

## Key Area: Promoting healthy ageing and improving access to services



Increasing trend



Decreasing trend

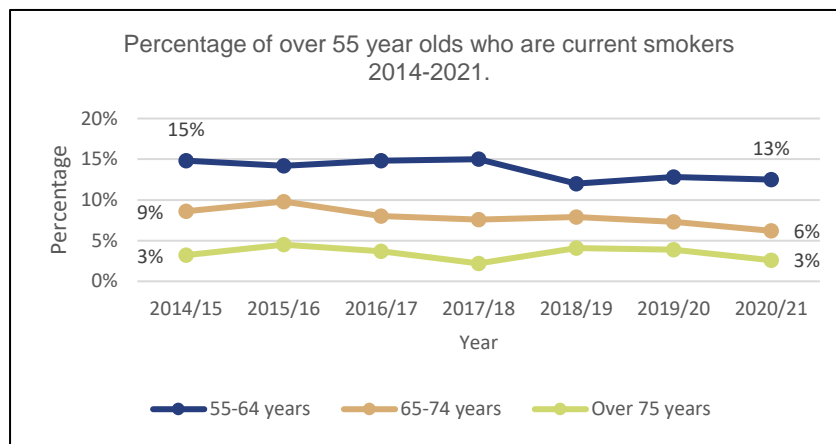


No change in trend, or changes are minimal/not significant

### What we want to achieve: People enter later life as fit and healthy as possible

For these indicators we are looking at age ranges both before 65 and after 65-year-olds.

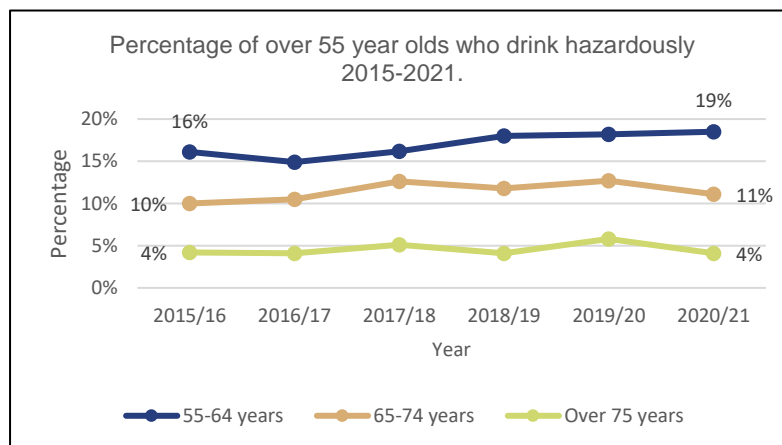
#### Indicator 14: The percentage of over 55-year-olds who are “current smokers”.<sup>1</sup>



There is evidence of a slow, but steady decline in the smoking across 55–74-year-olds, though only the decline for the 65–74-year-olds is statistically significant. The lower percentage of over 75-year-olds may be due to the negative effects on life expectancy of long-term smoking or a necessity in

later years to reduce these behaviours due to other health issues. Ethnicity breakdowns for these age categories are not possible.

#### Indicator 15: The percentage of over 55-year-olds who drink alcohol hazardously.<sup>2</sup>

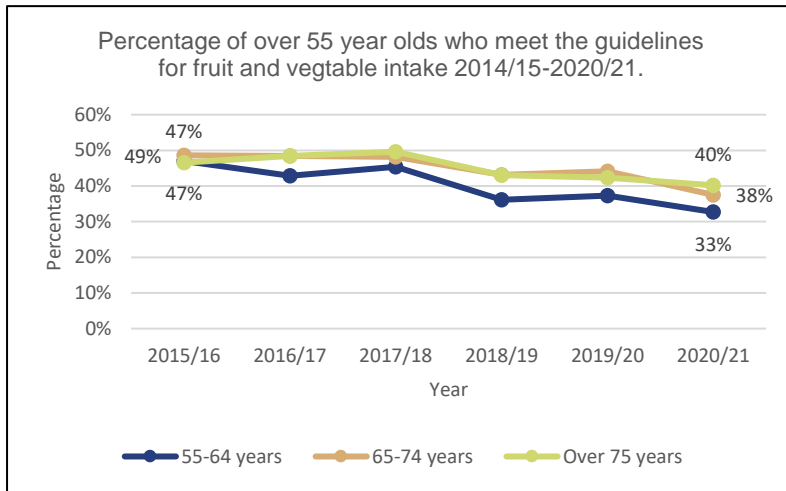


The changes in the 55–64-year-olds age group are not statistically significant and may not reflect a real change over time. Ethnicity breakdowns for these age categories are not possible.

