



*Waitemata*

District Health Board

*Te Wai Awhina*

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# Findings from Asian HNA

**Dr Lifeng Zhou *Epidemiologist***

**Planning & Funding, Waitemata DHB**



## But what does that mean?

**“A process of gathering information from statistics and talking to people to find out . . . the health needs of our different communities and ethnic groups.”**

Imelda Quilty-King (WDHB’s community engagement coordinator)



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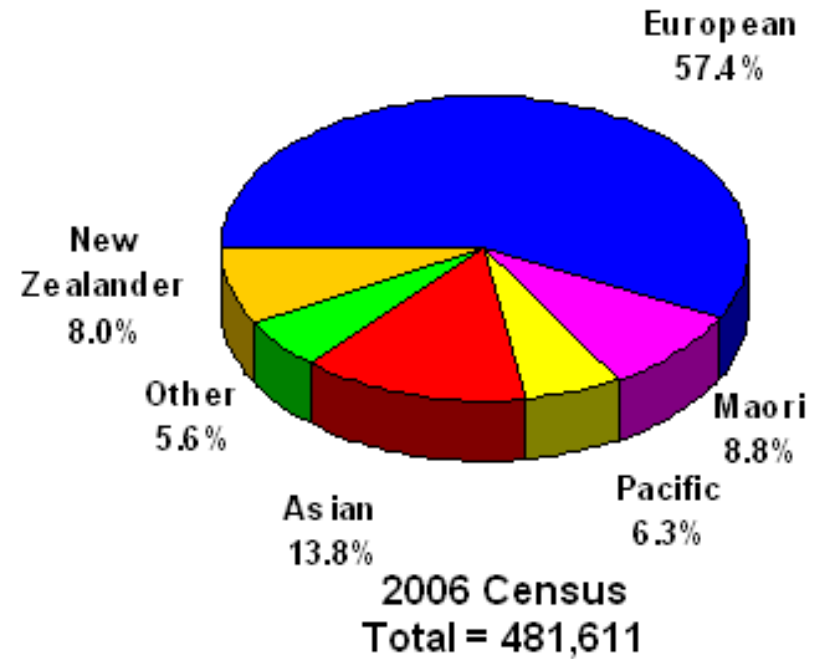
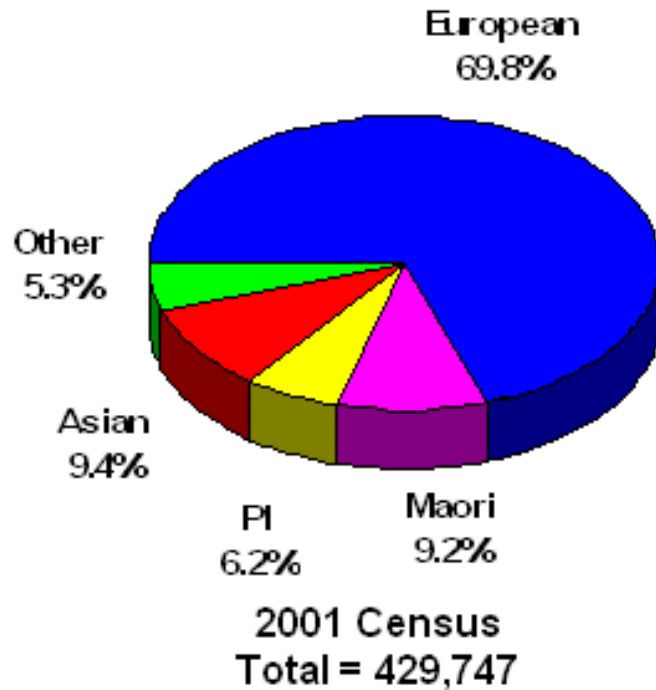
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# Demography

