	53.3	(50.8-55.8)	54.9	(52.5-57.4)	3120
Waikato	59.5	(56.0-62.9)	56.4	(51.3-61.5)	62.3	(57.5-67.0)	770
Bay of Plenty	61.4	(57.4-65.4)	60.9	(55.1-66.6)	61.9	(56.3-67.5)	570
Gisborne	64.8	(53.7-75.9)	59.1	(38.5-79.6)	67.3	(54.2-80.5)	70
Hawkes Bay	57.2	(51.8-62.5)	56.5	(48.9-64.2)	57.8	(50.3-65.3)	330
Taranaki	54.1	(47.1-61.1)	53.5	(43.7-63.4)	54.6	(44.7-64.5)	200
Manawatu-Whanganui	55.3	(51.3-59.3)	56.3	(50.2-62.3)	54.6	(49.3-59.9)	590
Wellington	54.8	(52.1-57.6)	53.7	(49.7-57.8)	55.8	(52.0-59.6)	1240
Tasman	53.3	(46.0-60.6)	50.0	(38.8-61.2)	55.8	(46.2-65.3)	180
Marlborough	61.8	(53.2-70.4)	67.9	(55.6-80.1)	56.7	(44.9-68.6)	120
West Coast	59.7	(48.4-71.1)	59.3	(40.7-77.8)	60.0	(45.7-74.3)	70
Canterbury	55.5	(52.9-58.2)	54.8	(50.9-58.6)	56.2	(52.6-59.8)	1360
Otago	54.4	(50.6-58.3)	55.0	(49.2-60.8)	54.0	(48.9-59.2)	640
Southland	50.5	(43.4-57.7)	51.9	(41.0-62.7)	49.5	(40.1-59.0)	190

Table 9: Proportion of New Zealanders who are learning a great deal

Population group	Prevalence % (95% CI)						Estimated Number
	Total		Men		Women		
Total	44.2	(43.1-45.3)	46.5	(44.9-48.0)	42.2	(40.7-43.6)	8370
18-20 years	49.8	(43.3-56.3)	53.2	(43.8-62.6)	46.6	(37.6-55.6)	230
20-29 years	44.8	(42.5-47.0)	49.9	(46.2-53.5)	41.6	(38.8-44.4)	1900
30-39 years	40.4	(37.9-42.9)	42.6	(38.8-46.3)	38.6	(35.4-41.9)	1510
40-49 years	40.8	(38.3-43.3)	42.3	(38.6-46.0)	39.5	(36.1-42.9)	1460
50-59 years	43.4	(40.7-46.0)	45.2	(41.6-48.9)	41.3	(37.5-45.1)	1360
60-69 years	48.3	(45.7-51.0)	48.3	(44.6-52.0)	48.4	(44.6-52.2)	1360
70-79 years	51.9	(47.5-56.3)	52.0	(46.6-57.5)	51.7	(44.3-59.0)	500
80+ years	46.3	(33.0-59.6)	47.1	(33.4-60.8)	33.3	(-20-86.7)	50
Ethnic Group	44.2	(43.2-45.2)	46.4	(44.9-47.9)	42.3	(40.9-43.6)	9590
Māori / Pacific	47.5	(44.7-50.2)	50.8	(46.5-55.0)	45.1	(41.5-48.7)	1280
Asian	53.2	(50.2-56.2)	53.3	(49.3-57.4)	53.1	(48.6-57.6)	1060
European / Other	42.3	(41.2-43.5)	44.5	(42.8-46.2)	40.4	(38.8-41.9)	7250
Household Income	43.9	(42.7-45.0)	45.8	(44.1-47.4)	42.1	(40.5-43.7)	7210
Zero or negative	41.9	(24.6-59.3)	43.8	(19.4-68.1)	40.0	(15.2-64.8)	30
\$5,000 and below	46.8	(35.8-57.8)	50.0	(34.1-65.9)	43.9	(28.7-59.1)	80
\$5,001-\$10,000	47.0	(38.5-55.5)	46.0	(33.7-58.3)	47.8	(36.0-59.6)	130
\$10,001-\$20,000	39.7	(35.7-43.8)	42.3	(36.2-48.5)	37.6	(32.2-43.1)	550
\$20,001-\$30,000	44.5	(41.2-47.8)	45.6	(40.7-50.6)	43.6	(39.2-48.1)	870
\$30,001-\$40,000	42.1	(38.5-45.6)	46.3	(41.2-51.5)	38.3	(33.5-43.0)	760
\$40,001-\$50,000	42.4	(38.9-45.9)	44.4	(39.1-49.8)	40.8	(36.1-45.5)	750
\$50,001-\$60,000	42.1	(38.2-45.9)	48.3	(42.5-54.0)	36.6	(31.5-41.8)	620
\$60,001-\$70,000	41.0	(37.1-44.8)	39.3	(33.8-44.9)	42.5	(37.1-47.8)	630
\$70,001-\$80,000	47.8	(43.7-51.9)	47.8	(41.9-53.7)	47.7	(42.0-53.5)	560
\$80,001-\$90,000	44.5	(39.7-49.2)	47.8	(40.9-54.7)	41.4	(34.8-48.0)	420
\$90,001-\$100,000	42.0	(37.6-46.3)	43.9	(37.9-49.8)	39.7	(33.4-46.1)	500
\$100,001-\$150,000	46.4	(43.1-49.7)	45.6	(41.3-49.9)	47.6	(42.5-52.7)	880
\$150,001-\$200,000	50.7	(44.8-56.7)	51.7	(43.6-59.8)	49.6	(40.7-58.5)	270
\$200,001 and above	50.0	(42.5-57.5)	53.9	(44.8-63.0)	42.1	(29.3-54.9)	170
Region	44.1	(43.2-45.1)	46.3	(44.8-47.7)	42.2	(40.9-43.6)	9750
Northland	47.8	(42.2-53.5)	48.4	(40.4-56.3)	47.3	(39.2-55.4)	300
Auckland	46.7	(45.0-48.5)	49.0	(46.5-51.5)	44.6	(42.1-47.0)	3120
Waikato	44.9	(41.4-48.4)	48.0	(42.8-53.1)	42.1	(37.3-47.0)	770