<sup>1</sup> A current smoker is defined as someone who has smoked at least 100 cigarettes in their life and currently smokes at least once a month.

<sup>2</sup> Hazardous drinking is measured using the Alcohol Use Disorders Identification Test which consider how often a person drinks, how much they drink and the effect it has on them. A score of eight or more is a pattern of hazardous drinking.

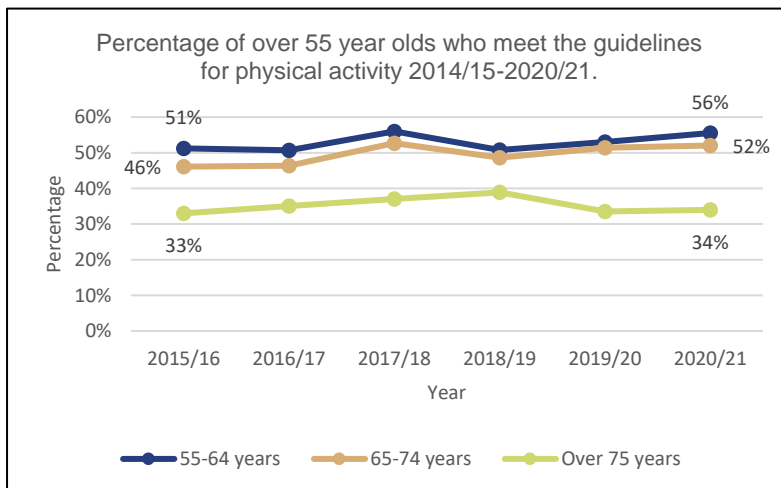
**Indicator 16:** The percentage of 55-year-olds who meet the guidelines for fruit and vegetable intake.<sup>3</sup>



↓ In terms of eating the amount of fruit and vegetable there has been a notable decrease across all three age bands for older people (of between around 9 to 15 percentage points). As of 2020/2021 there were less than 40 percentage of all people over 55 years old eating the amount of fruit and vegetable that Ministry of Health guidelines suggest. Ethnicity breakdowns for these age categories are not

possible.

**Indicator 17:** The percentage of 55-year-olds who meet the guidelines for physical activity.<sup>4</sup>



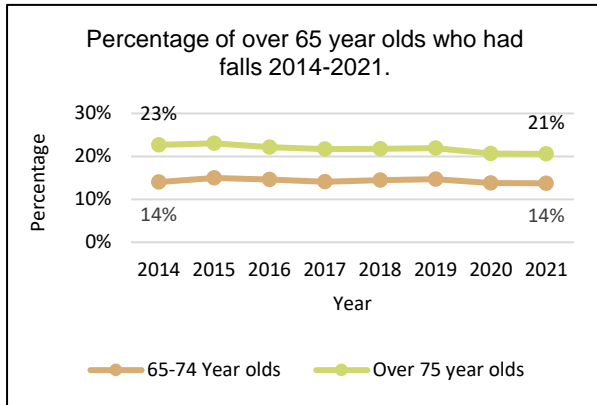
↑ Just over a third of all people aged over 75 do the recommended amount of physical activity. The slight rises for the 55–74-year-olds age group between 2015-2020 do show real changes (they are statistically significant).

Ethnicity breakdowns for these age categories are not possible.