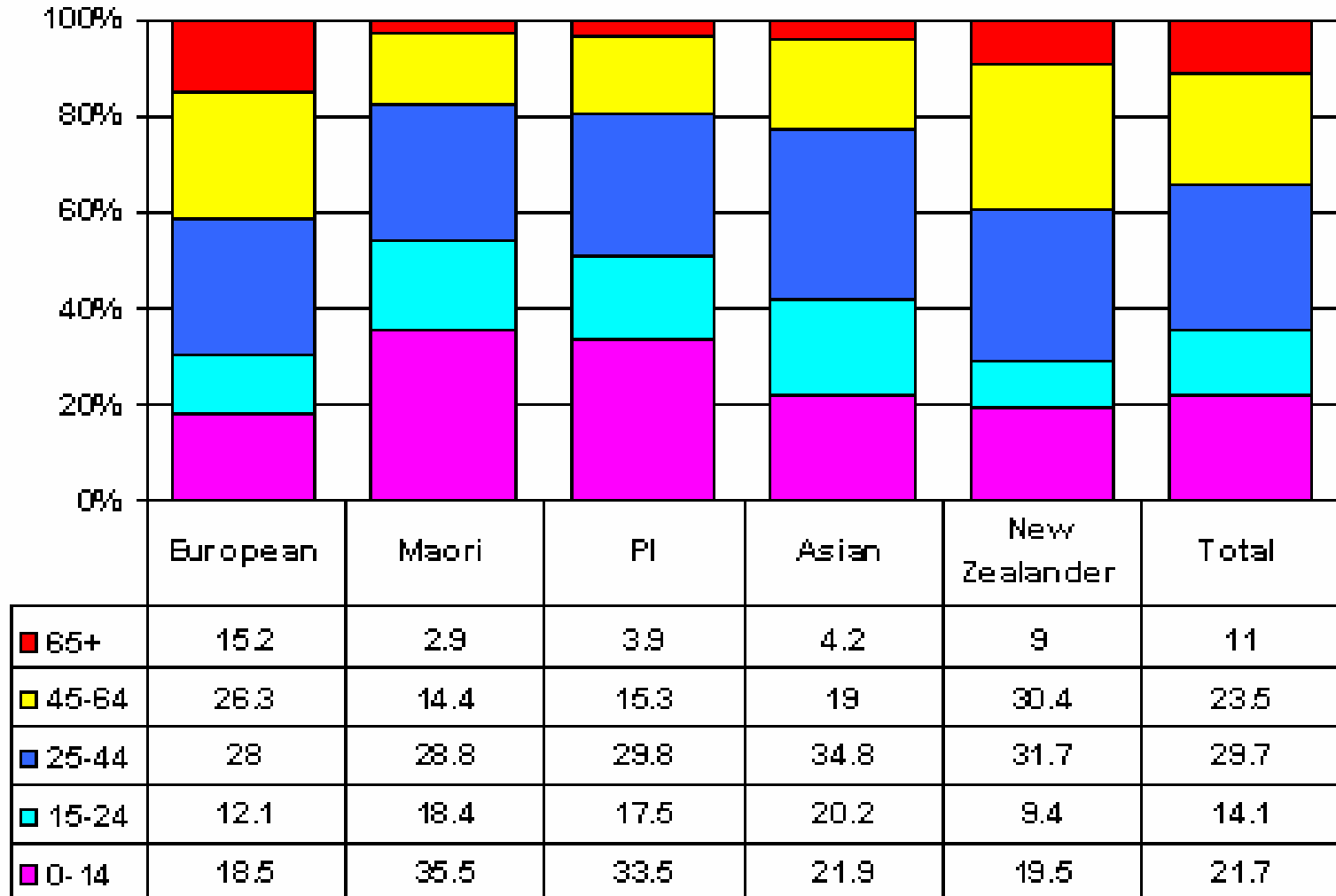


## Population by Ethnicity, WDHB

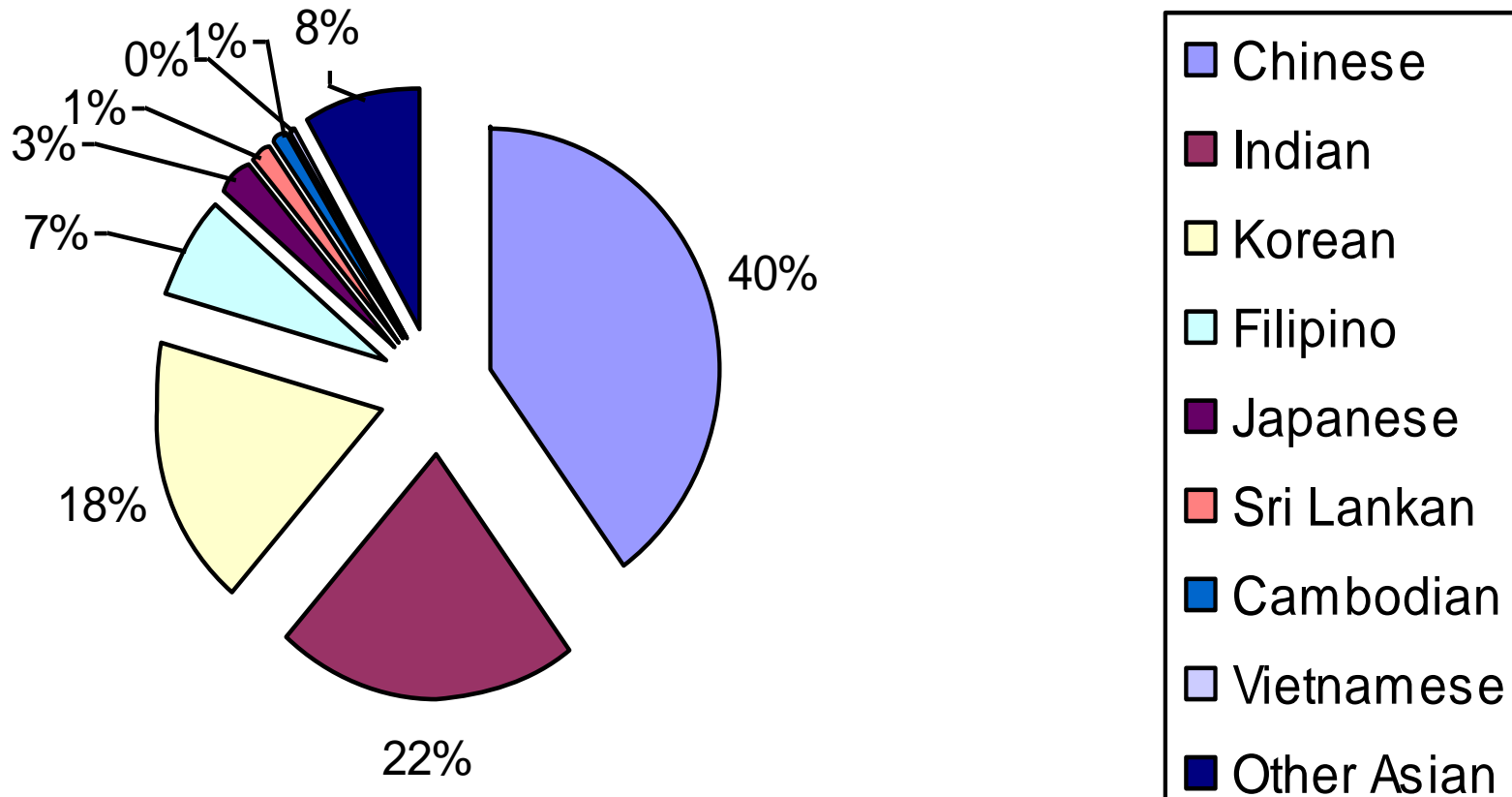




