

AGEING
WELL

Kia eke kairangi ki te
talkaumātuatanga

Health of older New Zealanders in relation to housing tenure

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AUSTRALIAN AND NEW ZEALAND HEALTH

The health of older New Zealanders in relation to housing tenure: analysis of pooled data from three consecutive, annual New Zealand Health Surveys

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There is a considerable body of international literature focusing on the

Abstract

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To explore relationships between housing tenure of older New Zealanders and:

- demographic characteristics & socioeconomic status
- health-related behaviours
- physical and mental health

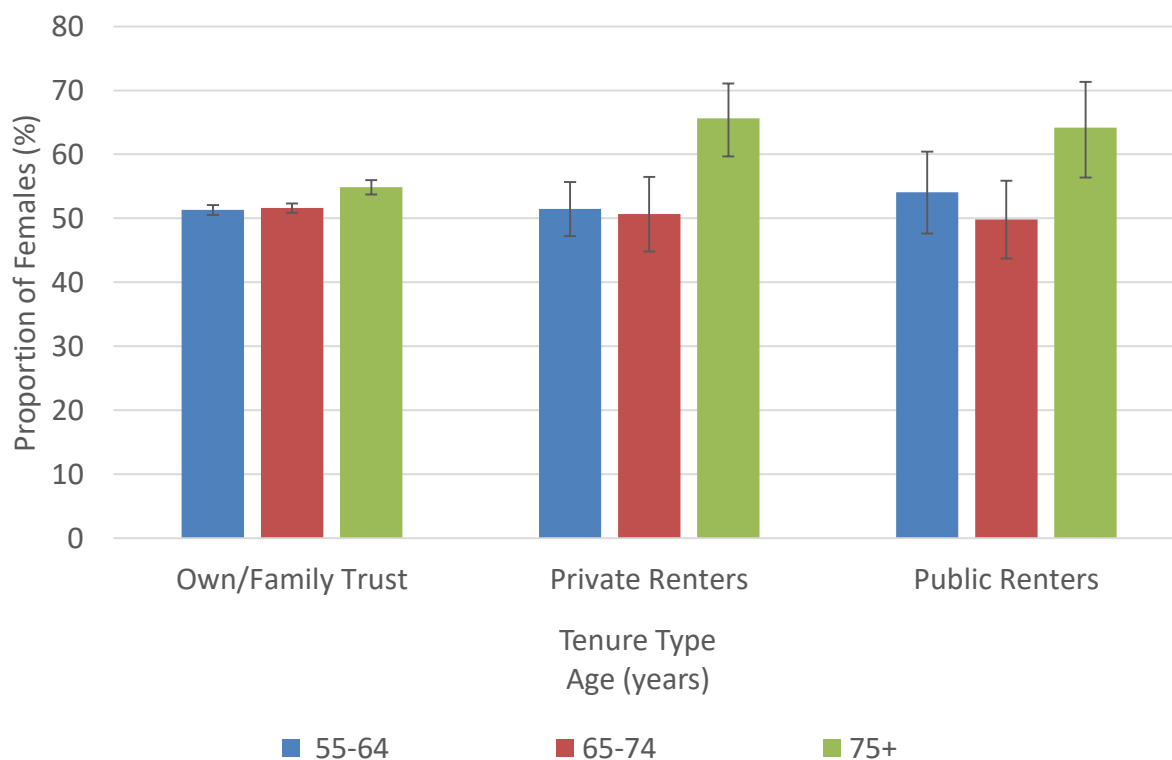
The New Zealand Health Survey

- National survey
- Analysed data from 2013/14, 2014/15, 2015/16 for people aged 55+ (n= 15,626)
- Compared 3 age groups:
 - 55-64, 65-74, 75+
- Compared 3 tenure groups:
 - home owners/family trust
 - private renters
 - public renters