Bay of Plenty	46.9	(42.8-51.0)	45.2	(39.4-51.0)	48.6	(42.8-54.4)	570
Gisborne	42.9	(31.3-54.5)	28.6	(9.2-47.9)	49.0	(35.0-63.0)	70
Hawkes Bay	39.8	(34.5-45.1)	39.5	(32.0-47.0)	40.0	(32.5-47.5)	330
Taranaki	37.6	(30.8-44.3)	46.5	(36.6-56.3)	28.6	(19.6-37.5)	200
Manawatu-Wanganui	43.1	(39.1-47.1)	47.5	(41.4-53.6)	39.8	(34.5-45.0)	590
Wellington	42.9	(40.2-45.7)	44.5	(40.5-48.5)	41.5	(37.8-45.3)	1250
Tasman	40.6	(33.4-47.7)	38.7	(27.6-49.7)	41.9	(32.5-51.3)	180
Marlborough	37.9	(29.4-46.4)	41.1	(28.2-54.0)	35.3	(23.9-46.7)	120
West Coast	38.9	(27.6-50.1)	37.0	(18.8-55.3)	40.0	(25.7-54.3)	70
Canterbury	41.3	(38.6-43.9)	44.7	(40.8-48.6)	38.3	(34.7-41.8)	1350
Otago	44.6	(40.7-48.4)	47.3	(41.5-53.2)	42.4	(37.3-47.5)	650
Southland	38.7	(31.7-45.7)	36.3	(25.7-46.8)	40.6	(31.2-49.9)	190

Table 10: Proportion of New Zealanders who are active

Population group	Prevalence % (95% CI)						Estimated Number
	Total		Men		Women		
Total	23.1	(22.2-24.0)	25.4	(24.0-26.8)	21.0	(19.8-22.2)	8230
18-20 years	26.2	(20.4-32.0)	36.4	(27.3-45.6)	16.7	(9.8-23.5)	220
20-29 years	23.4	(21.5-25.3)	28.9	(25.6-32.3)	20.1	(17.7-22.4)	1870
30-39 years	24.2	(22.1-26.4)	26.1	(22.7-29.5)	22.7	(19.9-25.6)	1490
40-49 years	23.2	(21.0-25.4)	23.6	(20.4-26.9)	22.8	(19.8-25.7)	1430
50-59 years	22.8	(20.5-25.1)	25.4	(22.2-28.6)	19.9	(16.8-23.0)	1330
60-69 years	22.0	(19.7-24.2)	22.8	(19.6-25.9)	21.1	(18.0-24.2)	1350
70-79 years	21.2	(17.6-24.8)	23.2	(18.6-27.8)	17.4	(11.8-23.1)	490
80+ years	18.5	(8.2-28.9)	17.6	(7.2-28.1)	33.3	(-20.0-86.7)	50
Ethnic Group	23.0	(22.1-23.8)	25.3	(24.0-26.6)	20.9	(19.8-22.0)	9360
Māori / Pacific	24.4	(22.0-26.8)	30.1	(26.1-34.1)	20.4	(17.5-23.3)	1230
Asian	18.6	(16.2-21.0)	21.9	(18.5-25.3)	14.5	(11.3-17.7)	1020
European / Other	23.3	(22.4-24.3)	25.1	(23.7-26.6)	21.8	(20.5-23.1)	7110
Household Income	23.0	(22.0-24.0)	25.0	(23.6-26.5)	21.0	(19.7-22.3)	7110
Zero or negative	22.2	(6.5-37.9)	26.7	(4.3-49.0)	16.7	(-4.4-37.8)	30
\$5,000 and below	19.2	(10.5-28.0)	18.9	(6.3-31.5)	19.5	(7.4-31.6)	80
\$5,001-\$10,000	23.2	(15.8-30.6)	25.0	(13.7-36.3)	21.7	(12.0-31.5)	130
\$10,001-\$20,000	19.7	(16.4-23.1)	23.3	(18.0-28.6)	16.8	(12.6-21.1)	540
\$20,001-\$30,000	19.8	(17.1-22.4)	21.1	(17.0-25.2)	18.7	(15.2-22.2)	850
\$30,001-\$40,000	21.5	(18.6-24.4)	24.2	(19.7-28.7)	19.1	(15.2-23.0)	750