# Age structure, WDHB



## Waitemata's Asian ethnic subgroups



Census 2006



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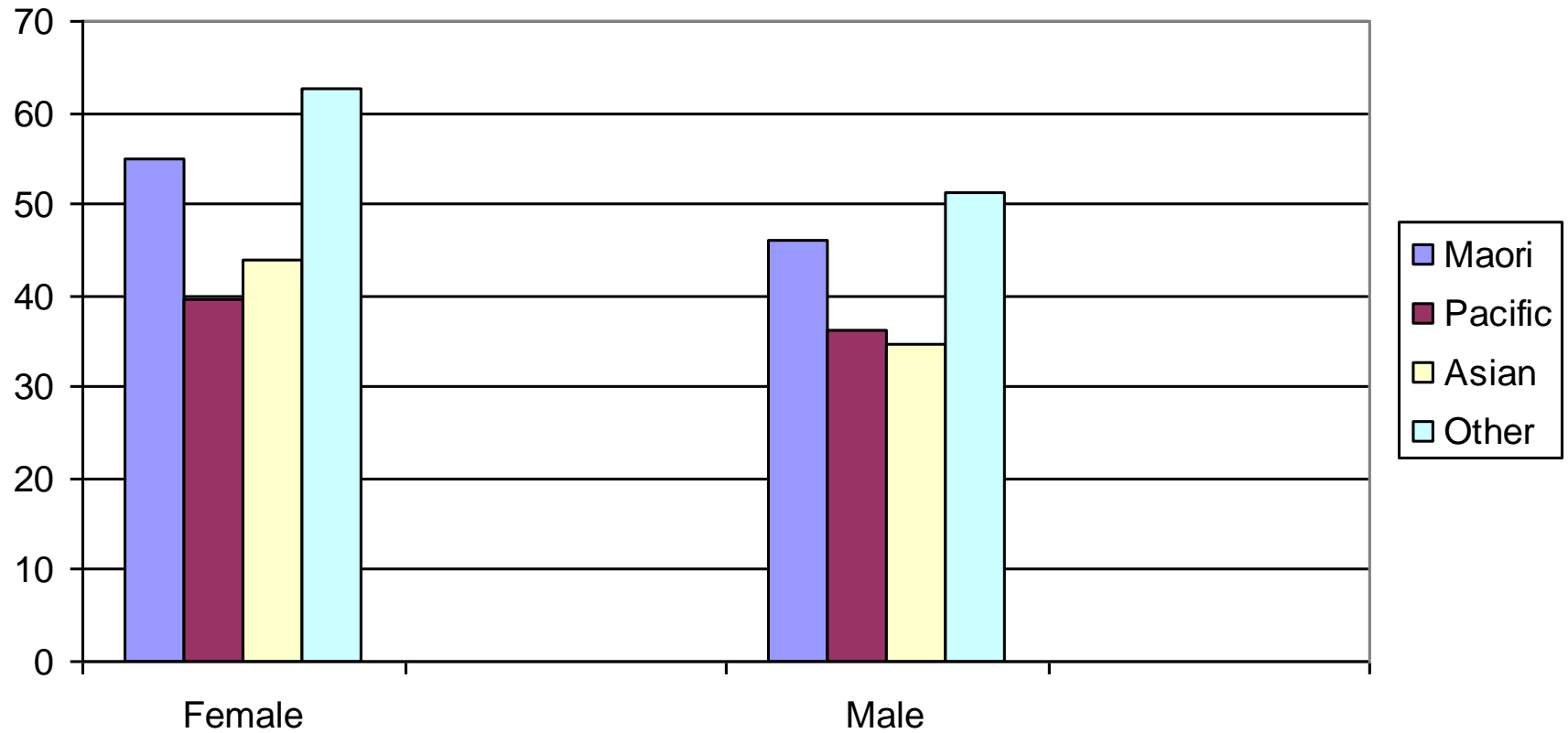
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# Nutrition & physical activities