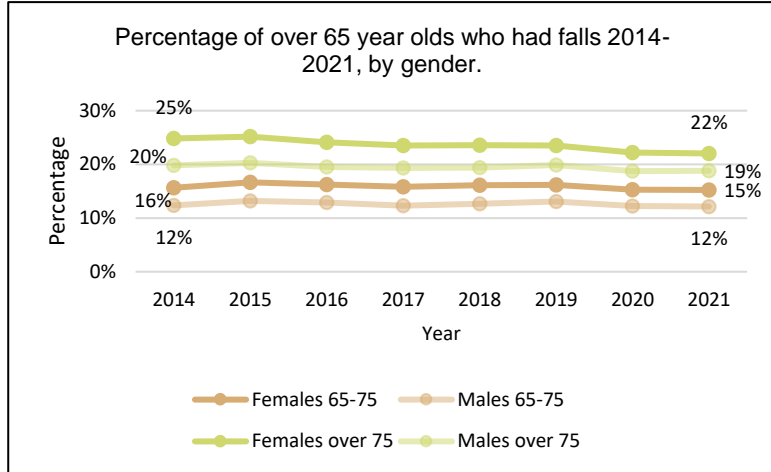
<sup>3</sup> Recommended servings are three or more of vegetables and 2 or more of fruit per day.

<sup>4</sup> Recommended level of activity is doing at least 30 minutes of brisk walking or moderate intensity activity, for at least 10 minutes at a time, at least five days a week.

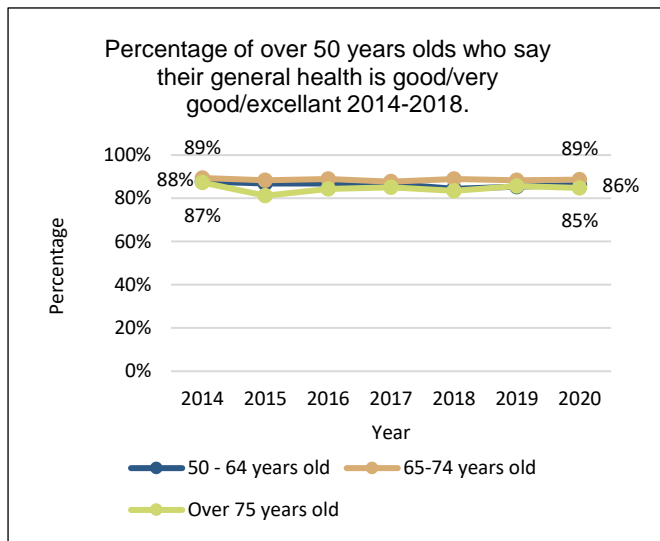
**Indicator 18:** The percentage of over 65-year-olds who experience falls.



The percentage of older people who experience falls has remained relatively stable. There is a clear difference between the genders with women experiencing more falls than men in both age groups.



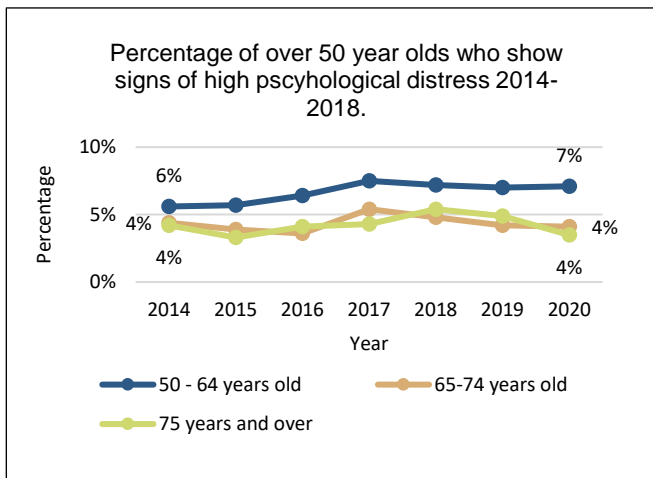
**Indicator 19:** The percentage of over 50-year-olds who report the general health as good/very good/excellent.



There have not been any notable changes over time in terms of the percentage of people in these age groups who feel their health is good or better. For all age groups across time recorded, the percentages consistently sit around 85 to 88 percent. There are also no notable differences between genders across the years.

Ethnicity breakdowns for these age categories are not possible.

**Indicator 20:** The percentage of over 50-year-olds who report high levels of psychological distress.<sup>5</sup>



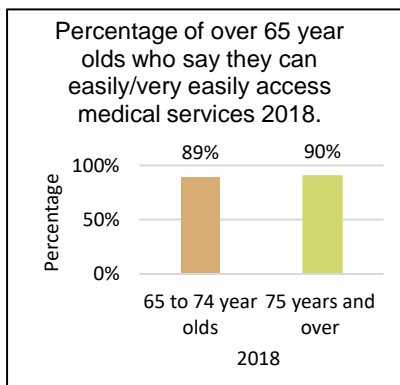
The percentage of older people who experienced high levels of psychological distress has varied but with no clear trend since 2014.