\$40,001-\$50,000	21.5	(18.6-24.5)	24.3	(19.6-29.0)	19.3	(15.5-23.1)	740
\$50,001-\$60,000	23.7	(20.4-27.1)	27.0	(21.9-32.2)	20.9	(16.4-25.3)	610
\$60,001-\$70,000	22.3	(19.0-25.6)	24.2	(19.4-29.1)	20.4	(16.0-24.9)	620
\$70,001-\$80,000	24.2	(20.6-27.7)	26.1	(20.9-31.3)	22.3	(17.4-27.1)	560
\$80,001-\$90,000	23.5	(19.4-27.6)	25.8	(19.7-31.8)	21.4	(15.9-26.9)	410
\$90,001-\$100,000	19.3	(15.8-22.8)	19.2	(14.5-24.0)	19.3	(14.2-24.4)	490
\$100,001-\$150,000	26.3	(23.4-29.2)	27.6	(23.7-31.5)	24.5	(20.1-28.9)	870
\$150,001-\$200,000	32.3	(26.7-38.0)	29.7	(22.2-37.1)	35.5	(27.0-44.1)	270
\$200,001 and above	37.9	(30.6-45.2)	37.7	(28.8-46.6)	38.2	(25.3-51.0)	170
Region	22.8	(22.0-23.7)	25.1	(23.8-26.4)	20.8	(19.7-21.9)	9500
Northland	20.3	(15.7-25.0)	22.1	(15.3-28.8)	18.6	(12.3-25.0)	290
Auckland	23.8	(22.3-25.3)	26.8	(24.5-29.0)	21.0	(19.0-23.0)	3040
Waikato	20.0	(17.2-22.9)	22.3	(17.9-26.6)	18.0	(14.2-21.8)	740
Bay of Plenty	26.2	(22.5-29.9)	27.8	(22.4-33.1)	24.7	(19.7-29.8)	550
Gisborne	31.3	(20.2-42.5)	50.0	(28.1-71.9)	23.4	(11.3-35.5)	70
Hawkes Bay	23.0	(18.4-27.7)	25.5	(18.7-32.3)	20.6	(14.4-26.9)	320
Taranaki	16.3	(11.1-21.6)	16.0	(8.6-23.4)	16.7	(9.2-24.1)	190
Manawatu-Whanganui	21.5	(18.2-24.9)	25.0	(19.6-30.4)	18.9	(14.7-23.1)	580
Wellington	24.7	(22.3-27.1)	26.0	(22.5-29.6)	23.4	(20.2-26.7)	1220
Tasman	26.0	(19.5-32.4)	23.0	(13.4-32.6)	28.2	(19.5-36.8)	180
Marlborough	24.6	(16.9-32.2)	27.3	(15.5-39.0)	22.4	(12.4-32.4)	120
West Coast	25.4	(15.0-35.8)	36.0	(17.2-54.8)	19.0	(7.2-30.9)	70
Canterbury	21.3	(19.1-23.5)	22.4	(19.1-25.7)	20.4	(17.4-23.4)	1320
Otago	21.6	(18.4-24.9)	26.1	(20.9-31.3)	18.2	(14.2-22.2)	630
Southland	16.5	(11.1-21.9)	15.2	(7.3-23.1)	17.5	(10.1-24.8)	180

Table 11: Flourishing and perceived position in society

Place on society ladder	Mean (95% CI)						Estimated Number
	Total		Men		Women		
Total	43.8	(43.7-44.0)	43.3	(43-43.5)	44.3	(44.1-44.5)	9420
Bottom	28.1	(26.5-29.8)	26.1	(23.6-28.7)	30.4	(28.3-32.5)	150
1	31.9	(30.6-33.3)	31.6	(29.6-33.6)	32.2	(30.4-34.0)	240
2	35.2	(34.3-36.1)	33.7	(32.4-35.0)	36.7	(35.4-37.9)	370
3	38.5	(37.9-39.2)	37.2	(36.3-38.1)	39.6	(38.8-40.4)	670
4	40.8	(40.3-41.3)	39.5	(38.7-40.3)	41.9	(41.2-42.5)	920
5	43.6	(43.3-43.9)	43.1	(42.7-43.6)	43.9	(43.5-44.3)	2270

6	45.6	(45.3-45.9)	44.9	(44.5-45.3)	46.2	(45.9-46.6)	1770
7	47.1	(46.8-47.4)	46.6	(46.2-47.1)	47.6	(47.2-48.0)	1810
8	48.7	(48.4-49.1)	48.2	(47.6-48.7)	49.4	(48.9-49.9)	910
9	49.9	(49.1-50.7)	49.5	(48.3-50.8)	50.4	(49.5-51.4)	220
Top	48.7	(46.7-50.7)	48.2	(45.6-50.8)	49.5	(46.5-52.6)	80

Table 12: Flourishing and Connect

Connect	Mean (95% CI)						Estimated Number
	Total		Men		Women		
Total	43.9	(43.7-44.1)	43.4	(43.1-43.6)	44.4	(44.2-44.6)	9460
Never	32.8	(31.6-33.9)	32.0	(30.3-33.6)	33.5	(31.9-35.1)	340
Less than once a month	39.9	(39.5-40.3)	39.1	(38.5-39.8)	40.5	(39.9-41.0)	1580
Once a month	42.8	(42.4-43.3)	42.4	(41.7-43.1)	43.2	(42.6-43.8)	1130
Several times a month	44.9	(44.5-45.2)	44.2	(43.7-44.7)	45.5	(45.1-45.9)	1910
Once a week	44.7	(44.3-45.1)	44.2	(43.7-44.8)	45.1	(44.6-45.6)	1720
Several times a week	46.8	(46.5-47.1)	46.3	(45.9-46.7)	47.3	(46.9-47.7)	2190
Every day	46.9	(46.3-47.4)	46.1	(45.3-46.9)	47.8	(46.9-48.6)	590

Table 13: Flourishing and Give

Give	Mean (95% CI)						Estimated Number
	Total		Men		Women		
Total	43.9	(43.7-44.1)	43.4	(43.1-43.6)	44.4	(44.1-44.6)	9500
Not at all	24.7	(20.8-28.5)	24.3	(20.0-28.7)	26.0	(16.6-35.4)	40
1	29.2	(27.1-31.4)	28.2	(25.5-30.9)	31.0	(27.6-34.4)	90
2	35.8	(34.6-37.1)	36.1	(34.5-37.7)	35.5	(33.6-37.3)	210
3	38.6	(38.0-39.2)	38.4	(37.6-39.2)	38.9	(37.9-39.9)	750
4	41.9	(41.5-42.2)	42.1	(41.6-42.5)	41.6	(41.1-42.1)	1870
5	44.9	(44.6-45.1)	44.7	(44.4-45.1)	45.0	(44.6-45.3)	3710
Completely	46.7	(46.4-47.0)	46.6	(46.1-47.1)	46.8	(46.5-47.1)	2830