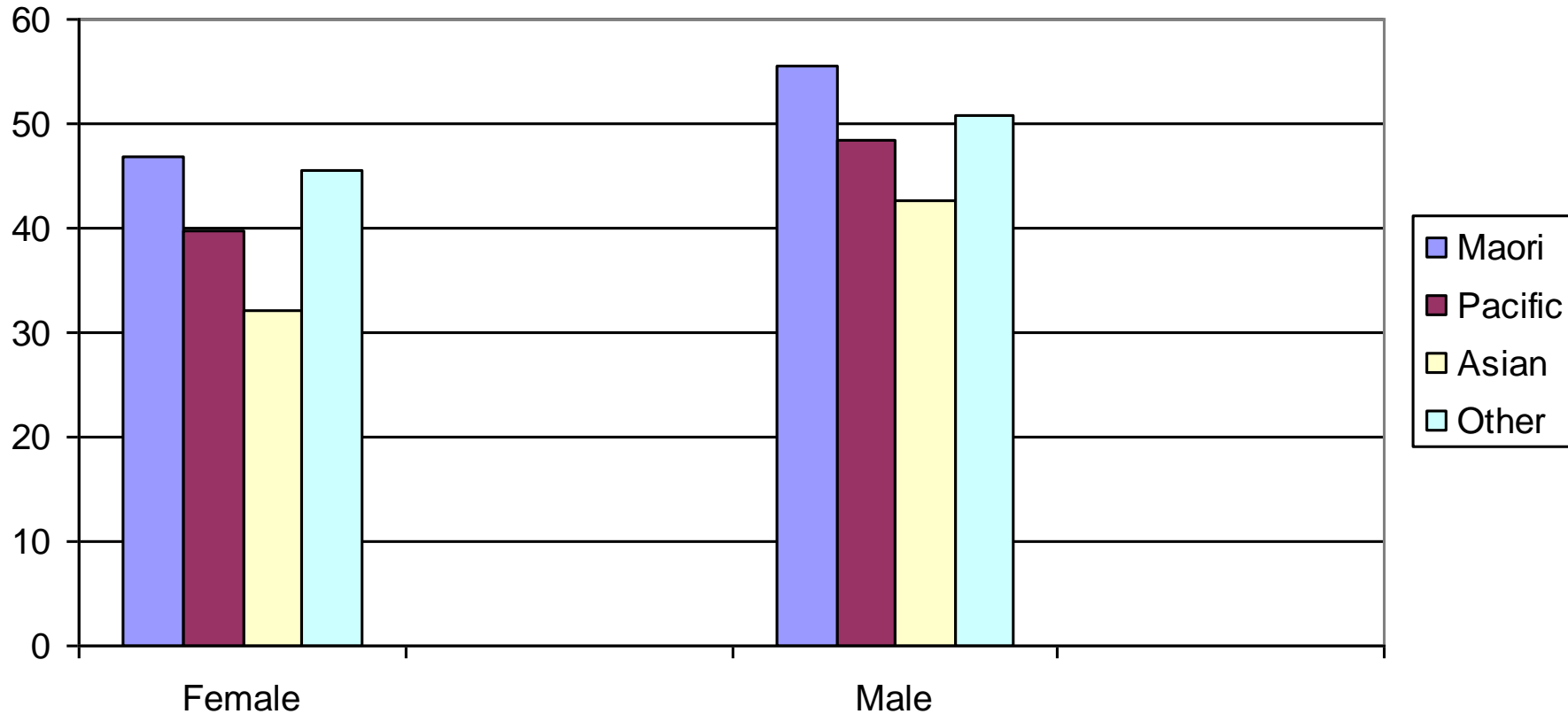
## % eating 3+ vegetables per day, 15+ yrs



Age standardised, NZHS 2006/07



## % doing regular physical activity, 15+ yrs



Age standardised, NZHS 2006/07



