

AGEING  
WELL

Kia eke kairangi ki te  
talkaumatuaranga

# Tenure and health: early findings

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# Outline

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1. Research question
2. An overview of the analysis
3. Some of the key findings so far
4. Discussion and questions

# Research question

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Does being a renter make it more likely a person will transition (or transition at an earlier age) to rest home care, compared with other forms of tenure?

Today's presentation focus:

- What are the socio-economic and health statuses of those aged 55+ and how do these differ by tenure?

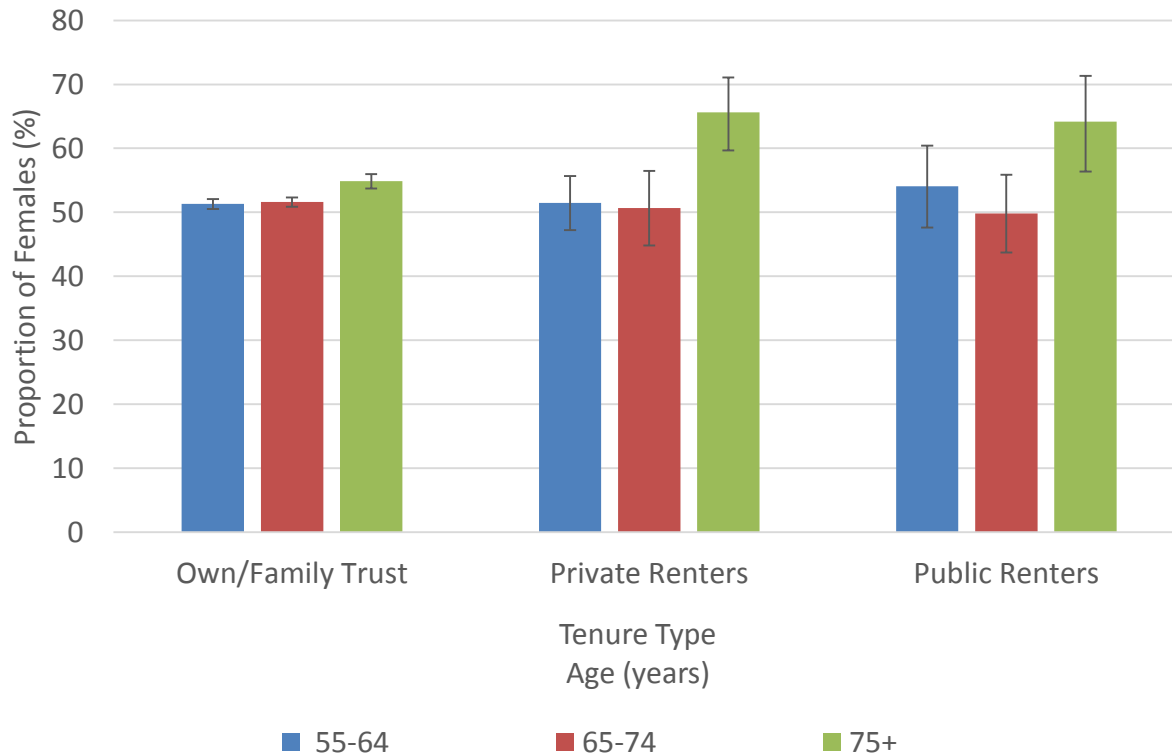
# The NZ Health Survey

- National survey, representative sample of the population
- Includes people in rest homes, excludes people in hospital-level care facilities
- Analysing data for three years which include tenure: 2013/14, 2014/15, 2015/16
- For three age groups: 55-64, 65-74, 75+
- Tenure groups:
  - Home owners/family trust (HO/FTs)
  - Private renters (private person, trust or business)
  - Public renters (local authority or city council, Housing New Zealand, other state-owned)
- Family trust and home owners combined