Table 14: Flourishing and Take Notice

Take Notice	Mean (95% CI)						Estimated Number
	Total		Men		Women		
Total	43.9	(43.7-44.0)	43.3	(43.1-43.6)	44.4	(44.1-44.6)	9560
Never	28.0	(25.4-30.5)	27.6	(24.4-30.9)	28.7	(24.5-32.8)	90
1	33.6	(32.0-35.2)	32.6	(30.0-35.1)	34.5	(32.4-36.6)	170

2	36.2	(35.2-37.3)	35.5	(33.8-37.1)	36.9	(35.6-38.2)	340
3	37.7	(36.9-38.5)	37.7	(36.6-38.7)	37.7	(36.6-38.9)	510
4	40.6	(4.00-41.2)	40.4	(39.6-41.3)	40.7	(39.8-41.5)	670
5	41.1	(40.7-41.6)	40.5	(39.9-41.2)	41.7	(41.1-42.2)	1180
6	43.4	(43.0-43.8)	42.8	(42.3-43.4)	43.9	(43.3-44.4)	1270
7	45.2	(44.9-45.5)	45.0	(44.5-45.5)	45.4	(45.0-45.8)	1670
8	46.5	(46.2-46.8)	46.1	(45.6-46.5)	46.9	(46.5-47.3)	1730
9	47.9	(47.6-48.3)	47.5	(46.9-48.0)	48.3	(47.9-48.8)	1030
Always	48.1	(47.7-48.6)	47.5	(46.7-48.3)	48.7	(48.1-49.2)	900

Table 15: Flourishing and Learn

Learn	Mean (95% CI)						Estimated Number
	Total		Men		Women		
Total	43.9	(43.7-44.0)	43.3	(43.1-43.6)	44.4	(44.1-44.6)	9560
Not at all	27.0	(24.5-29.6)	25.1	(20.8-29.3)	28.6	(25.7-31.6)	90
1	34.8	(33.7-35.9)	33.3	(31.4-35.3)	35.7	(34.4-3.07)	280
2	38.3	(37.6-39.0)	37.4	(36.3-38.5)	39.0	(38.1-39.9)	640
3	41.4	(41.1-41.8)	40.3	(39.7-40.9)	42.4	(41.9-42.8)	1700
4	44.1	(43.8-44.4)	43.5	(43.1-43.9)	44.6	(44.2-45.0)	2640
5	46.0	(45.8-46.3)	45.6	(45.3-46.0)	46.4	(46.0-46.8)	2840
A great deal	47.6	(47.3-48.0)	46.8	(46.2-47.4)	48.4	(47.9-48.9)	1370

Table 16: Flourishing and Be active

Exercise	Mean (95% CI)						Estimated Number
	Total		Men		Women		
Total	43.9	(43.8-44.1)	43.4	(43.2-43.7)	44.4	(44.2-44.6)	9330
Very low exercise	42.8	(42.6-43.1)	42.1	(41.7-42.4)	43.5	(43.2-43.8)	5570
Low exercise	45.0	(44.6-45.4)	44.6	(44.0-45.2)	45.3	(44.8-45.8)	1630
Moderate exercise	45.5	(45.1-45.9)	45.3	(44.8-45.8)	45.7	(45.2-46.3)	1440
High exercise	47.1	(46.6-47.7)	46.7	(46.0-47.5)	47.6	(46.8-48.4)	690

Table 17: Super Wellbeing demographics

Group of interest	Reference group	Adjusted Odds Ratio (95% CI)		Significant (*)	Adjustment variables
Age					
20-29 years	Under 20 years	1.1	(0.7-1.8)		Sex, Ethnic, Income

30-39 years	Under 20 years	1.0	(0.6-1.7)		Sex, Ethnic, Income
40-49 years	Under 20 years	1.2	(0.7-2.0)		Sex, Ethnic, Income
50-59 years	Under 20 years	1.7	(1.0-2.8)		Sex, Ethnic, Income
60-69 years	Under 20 years	2.1	(1.3-3.5)	*	Sex, Ethnic, Income
70-79 years	Under 20 years	2.8	(1.7-4.7)	*	Sex, Ethnic, Income
80 years and over	Under 20 years	1.0	(0.4-2.6)		Sex, Ethnic, Income
Gender					
Females	Males	1.4	(1.2-1.5)	*	Age, Ethnic, Income
Ethnic Group					
Asian	European / Other	1.0	(0.8-1.3)		Age, Sex, Income
Māori / Pacific	European / Other	1.1	(0.9-1.3)		Age, Sex, Income
Household Income					
Middle Income	Low income	1.6	(1.3-1.8)	*	Age, Sex, Ethnic
High Income	Low income	2.2	(1.9-2.6)	*	Age, Sex, Ethnic
Employment					
Looking for a job	In paid work	0.5	(0.4-0.7)	*	Age, Sex, Ethnic, Income
Studying	In paid work	1.3	(1.0-1.7)		Age, Sex, Ethnic, Income
Permanently sick/ disabled	In paid work	0.3	(0.2-0.5)	*	Age, Sex, Ethnic, Income
Retired	In paid work	0.7	(0.6-0.9)	*	Age, Sex, Ethnic, Income
Housework, care of others	In paid work	1.0	(0.8-1.2)		Age, Sex, Ethnic, Income
Other	In paid work	0.8	(0.5-1.2)		Age, Sex, Ethnic, Income
Region					
West Coast	Taranaki	0.5	(0.3-1.2)		Age, Sex, Ethnic, Income
Marlborough	Taranaki	0.6	(0.3-1.2)		Age, Sex, Ethnic, Income
Auckland	Taranaki	0.6	(0.4-0.9)	*	Age, Sex, Ethnic, Income
Canterbury	Taranaki	0.7	(0.5-1.0)		Age, Sex, Ethnic, Income
Tasman	Taranaki	0.8	(0.5-1.4)		Age, Sex, Ethnic, Income
Hawkes Bay	Taranaki	0.6	(0.4-1.0)		Age, Sex, Ethnic, Income
Southland	Taranaki	0.8	(0.5-1.3)		Age, Sex, Ethnic, Income
Manawatu-Wanganui	Taranaki	0.9	(0.6-1.4)		Age, Sex, Ethnic, Income
Gisborne	Taranaki	0.6	(0.3-1.3)		Age, Sex, Ethnic, Income
Wellington	Taranaki	0.7	(0.5-1.0)		Age, Sex, Ethnic, Income
Waikato	Taranaki	0.8	(0.5-1.2)		Age, Sex, Ethnic, Income
Northland	Taranaki	0.8	(0.5-1.3)		Age, Sex, Ethnic, Income