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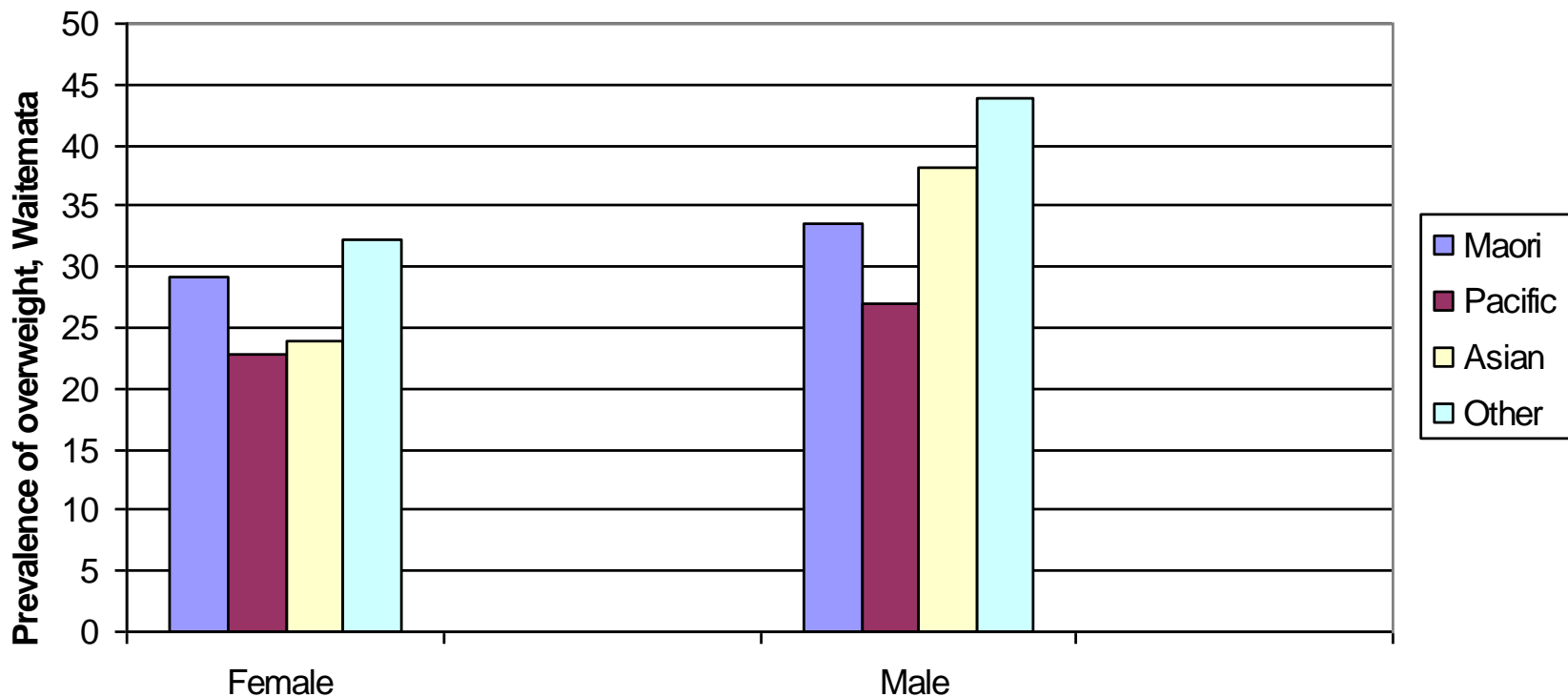
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# Obesity & CVD risk