**What we want to achieve:** People have equitable access to the health and social services and the support they need to live and age well.

There is one indicator that does not yet have a data source:

- Indicator 22: The percentage older people who say they believe the social service support they need is available all the time, or most of the time increases

**Indicator 21:** The percentage of over 65-year-olds who find it easy/very easy to get to their nearest doctor or medical centre.

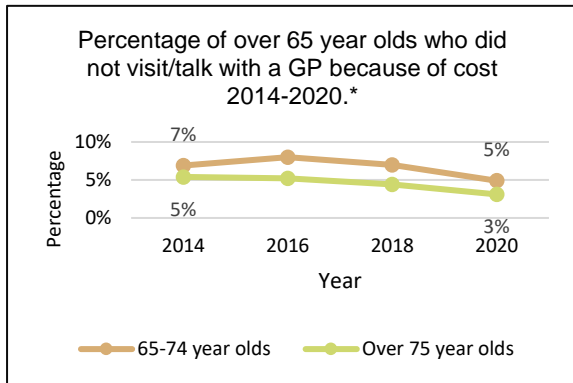


This question has only been asked in the General Social Survey in 2018, however updated data is due in mid-2022.

A vast majority of older people find it easy/very easy to access their nearest medical centre/doctor. There was no notable difference between genders or ethnicities.

<sup>5</sup> High psychological distress is assessed by looking at anxiety, psychological fatigue or depression using the Kessler Psychological Distress Scale. A score of 12 or more indicated high distress.

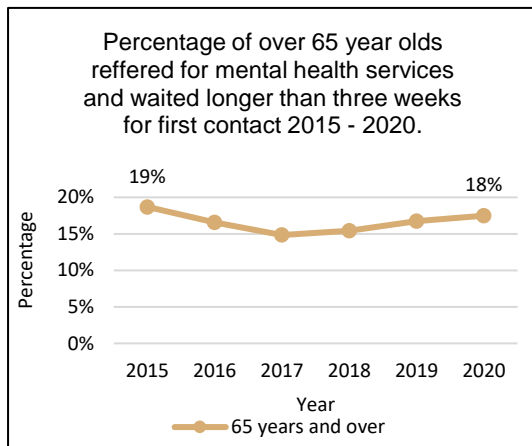
**Indicator 23:** The percentage of over 65-year-olds who had an unmet health need requiring a GP because of cost.



While the previous indicator was focused on people's ability to get to the medical/doctors this indicator looks at affordability. Only a small minority of over 65-year-olds missed out on contact with a GP because of cost. The slight downward trend is not significant.

Ethnicity breakdowns for these age categories are not possible.

**Indicator 24:** The percentage of over 65-year-olds who were referred to mental health services and waited longer than three weeks for first contact.



The overall percentage of older people waiting more than three weeks has not changed notably.

Not all services provided to older people for mental health needs will be captured in this data.

## Indicator sources:

<b>Indicator</b>	<b>Source</b>
The percentage of over 55-year-olds who are “current smokers”.	NZ Health Survey, Ministry of Health
The percentage of over 55-year-olds who drink alcohol hazardously	NZ Health Survey, Ministry of Health
The percentage of 55-year-olds who meet the guidelines for fruit and vegetable intake	NZ Health Survey, Ministry of Health
The percentage of 55-year-olds who meet the guidelines for physical activity	NZ Health Survey, Ministry of Health
The percentage of over 65-year-olds who experience falls.	Falls data, ACC
The percentage of over 50-year-olds who report the general health as good/very good/excellent.	NZ Health Survey, Ministry of Health
The percentage of over 50-year-olds who report high levels of psychological distress	NZ Health Survey, Ministry of Health
The percentage of over 65-year-olds who find it easy/very easy to get to their nearest doctor or medical centre.	General Social Survey, Wellbeing Statistics, StatsNZ
The percentage of over 65-year-olds who had an unmet health need requiring a GP because of cost.	NZ Health Survey, Ministry of Health
The percentage of over 65-year-olds who were referred to mental health services and waited longer than three weeks for first contact.	Administrative data, PRIMHD, Ministry of Health