Otago	Taranaki	0.8	(0.5-1.2)		Age, Sex, Ethnic, Income
Bay of Plenty	Taranaki	0.8	(0.5-1.2)		Age, Sex, Ethnic, Income

Table 18: Super Wellbeing: Physical activity and sedentary behaviour

Group of interest	Reference group	Adjusted Odds Ratio (95% CI)		Significant (*)	Adjustment variables
Physical Activity					
Low PA	Very low PA	1.4	(1.2-1.6)	*	Age, Sex, Ethnic, Income
Moderate PA	Very low PA	1.5	(1.3-1.7)	*	Age, Sex, Ethnic, Income
High PA	Very low PA	2.4	(2.0-2.9)	*	Age, Sex, Ethnic, Income
Sedentary					
Moderate Sedentary	High Sedentary	1.4	(1.2-1.6)	*	Age, Sex, Ethnic, Income
Low Sedentary	High Sedentary	1.7	(1.4-2.0)	*	Age, Sex, Ethnic, Income
Very Low Sedentary	High Sedentary	1.1	(0.7-1.6)		Age, Sex, Ethnic, Income

Table 19: Super Wellbeing: Nutrition

Group of interest	Reference group	Adjusted Odds Ratio (95% CI)		Significant (*)	Adjustment variables
Vegetables					
Less than 1 serving per day	I don't eat vegetables	1.3	(0.5-3.0)		Age, Sex, Ethnic, Income
1 serving per day	I don't eat vegetables	2.1	(0.9-4.9)		Age, Sex, Ethnic, Income
2 servings per day	I don't eat vegetables	2.7	(1.2-6.4)	*	Age, Sex, Ethnic, Income
3 servings per day	I don't eat vegetables	2.9	(1.2-6.7)	*	Age, Sex, Ethnic, Income
4 or more servings per day	I don't eat vegetables	3.9	(1.6-9.1)	*	Age, Sex, Ethnic, Income
Fruit					
Less than 1 serving per day	I don't eat fruit	1.4	(0.9-2.2)		Age, Sex, Ethnic, Income
1 serving per day	I don't eat fruit	1.9	(1.2-2.9)	*	Age, Sex, Ethnic, Income
2 servings per day	I don't eat fruit	2.3	(1.5-3.6)	*	Age, Sex, Ethnic, Income
3 servings per day	I don't eat fruit	2.5	(1.6-3.9)	*	Age, Sex, Ethnic, Income
4 or more servings per day	I don't eat fruit	3.2	(2.0-5.0)	*	Age, Sex, Ethnic, Income
Sugary Drinks					
Less than once	No sugary drinks	0.9	(0.7-1.1)		Age, Sex, Ethnic, Income
1-2 times	No sugary drinks	0.9	(0.8-1.0)		Age, Sex, Ethnic, Income
3-4 times	No sugary drinks	0.7	(0.6-0.9)	*	Age, Sex, Ethnic, Income

5-6 times	No sugary drinks	0.8	(0.6-1.0)		Age, Sex, Ethnic, Income
7 or more times	No sugary drinks	0.7	(0.6-0.9)	*	Age, Sex, Ethnic, Income

Table 20: Super Wellbeing: Top of society

Group of interest	Reference group	Adjusted Odds Ratio (95% CI)		Significant (*)	Adjustment variables
Bottom of society	Middle of society	0.4	(0.3-0.4)	*	Age, Sex, Ethnic, Income
Top of society	Middle of society	1.8	(1.6-2.0)	*	Age, Sex, Ethnic, Income

Table 21: Super Wellbeing: Winning Ways to Wellbeing

Group of interest	Reference group	Adjusted Odds Ratio (95% CI)		Significant (*)	Adjustment variables
Connect					
Seldom	Sometimes	0.4	(0.3-0.4)	*	Age, Sex, Ethnic, Income
Often	Sometimes	1.8	(1.6-2.0)	*	Age, Sex, Ethnic, Income
Take Notice					
Seldom	Sometimes	0.2	(0.2-0.4)	*	Age, Sex, Ethnic, Income
Often	Sometimes	3.3	(2.9-3.7)	*	Age, Sex, Ethnic, Income
Give					
Seldom	Sometimes	0.2	(0.1-1.0)		Age, Sex, Ethnic, Income
Often	Sometimes	3.8	(3.2-4.5)	*	Age, Sex, Ethnic, Income
Learn					
Seldom Learn	Sometimes	0.1	(0.1-0.3)	*	Age, Sex, Ethnic, Income
Often Learn	Sometimes	2.9	(2.6-3.3)	*	Age, Sex, Ethnic, Income
Be Active					
Low Exercise	Very low Exercise	1.5	(1.3-1.7)	*	Age, Sex, Ethnic, Income
Moderate Exercise	Very low Exercise	1.4	(1.2-1.7)	*	Age, Sex, Ethnic, Income
High Exercise	Very low Exercise	2.3	(1.9-2.8)	*	Age, Sex, Ethnic, Income