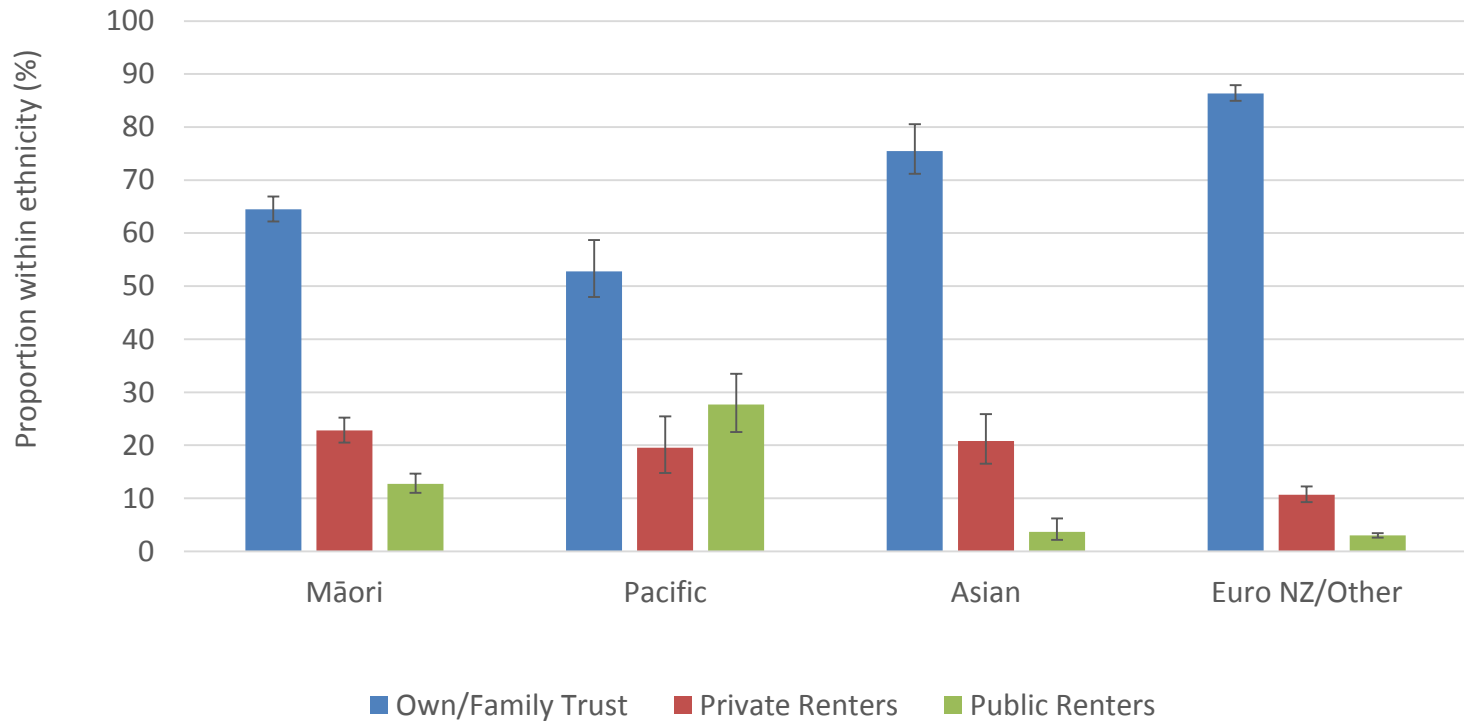
# Findings 1: tenure by age

Tenure	Age group		
	55-64 (col %)	65-74 (col %)	75+ (col %)
House owner/family trust	81	86	82
Private rental	14	10	13
Public rental	5	4	5