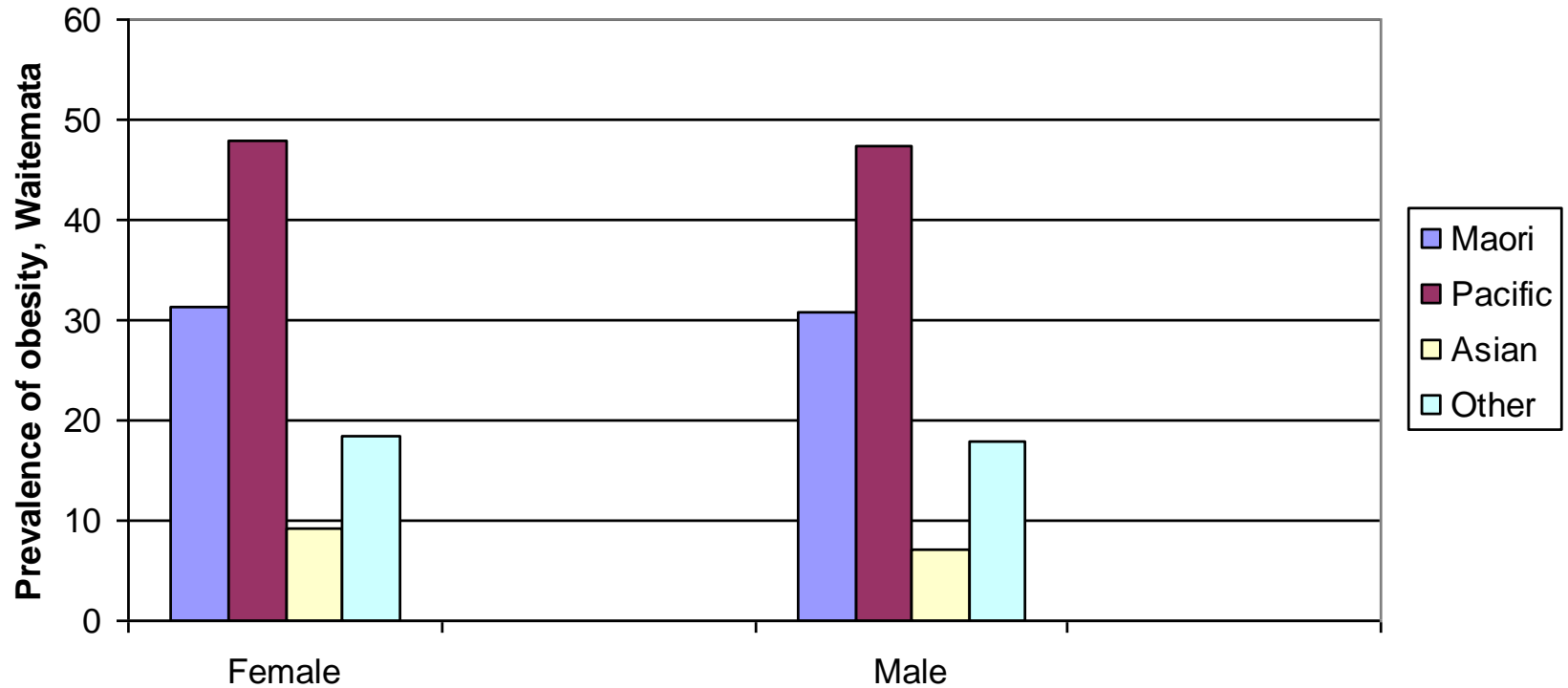
## ASR % of overweight, 15+ yrs, WDHB



Age standardised, NZHS 2006/07



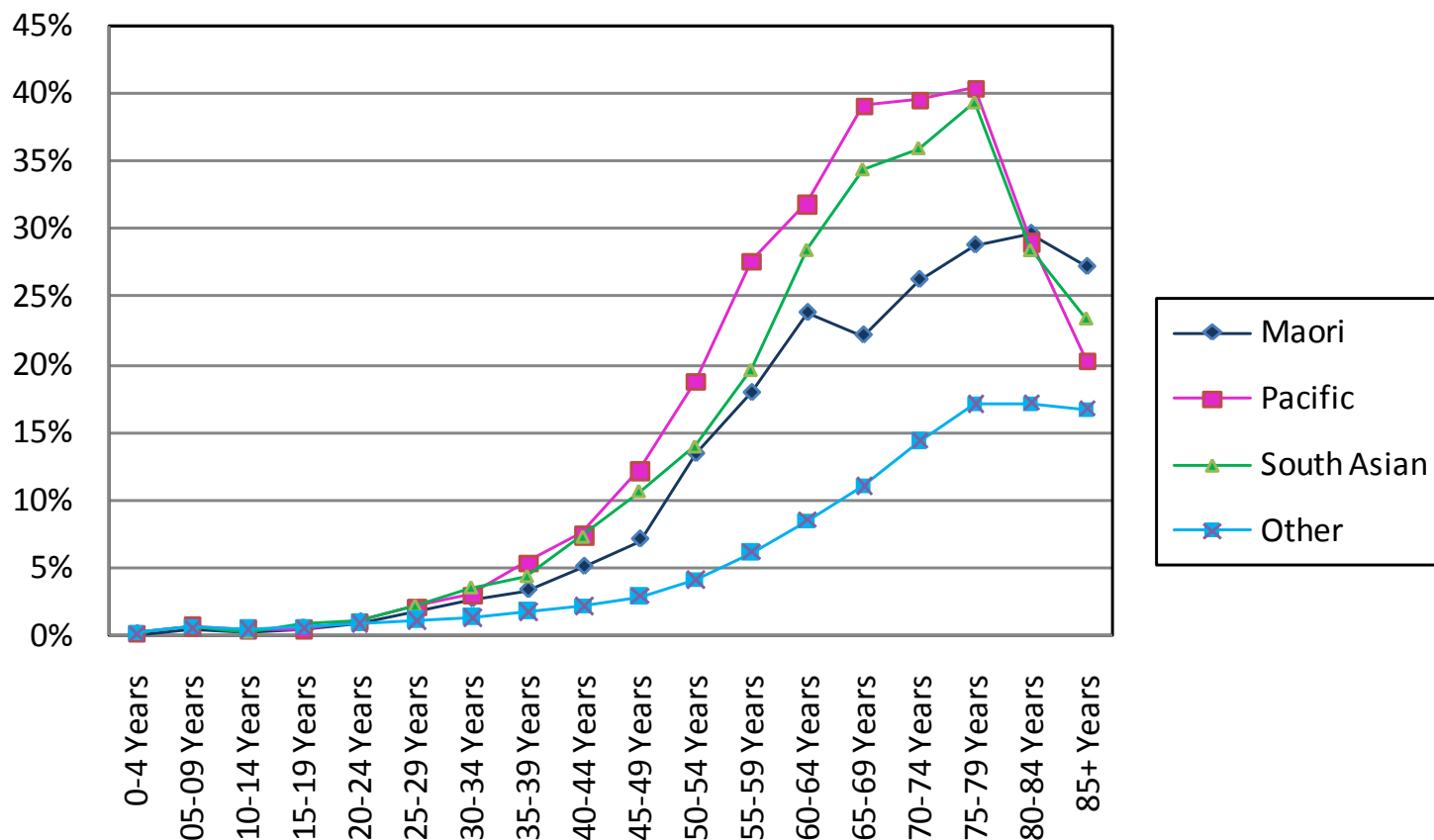