Table 22: International Comparisons: Depressed mood

Country	Mean (95% CI) CESD-8		Estimated Number
Total	6.3	(6.2-6.3)	50,320
Austria	5.4	(5.3-5.6)	2,270
Belgium	5.4	(5.2-5.6)	1,790
Bulgaria	7.5	(7.3-7.8)	1,140
Cyprus	5.2	(4.9-5.4)	950

Denmark	4.7	(4.6-4.9)	1,460
Estonia	6.7	(6.5-6.9)	1,360
Finland	5.0	(4.8-5.1)	1,890
France	5.6	(5.4-5.8)	1,980
Germany	6.0	(5.9-6.2)	2,840
Hungary	8.7	(8.4-8.9)	1,450
Ireland	4.9	(4.7-5.1)	1,700
Netherlands	5.3	(5.1-5.5)	1,870
New Zealand	7.2	(7.1-7.3)	9,580
Norway	4.3	(4.1-4.4)	1,750
Poland	6.6	(6.4-6.9)	1,630
Portugal	7.7	(7.5-7.9)	2,180
Slovakia	7.4	(7.2-7.6)	1,660
Slovenia	5.7	(5.5-5.9)	1,420
Spain	5.6	(5.4-5.8)	1,850
Sweden	5.0	(4.8-5.2)	1,890
Switzerland	4.8	(4.6-4.9)	1,780
Ukraine	8.5	(8.2-8.7)	1,540
United Kingdom	5.8	(5.7-6.0)	2,380

Table 23: International Comparisons: Rank personal wellbeing

Country	Score (Rank)									
	Emotional Wellbeing		Satisfying Life		Vitality		Resilience & Self-esteem		Positive Functioning	
Total	5.1		5.3		5.0		5.0		5.0	
Norway	6.0	(3)	6.4	(5)	5.9	(2)	5.2	(8)	5.5	(5)
Switzerland	5.9	(4)	6.8	(2)	5.9	(3)	5.6	(1)	5.7	(2)
Denmark	6.1	(1)	7.4	(1)	5.6	(6)	5.6	(2)	6.0	(1)
Sweden	5.7	(6)	6.5	(4)	5.5	(7)	5.2	(9)	5.2	(9)
Finland	6.1	(2)	6.7	(3)	5.4	(10)	5.0	(11)	5.4	(6)
Ireland	5.7	(5)	6.1	(7)	5.6	(4)	5.3	(6)	5.5	(4)
Netherlands	5.6	(7)	6.1	(8)	5.4	(9)	5.0	(12)	5.2	(10)
Austria	5.4	(10)	6.1	(6)	5.6	(5)	5.4	(4)	5.6	(3)
Spain	5.3	(12)	6.0	(9)	5.0	(14)	5.3	(7)	4.8	(17)
Belgium	5.6	(8)	6.0	(11)	5.3	(11)	4.9	(14)	5.3	(7)
United Kingdom	5.5	(9)	5.6	(12)	5.0	(15)	5.0	(13)	5.0	(12)

Cyprus	5.3	(11)	6.0	(10)	6.0	(1)	5.4	(3)	5.1	(11)
Germany	5.0	(15)	5.2	(14)	5.2	(12)	5.4	(5)	4.9	(14)
France	5.3	(13)	4.7	(18)	5.4	(8)	4.8	(17)	5.2	(8)
Slovenia	5.2	(14)	5.4	(13)	5.2	(13)	5.0	(10)	5.0	(13)
Portugal	4.3	(20)	3.8	(20)	4.2	(21)	4.8	(15)	4.8	(19)
Estonia	4.6	(18)	4.8	(17)	4.7	(17)	4.7	(18)	4.9	(15)
Poland	4.7	(17)	5.1	(15)	5.0	(16)	4.8	(16)	4.7	(21)
Slovakia	4.5	(19)	4.5	(19)	4.7	(18)	4.5	(22)	4.8	(20)
New Zealand	4.8	(16)	5.1	(16)	4.6	(20)	4.7	(19)	4.6	(23)
Hungary	4.0	(22)	3.7	(21)	3.8	(23)	4.5	(21)	4.8	(16)
Bulgaria	3.7	(23)	3.1	(22)	4.6	(19)	4.4	(23)	4.8	(18)
Ukraine	4.0	(21)	2.8	(23)	3.9	(22)	4.6	(20)	4.7	(22)

Table 24: International Comparisons: Rank emotional wellbeing

Country	Score (Rank)									
	Happiness		Were happy in past week		Enjoyed life		Felt depressed (reversed)		Felt sad (reversed)	
Total	5.1		5.1		5.1		5.2		5.0	
Norway	6.2	(4)	5.1	(13)	6.3	(1)	7.0	(3)	6.8	(2)
Switzerland	6.4	(2)	5.9	(1)	5.8	(3)	5.8	(8)	5.8	(6)
Denmark	6.8	(1)	5.3	(10)	5.8	(4)	7.1	(2)	6.8	(3)
Sweden	6.1	(5)	5.3	(9)	4.9	(15)	6.6	(4)	6.4	(4)
Finland	6.3	(3)	4.9	(15)	5.2	(11)	7.2	(1)	7.1	(1)
Ireland	5.9	(6)	5.8	(2)	5.8	(5)	6.5	(5)	5.9	(5)
Netherlands	5.8	(9)	5.5	(5)	5.5	(8)	6.0	(7)	5.5	(10)
Austria	5.5	(11)	5.5	(6)	5.3	(9)	5.5	(11)	5.5	(9)
Spain	5.7	(10)	5.6	(3)	5.0	(14)	5.4	(13)	5.0	(14)
Belgium	5.8	(8)	5.6	(4)	5.5	(6)	5.4	(12)	5.6	(8)
United Kingdom	5.5	(12)	5.3	(8)	5.5	(7)	5.6	(10)	5.4	(11)
Cyprus	5.8	(7)	5.2	(11)	4.6	(18)	6.0	(6)	5.1	(13)
Germany	5.0	(15)	4.8	(17)	4.4	(19)	5.2	(14)	5.8	(7)
France	5.1	(14)	5.2	(12)	5.9	(2)	5.1	(15)	5.2	(12)
Slovenia	5.2	(13)	5.4	(7)	5.2	(10)	5.7	(9)	4.9	(15)
Portugal	4.3	(20)	4.6	(19)	4.4	(20)	4.1	(21)	4.2	(19)
Estonia	4.7	(17)	4.5	(21)	4.8	(17)	4.6	(17)	4.6	(17)
Poland	4.9	(16)	4.4	(22)	4.8	(16)	4.2	(19)	4.7	(16)