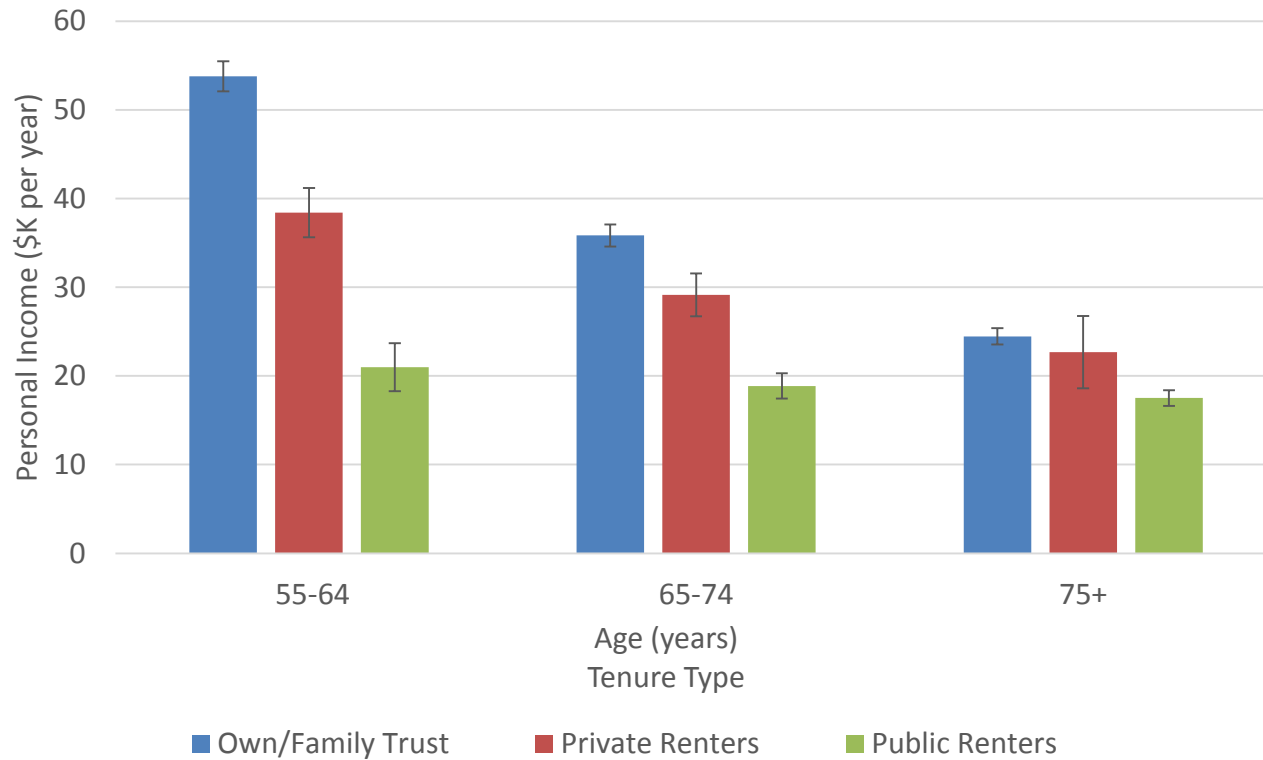
## Findings 2: proportion of females



# Findings 3: ethnicity



## Findings 4: personal income - \$





## Findings 5: health - chronic conditions

**Have you ever been told by a doctor that you have diabetes?**

<b>Age group</b>	<b>Own home/family trust (%)</b>	<b>Private renters (%)</b>	<b>Public renters (%)</b>
55-64	9	14	23
65-74	13	18	32
75+	14	12*	28
All	11	15	27

## Findings 6: health - chronic conditions

Some sizeable differences – e.g. for all age groups combined:

### **Heart attack:**

- 8% of HO/FTs
- 9% of private renters
- 16% of public renters

### **Asthma:**

- 15% of HO/FTs
- 18% of private renters
- 28% of public renters

- Public renters in some age groups more likely to report angina, heart failure, heart disease, stroke, arthritis (though often small numbers)
- Private renters in certain age groups more likely than HO/FTs to report angina, diabetes and asthma

## Findings 7: chronic pain

Again, differences between groups – e.g. for the 55-64 group:

### **Chronic pain:**

- 26% of HO/FTs
- 31% of private renters
- 40% of public renters

## Findings 8: mental health

Again, differences between groups – e.g. for the 55-64 group:

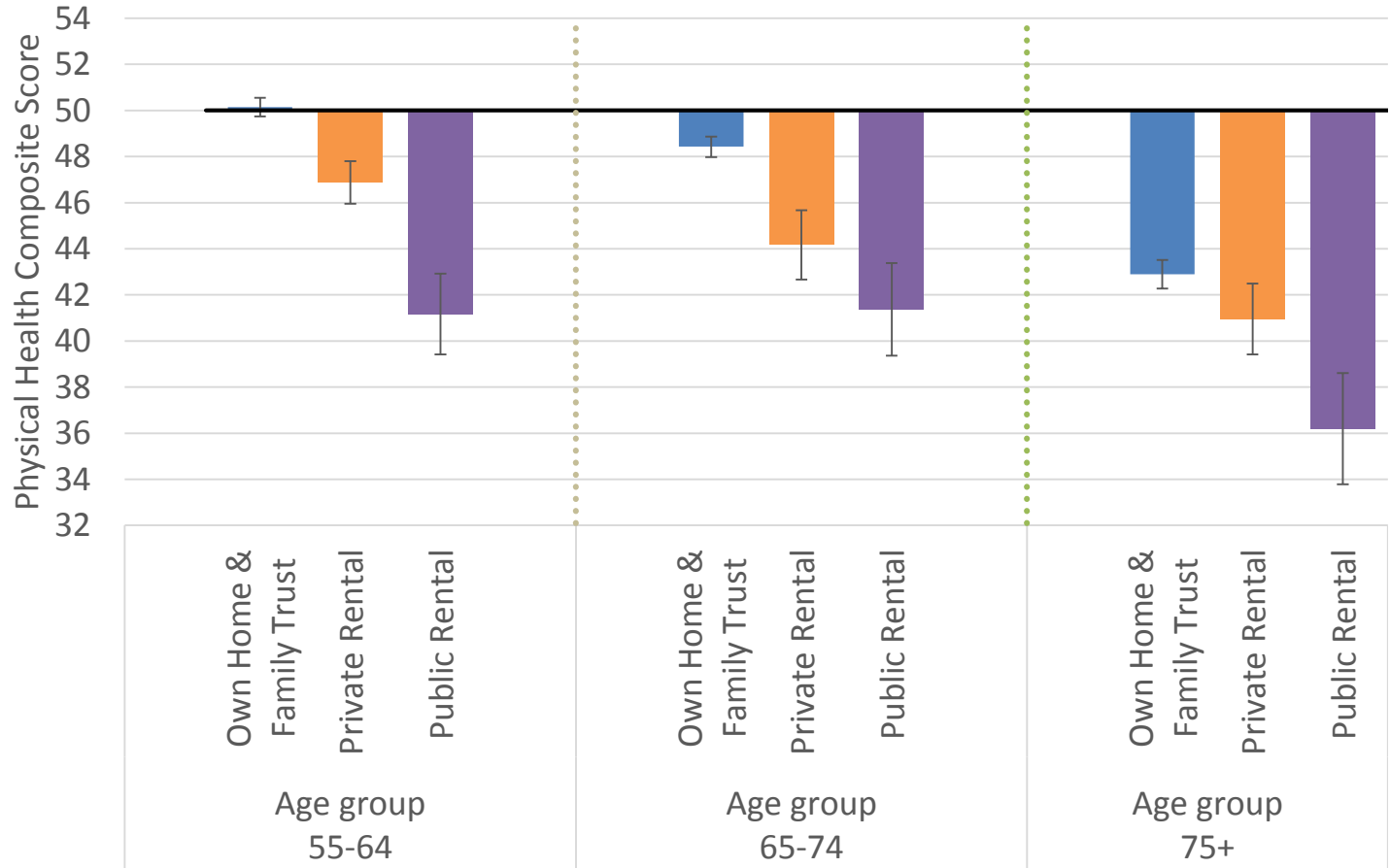
### **Depression:**

- 17% of HO/FTs
- 22% of private renters
- 31% of public renters

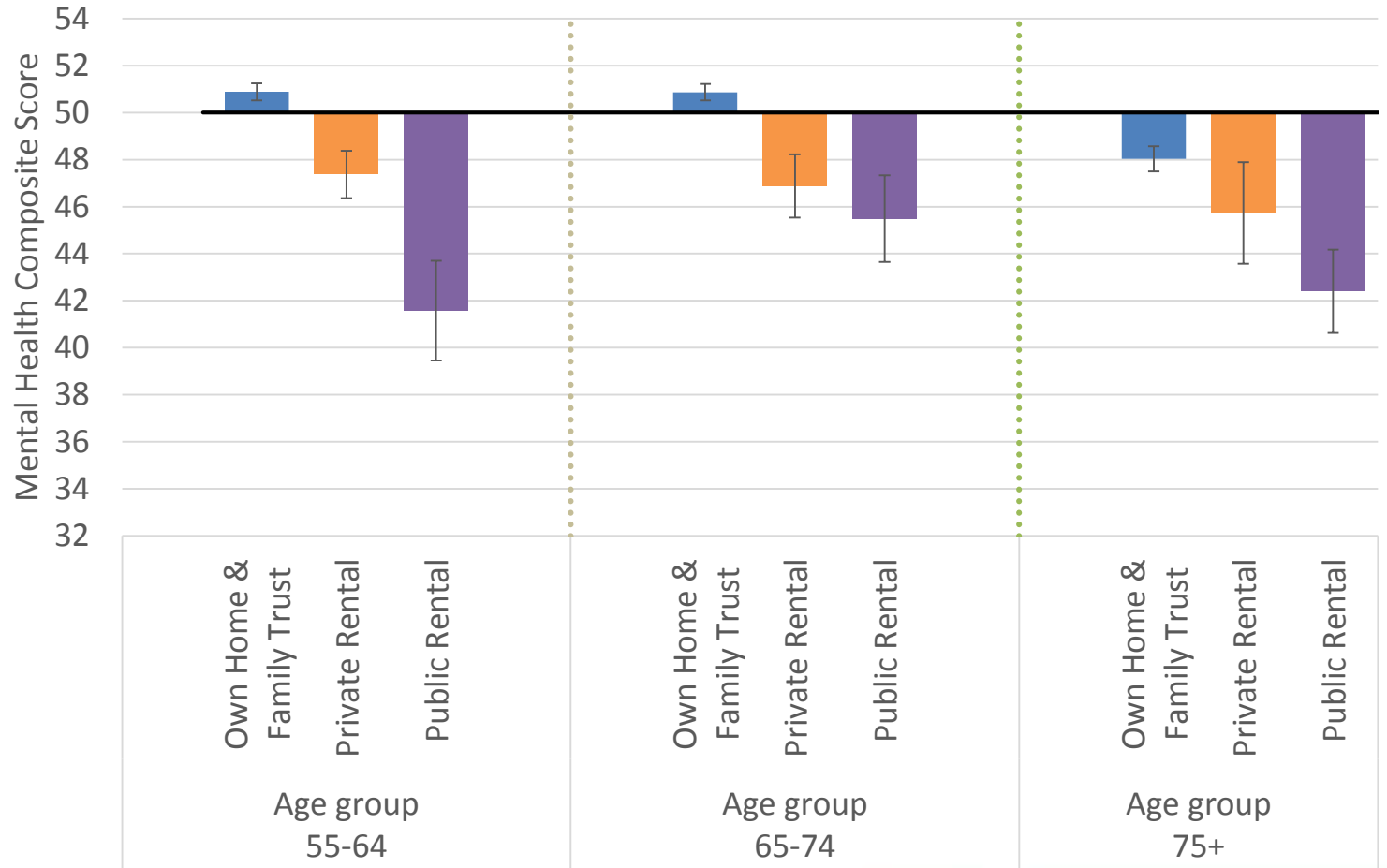
### **Anxiety disorder**

- 8% of HO/FTs
- 12% of private renters
- 18% of public renters

# Physical health – composite measure



# Mental health – composite measure



# Findings 11: health behaviours

- Renters were more likely than HO/FT to be daily smokers
  - 7% home owners/FT
  - 19% private renters
  - 25% public renters
- Renters were less likely than home owners/FT to:
  - eat 3+ servings of fruit
  - eat 3+ vegetables a day
  - consume alcohol
- Public renters more likely than private renters to have been told by a doctor they have high blood pressure

# Summary

- Health of older people varies by tenure
  - generally home owners & those in a family trust have the best health, followed by private renters and then public renters
  - higher proportions of older Māori & Pacific people are public renters
- Differences in health between tenure types reduce in the 75+ age group
- Poorer health and socioeconomic status of public renters has implications for their likely need of future residential care



# Thank you



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