**Disability and Health**

**Disabled adults in poorer health**  
Percent of adults (15+ years), by disability status and self-reported health

Disabled:

* Poor health: 15 percent
* Fair health: 25 percent
* Good, very good, or excellent health: 60 percent

Non-disabled:

* Poor health: 2 percent
* Fair health: 10 percent
* Good, very good, or excellent health: 88 percent

Source: New Zealand Health Survey 2023/2024

**Half of disabled adults have chronic pain**  
Percent of adults (15+) with self-reported chronic pain, by disability status

Disabled: 50 percent

Non-disabled: 17 percent

Source: New Zealand Health Survey 2023/2024

**Prevalence of health conditions in disabled adults**  
Percent of disabled adults (15+ years), by diagnosed condition

* Stroke: 8.3 percent
* Heart failure: 8.7 percent
* Ischaemic heart disease: 12.5 percent
* Diabetes: 14.4 percent
* High cholesterol (medicated): 20.1 percent
* Asthma (medicated): 21.4 percent
* High blood pressure (medicated): 34.6 percent
* Arthritis: 42.4 percent

Source: New Zealand Health Survey 2023/2024

**Disabled adults less likely to be physically active**  
Percent of adults (15+ years) who are physically active, by disability status

Disabled: 32 percent

Non-disabled: 48 percent

Source: New Zealand Health Survey 2023/2024

**Disabled adults more likely to be lonely**  
Percent of adults (15+ years), by loneliness and disability status

Disabled:

* Lonely none or a little of the time: 71 percent
* Lonely some of the time: 15 percent
* Lonely most or all of the time: 14 percent

Non-disabled:

* Lonely none or a little of the time: 88 percent
* Lonely some of the time: 9 percent
* Lonely most or all of the time: 3 percent

Source: New Zealand Health Survey 2023/2024

Four aspects of life have been shown to have a strong relationship with wellbeing

A good outcome in each of these aspects of life is captured when someone reports having:

* excellent or very good health
* more than enough or enough money to meet everyday needs
* not felt lonely in the last four weeks
* no major problems (cold, damp, mould) with their home.

**Disabled adults have fewer good outcomes in key areas of wellbeing**  
Percent of adults (15+ years), by number of good outcomes in key areas and group

Tāngata whaikaha Māori:

* None: 29 percent
* One-two: 58 percent
* Three-four: 13 percent

Disabled:

* None: 17 percent
* One-two: 59 percent
* Three-four: 25 percent

Non-disabled:

* None: 6 percent
* One-two: 44 percent
* Three-four: 50 percent;

Source: General Social Survey 2023 (WGSS)

**Half of disabled adults have poor mental wellbeing**  
Percent of adults (15+ years) who have poor mental wellbeing, by disability status

Disabled: 50 percent

Non-disabled: 24 percent

Source: General Social Survey 2023 (WGSS)

**More disabled people with unmet mental healthcare needs**  
Percent of adults (15+ years) who had unmet need for mental healthcare and addictions services, by disability status

Disabled: 22 percent

Non-disabled: 10 percent

Source: New Zealand Health Survey 2023/2024

**Psychological distress increasing over time**  
Percent of adults (15+ years) with high or very high psychological distress, by disability status and year

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 |
| Disabled | 27.1 percent | 27.2 percent | 27.3 percent | 33.3 percent | 35.9 percent | 33.2 percent |
| Non-disabled | 6.6 percent | 5.7 percent | 7.9 percent | 9.4 percent | 9.5 percent | 11.2 percent |

Source: New Zealand Health Survey 2023/2024

**People with Intellectual Disability (ID) have much shorter life expectancy**  
Life expectancy (years), by ID status and gender

|  |  |  |
| --- | --- | --- |
|  | With ID | Without ID |
| Males | 65.3 years | 80.3 years |
| Females | 65.7 years | 83.7 years |

Source: From Data to Dignity report 2021

People with ID often receive care and treatment later than they should. As a result, they are 3.6 times more likely to have an avoidable hospitalisation.

Source: From Data to Dignity report 2021

**People with ID have higher rates of many conditions**  
Age standardised rates (percent) of people receiving care or treatment for condition, by condition and ID status

|  |  |  |
| --- | --- | --- |
| Condition | Without ID | With ID |
| Mood disorders | 3.0 percent | 9.2 percent |
| Dementia | 0.6 percent | 2.2 percent |
| Diabetes | 6.3 percent | 10.9 percent |
| Chronic obstructive pulmonary disease | 5.5 percent | 8.8 percent |
| Coronary heart disease | 3.2 percent | 7 percent |

Source: From Data to Dignity report 2021

**Disabled adults visit the GP more often**  
Mean annual GP visits per adult (15+ years), by disability status

Disabled people: 5.2 GP visits on average per year

Non-disabled people: 2.3 GP visits on average per year

Source: New Zealand Health Survey 2023/2024

**Disabled people more likely to use emergency departments**  
Percent of adults (15+ years) who used emergency departments within the last 12 months, by disability status

Disabled: 38 percent

Non-disabled: 16 percent

Source: New Zealand Health Survey 2023/2024

**Disabled people more likely to have unmet need for GP**  
Percent of adults (15+ years) with unmet need for GP, by reason for unmet need and disability status

|  |  |  |
| --- | --- | --- |
|  | Non-disabled | Disabled |
| Unmet need for GP due to care for a dependent | 1.2 percent | 2.3 percent |
| Unmet need for GP due to lack of supporter | 0.4 percent | 2.8 percent |
| Unmet need for GP due to owing money | 1.4 percent | 5.4 percent |
| Unmet need for GP due to dislike | 2.4 percent | 6.2 percent |
| Unmet need for GP due to transport | 2.9 percent | 8.4 percent |
| Unmet need for GP due to work | 8.9 percent | 8.5 percent |
| Unmet need for GP due to cost | 14.9 percent | 22.3 percent |
| Unmet need for GP due to wait time | 25 percent | 32.1 percent |

Source: New Zealand Health Survey 2023/2024

**Unmet need for healthcare professional by ethnicity**  
Percent of disabled people with unmet need for healthcare professional, by ethnicity

* Asian: 23 percent
* European: 29 percent
* Pacific: 32 percent
* Māori: 37 percent

Source: Household disability survey 2023

**GP most common unmet need for healthcare professional**  
Number of disabled people with unmet need, by health professional

* GP: 164,000
* Medical specialist: 42,000
* Counsellor, psychologist, or other mental health professional: 34,000
* Dentist or oral health professional: 18,000
* Physiotherapist, occupational therapist, or speech-language therapist: 16,000

Source: Household disability survey 2023

**Disabled people more likely to put off going to doctor due to cost**  
Percent of adults (15+ years) who put off going to doctor due to cost, by group

Tāngata Whaikaha Māori: 54 percent

Disabled: 35 percent

Non-disabled: 27 percent

Source: General Social Survey 2023 (WGSS)

**Disabled people have lower trust in health system**  
Percent of adults (15+ years) with high trust (7-10 on a 0-10 scale) in the health system, by group

Tāngata Whaikaha Māori: 39 percent

Disabled: 44 percent

Non-disabled: 52 percent

Source: General Social Survey 2023 (WGSS)