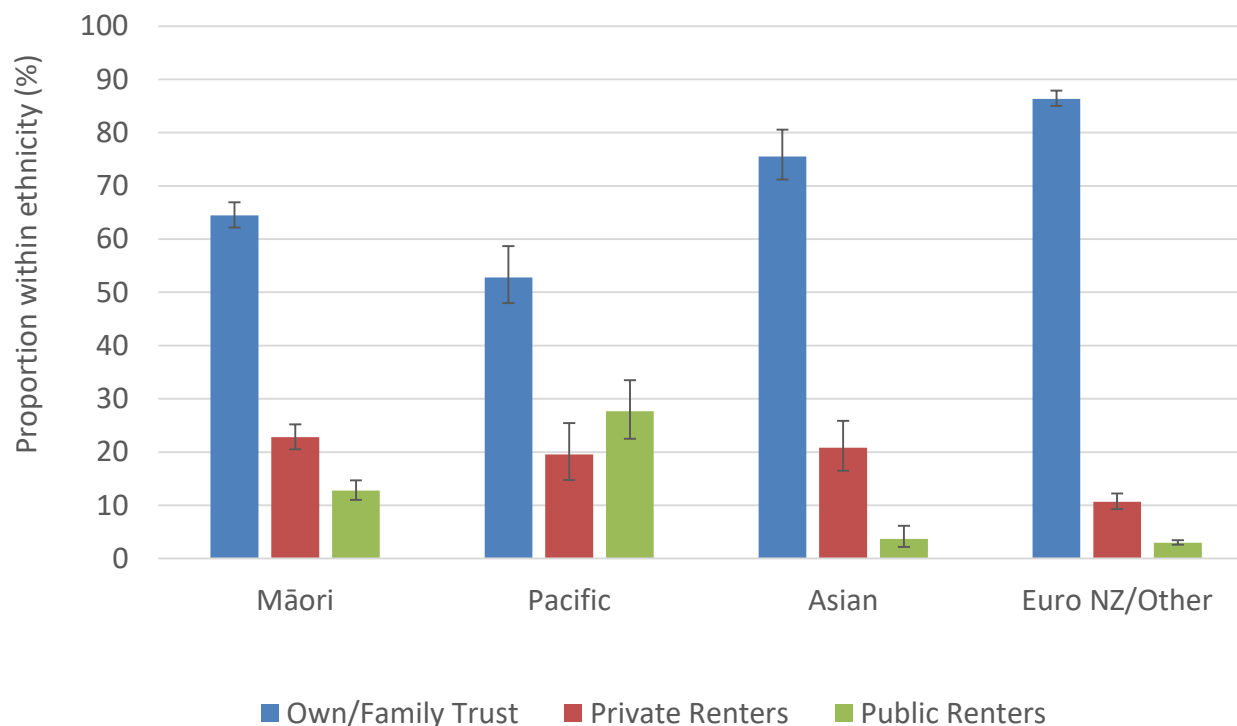
Findings 1: tenure by age

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

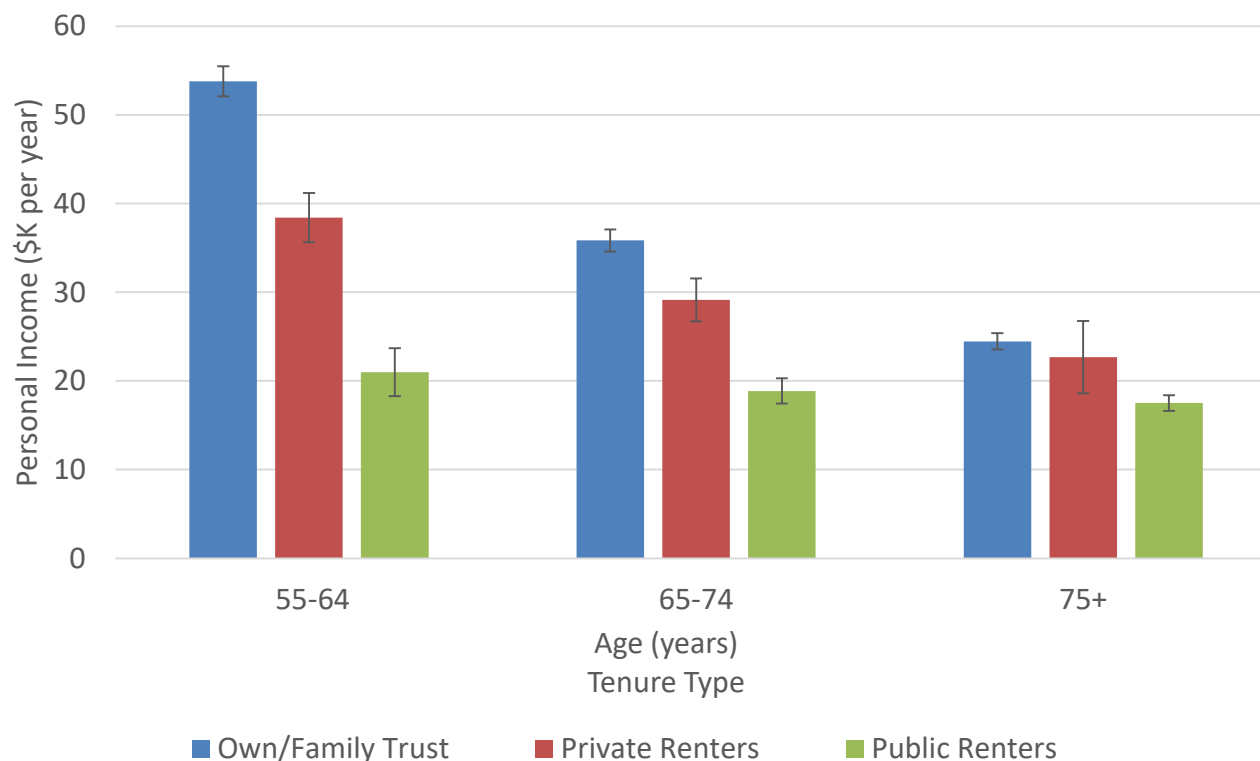
Findings 2: proportion of females



Findings 3: prioritised ethnicity



Findings 4: personal income - \$K



Findings 5: health behaviours

- Daily smokers (all ages combined)
 - 7% home owners/FT
 - 19% private renters
 - 25% public renters
- Public renters most likely to be obese (49%), engage in little physical activity (35%) or have high BP (45%)
- Renters were less likely than home owners/FT to:
 - eat 2+ servings of fruit
 - eat 3+ vegetables a day
 - consume alcohol

Findings 6: health

(long-term conditions; all ages combined)

Health condition	Public renters (%)	Private renters (%)	Home owners/FT (%)
Diabetes	<u>27</u>	<u>14</u>	11
Asthma	<u>28</u>	<u>18</u>	14
Heart attack	<u>16</u>	<u>9</u>	8
Angina	15	10	7
Heart failure	9	6	4
Other heart disease	<u>21</u>	<u>15</u>	14
Stroke	10	6	3