Slovakia	4.4	(19)	4.6	(18)	5.1	(13)	4.5	(18)	3.9	(20)
New Zealand	4.7	(18)	5.1	(14)	5.2	(12)	4.8	(16)	4.5	(18)
Hungary	4.1	(21)	4.8	(16)	4.2	(22)	2.7	(23)	3.7	(22)
Bulgaria	3.1	(23)	3.6	(23)	3.8	(23)	4.2	(20)	3.9	(21)
Ukraine	3.5	(22)	4.5	(20)	4.3	(21)	4.0	(22)	3.2	(23)

Table 25: International Comparisons: Rank social wellbeing

Country	Score (Rank)											
	Felt Lonely		Meet Socially		People in local area help one another		Treated with respect		Feel close to people in local area		Most people can be trusted	
Total	4.9		4.9		5.1		4.9		4.8		5.3	
Norway	6.8	(2)	6.3	(2)	5.8	(3)	6.0	(2)	5.6	(5)	7.0	(2)
Switzerland	6.6	(3)	5.7	(6)	5.7	(4)	5.9	(4)	5.1	(12)	5.9	(6)
Denmark	7.3	(1)	5.8	(5)	5.7	(5)	6.0	(1)	4.6	(20)	7.2	(1)
Sweden	6.2	(5)	5.7	(7)	5.7	(6)	5.9	(5)	5.0	(14)	6.5	(4)
Finland	6.6	(4)	5.3	(11)	5.1	(13)	4.9	(15)	4.8	(17)	6.7	(3)
Ireland	5.6	(9)	4.8	(14)	5.8	(2)	5.4	(7)	5.1	(13)	5.5	(9)
Netherlands	6.0	(6)	6.0	(4)	5.6	(8)	5.0	(14)	4.5	(21)	5.9	(5)
Austria	5.1	(13)	5.6	(8)	5.5	(9)	5.1	(9)	5.3	(7)	5.3	(12)
Spain	5.5	(10)	6.1	(3)	4.9	(15)	6.0	(3)	5.6	(3)	5.3	(10)
Belgium	5.8	(8)	5.5	(9)	5.0	(14)	4.8	(18)	4.8	(16)	5.2	(13)
United Kingdom	5.5	(11)	5.3	(12)	4.8	(16)	4.6	(20)	4.2	(22)	5.6	(7)
Cyprus	4.8	(16)	3.8	(22)	5.6	(7)	5.1	(13)	5.2	(10)	4.3	(18)
Germany	5.9	(7)	4.6	(17)	5.3	(12)	5.1	(11)	5.1	(11)	4.9	(14)
France	4.7	(17)	5.4	(10)	4.7	(18)	5.1	(12)	4.6	(18)	4.6	(15)
Slovenia	5.3	(12)	4.3	(18)	5.3	(11)	5.1	(10)	4.9	(15)	4.3	(21)
Portugal	3.9	(22)	7.5	(1)	5.3	(10)	5.8	(6)	5.6	(4)	4.3	(19)
Estonia	5.0	(15)	4.8	(15)	4.2	(23)	4.9	(16)	4.6	(19)	5.5	(8)
Poland	5.1	(14)	3.9	(20)	4.5	(22)	4.6	(19)	5.3	(8)	4.3	(20)
Slovakia	4.2	(18)	5.0	(13)	4.7	(19)	3.8	(23)	6.0	(2)	4.5	(16)
New Zealand	4.0	(20)	3.8	(21)	4.5	(21)	4.2	(22)	3.5	(23)	5.3	(11)
Hungary	4.0	(21)	3.0	(23)	6.3	(1)	5.2	(8)	6.3	(1)	4.5	(17)
Bulgaria	4.0	(19)	4.6	(16)	4.7	(17)	4.8	(17)	5.5	(6)	3.5	(23)
Ukraine	3.0	(23)	4.2	(19)	4.7	(20)	4.3	(21)	5.2	(9)	4.2	(22)

