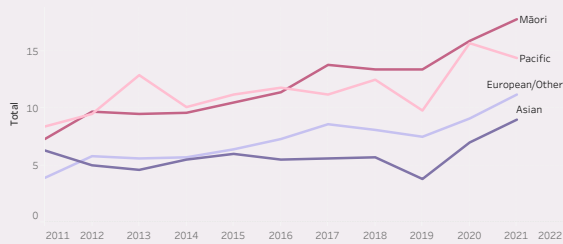


UNDERSTANDING MENTAL DISTRESS

Unmasking Ethnic Variations in New Zealand's Mental Health Landscape

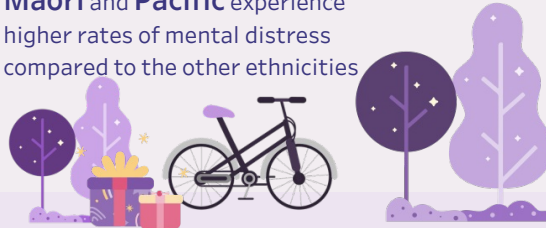
IN NEW ZEALAND

Overall Diagnosed with Mental Distress By Ethnicity (2011-2021)



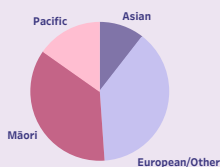
Overall the level of (high) mental distress has been increasing across all ethnicities, however...

Māori and Pacific experience higher rates of mental distress compared to the other ethnicities

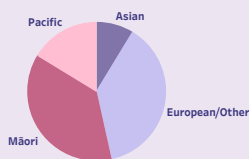


Let's Break It Down... Diagnosed in 2011-2021

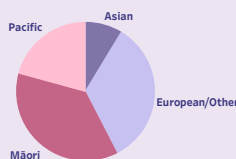
Depression



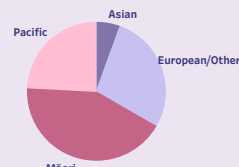
Anxiety disorder



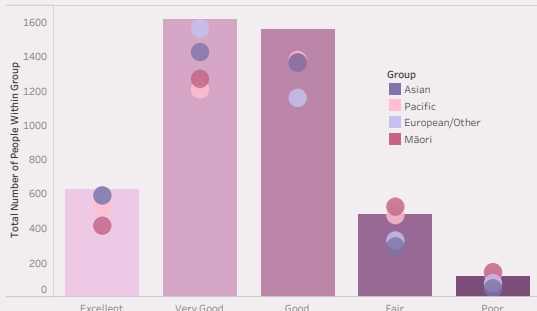
ADHD



Bipolar disorder



Does Ethnicity affect their Self-rated Health? (2011-2021)



The Māori and European/Other population make up over **50%** of the most common mental disorders in New Zealand

The **Māori** group both had the **highest** self ratings for **fair or poor health** and **lowest** for **excellent and very good health**



Let's Explore Some Potential Factors...

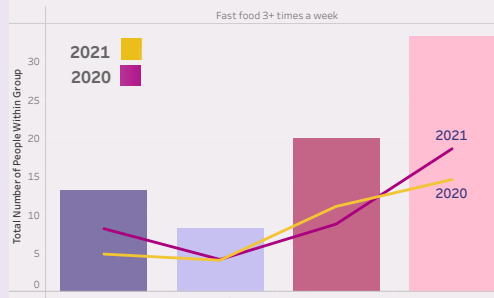
Overall Comparison of Self-Reported Mental Distress Rates (2022)

38% Māori
20% Pacific
14% Asian

From 2011 to 2021, in all ethnicities, has had an **increase** of the consumption of fast food. We have highlighted the most recent years in the data: 2020 & 2021

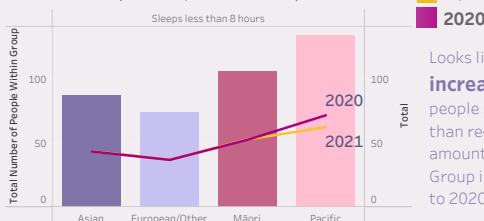


How often do we chose Fast Food?



Let's Dive A Little Deeper!

Sleeping less than recommended? (Total Group from 2011 - 2021)

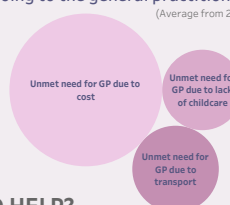


Looks like there is a **increase** number of people sleeping the less than recommended amount in the Pacific Group in 2021 compared to 2020

Is help easily accessible in New Zealand?

Looks like New Zealand could **improve** on the **cost** of going to the GP

Top 3 Reason's of New Zealander's are not going to the general practitioner's (Average from 2011-2021)



Could sleep actually be a possible way to improve our health?



NEED HELP?

0800 543 354 (0800 LIFELINE)
0800 111 757 or free text 420..