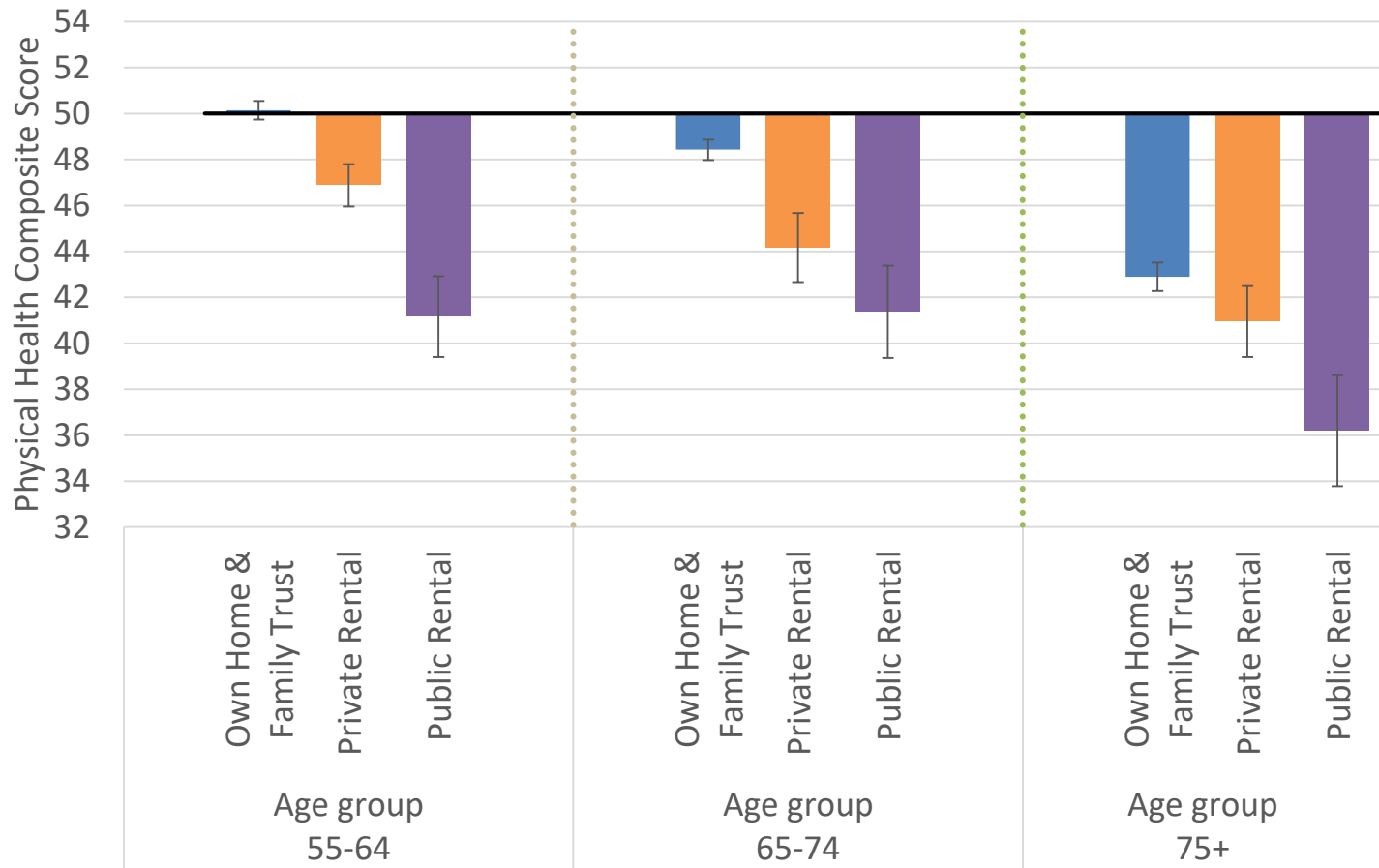
Findings 7: health (long-term conditions; all ages combined)

Health condition	Public renters (%)	Private renters (%)	Home owners/FT (%)
Arthritis	<u>43</u>	<u>37</u>	37
Chronic pain	<u>41</u>	<u>33</u>	29