Table 26: International Comparisons: social wellbeing

Country	Prevalence % (95% CI)		Prevalence % (95% CI)		Prevalence % (95% CI)		Estimated Number
	Meet Socially at least once per week		People in local area help one another		Feel close to people in local area		
Total	43.7	(43.2-44.1)	49.3	(48.8-49.7)	52.0	(51.6-52.4)	52,000
Austria	53.8	(51.8-55.8)	55.6	(53.5-57.6)	58.8	(56.9-60.8)	2,300
Belgium	52.2	(49.9-54.5)	50.7	(48.4-53.0)	56.6	(54.3-58.9)	1,800
Bulgaria	42.9	(40.2-45.5)	42.8	(40.1-45.4)	63.5	(60.9-66.0)	1,400
Cyprus	27.4	(24.6-30.2)	59.8	(56.7-62.9)	58.8	(55.7-61.9)	1,000
Denmark	55.3	(52.8-57.8)	60.0	(57.5-62.6)	49.6	(47.1-52.2)	1,500
Estonia	39.8	(37.3-42.2)	38.0	(35.4-40.5)	48.6	(46.0-51.2)	1,400
Finland	46.9	(44.6-49.1)	50.4	(48.1-52.6)	52.0	(49.7-54.2)	1,900
France	49.9	(47.8-52.1)	44.8	(42.6-47.0)	52.6	(50.4-54.8)	2,000
Germany	36.8	(35.1-38.6)	53.7	(51.9-55.5)	60.0	(58.3-61.8)	2,900
Hungary	21.8	(19.7-23.8)	66.8	(64.4-69.2)	73.0	(70.8-75.3)	1,500
Ireland	39.0	(36.7-41.2)	60.0	(57.7-62.3)	61.6	(59.3-63.9)	1,800
Netherlands	60.8	(58.6-63.0)	59.0	(56.8-61.3)	49.3	(47.1-51.6)	1,900
New Zealand	29.5	(28.6-30.5)	39.3	(38.4-40.3)	25.4	(24.5-26.2)	9,700
Norway	64.1	(61.8-66.3)	64.0	(61.7-66.2)	70.6	(68.4-72.7)	1,700
Poland	27.7	(25.5-29.8)	39.2	(36.9-41.6)	63.9	(61.6-66.2)	1,700
Portugal	77.6	(75.9-79.4)	52.5	(50.4-54.6)	66.3	(64.3-68.2)	2,200
Slovakia	45.0	(42.7-47.4)	40.9	(38.6-43.2)	73.3	(71.2-75.4)	1,700
Slovenia	32.2	(29.8-34.6)	52.9	(50.3-55.4)	57.8	(55.3-60.3)	1,500
Spain	58.5	(56.3-60.8)	44.0	(41.7-46.3)	68.6	(66.5-70.7)	1,900
Sweden	52.5	(50.3-54.7)	61.6	(59.4-63.8)	59.8	(57.6-62.0)	1,900
Switzerland	55.3	(53.0-57.6)	61.7	(59.5-64.0)	60.9	(58.6-63.1)	1,800
Ukraine	34.3	(32.2-36.4)	43.5	(41.3-45.7)	54.9	(52.6-57.1)	1,900
United Kingdom	50.3	(48.3-52.3)	46.3	(44.3-48.4)	42.2	(40.2-44.2)	2,400

Table 27: New Zealand: Feel close to people in local area

Population group	Prevalence % (95% CI)						Estimated Number
	Total		Men		Women		
Total	25.5	(24.6-26.4)	26.0	(24.6-27.3)	25.1	(23.8-26.4)	8300
18-20 years	17.7	(12.7-22.7)	24.1	(16.0-32.1)	11.9	(6.0-17.7)	200
20-29 years	18.1	(16.4-19.9)	22.4	(19.3-25.4)	15.5	(13.4-17.6)	1900
30-39 years	21.9	(19.8-24.0)	20.2	(17.2-23.3)	23.2	(20.4-26.1)	1500

Appendix 1: DATA TABLES

40-49 years	25.1	(22.8-27.3)	23.6	(20.4-26.8)	26.3	(23.2-29.4)	1500
50-59 years	27.2	(24.9-29.6)	24.8	(21.6-28.0)	30.0	(26.4-33.5)	1400
60-69 years	33.0	(30.5-35.5)	30.6	(27.2-34.0)	35.5	(31.9-39.2)	1400
70-79 years	42.3	(38.0-46.6)	41.3	(35.9-46.7)	44.1	(36.8-51.4)	500
80+ years	40.7	(27.6-53.8)	43.1	(29.5-56.7)	0.0		50
Ethnic Group	25.4	(24.6-26.3)	25.9	(24.7-27.2)	25.0	(23.8-26.2)	9500
Māori / Pacific	30.8	(28.3-33.4)	34.2	(30.2-38.3)	28.4	(25.2-31.6)	1300
Asian	26.9	(24.2-29.6)	29.1	(25.4-32.8)	24.3	(20.4-28.2)	1000
European / Other	24.3	(23.3-25.3)	24.1	(22.7-25.6)	24.4	(23.1-25.8)	7200
Region	25.3	(24.5-26.2)	25.8	(24.5-27.1)	24.9	(23.7-26.1)	9700
Northland	34.8	(29.4-40.2)	34.2	(26.7-41.8)	34.2	(23.5-44.9)	300
Auckland	22.3	(20.8-23.8)	23.3	(21.1-25.4)	30.9	(18.7-43.1)	3100
Waikato	26.2	(23.1-29.4)	24.9	(20.4-29.3)	42.3	(23.3-61.3)	760
Bay of Plenty	27.9	(24.2-31.6)	28.7	(23.4-34.0)	24.0	(20.6-27.3)	570
Gisborne	35.2	(24.1-46.3)	22.7	(5.2-40.2)	30.1	(24.8-35.5)	70
Hawkes Bay	25.6	(20.9-30.4)	24.8	(18.2-31.5)	23.5	(14.2-32.7)	320
Taranaki	27.0	(20.8-33.3)	25.5	(16.9-34.1)	25.8	(24.5-27.1)	200
Manawatu-Whanganui	27.9	(24.3-31.6)	30.2	(24.6-35.8)	35.4	(27.6-43.1)	590
Wellington	23.4	(21.0-25.7)	25.7	(22.1-29.2)	21.4	(19.3-23.4)	1200
Tasman	29.8	(23.2-36.5)	34.2	(23.5-44.9)	27.5	(23.1-31.9)	180
Marlborough	27.5	(19.5-35.5)	30.9	(18.7-43.1)	27.1	(22.0-32.2)	120
West Coast	40.8	(29.4-52.3)	42.3	(23.3-61.3)	40.8	(27.1-54.6)	70
Canterbury	24.4	(22.1-26.7)	24.0	(20.6-27.3)	26.4	(19.6-33.1)	1300
Otago	29.3	(25.8-32.8)	30.1	(24.8-35.5)	28.6	(19.6-37.5)	650
Southland	28.9	(22.4-35.4)	23.5	(14.2-32.7)	26.2	(21.5-30.9)	190



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