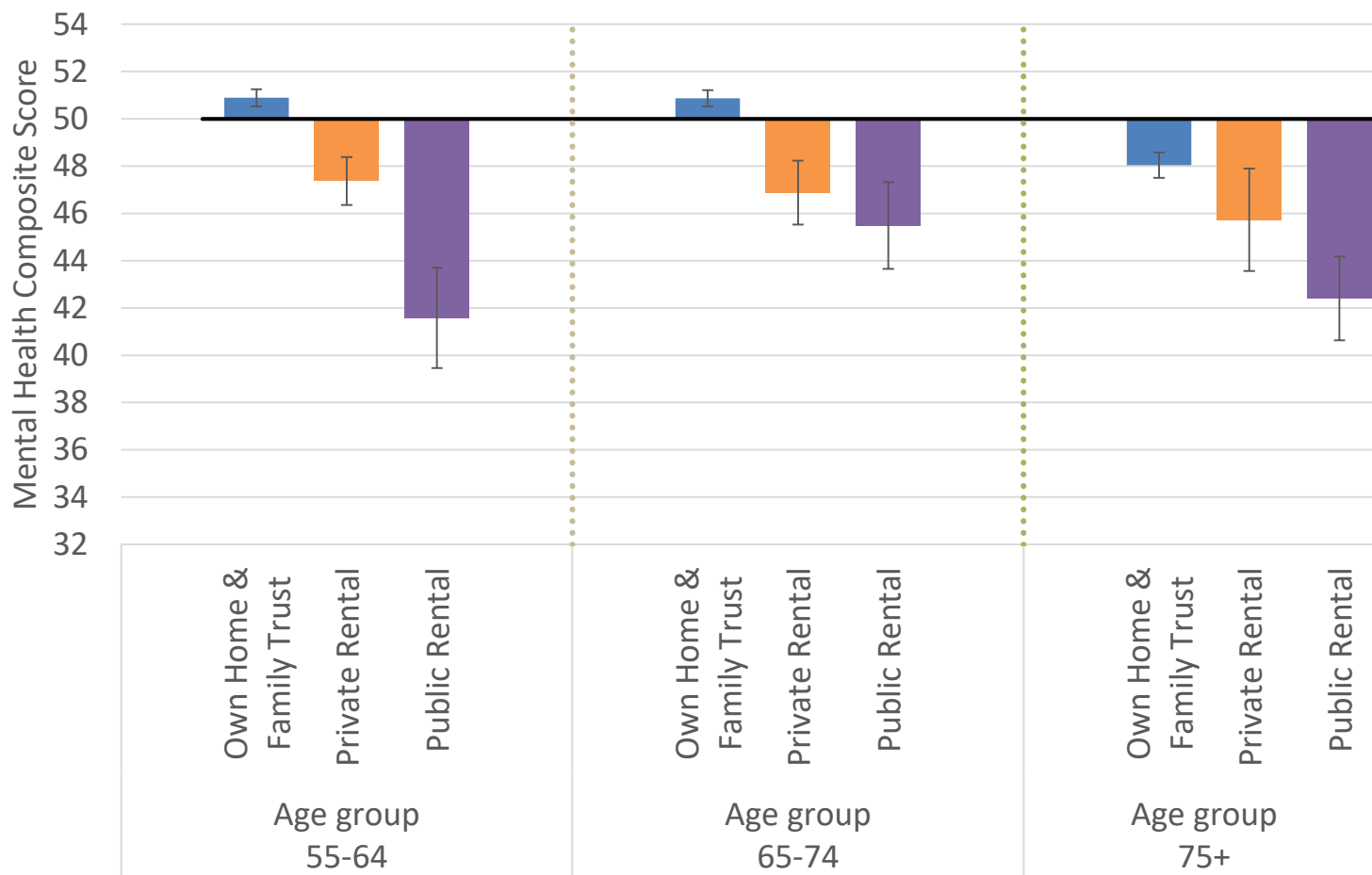
Findings 8: mental health (all ages combined)

Health condition	Public renters (%)	Private renters (%)	Home owners/FT (%)
Depression	24	<u>20</u>	<u>14</u>
Anxiety disorder	14	10	7

Physical health – composite measure



Mental health – composite measure



Summary

- Health of older people varies by tenure
- Implications for likely need of future health services, including in-home or residential care

Thank you

Pledger, M., McDonald, J., Dunn, P., Cumming, J., & Saville-Smith, K. (2019).

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