## ASR % of obesity, 15+ yrs, WDHB



Age standardised, NZHS 2006/07

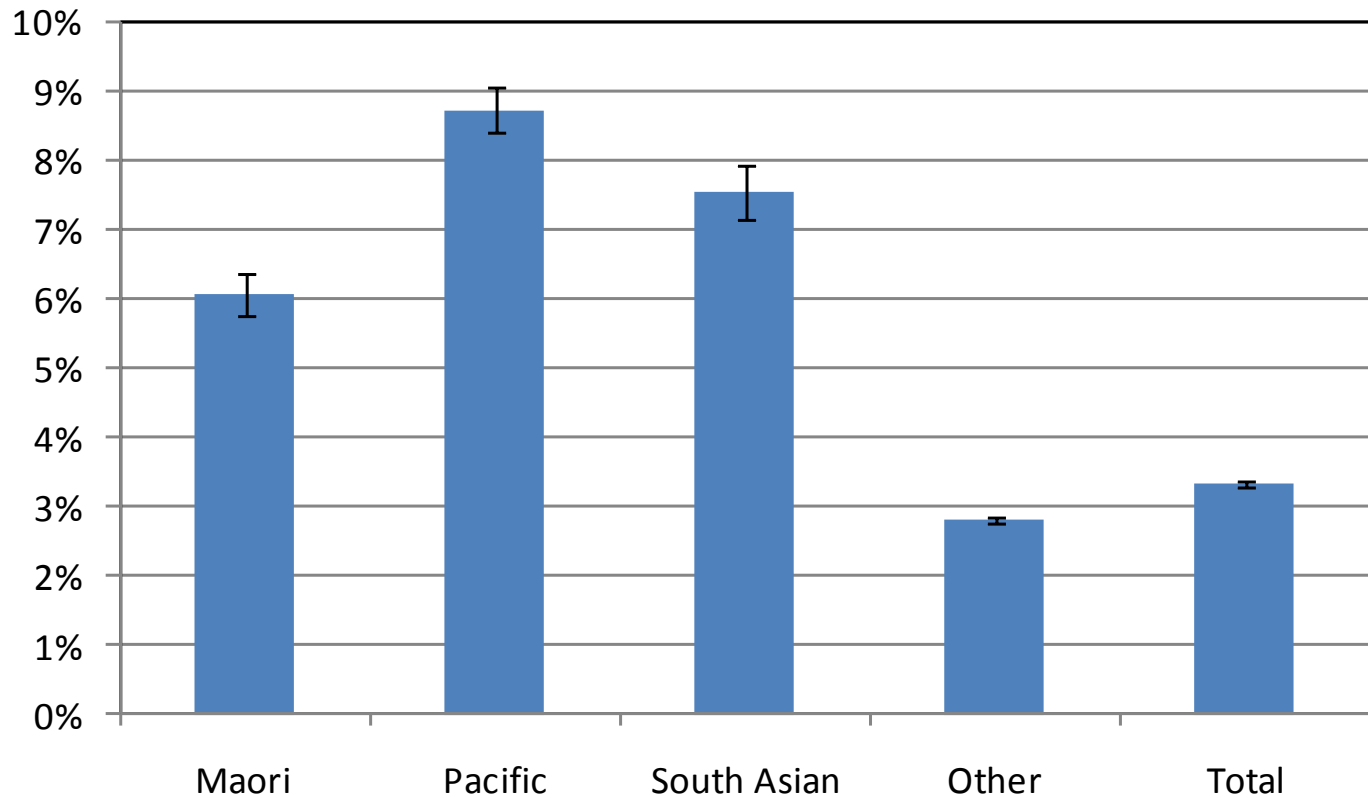


# Age-specific % of diabetes by ethnicity (prioritised), Waitemata, 2007



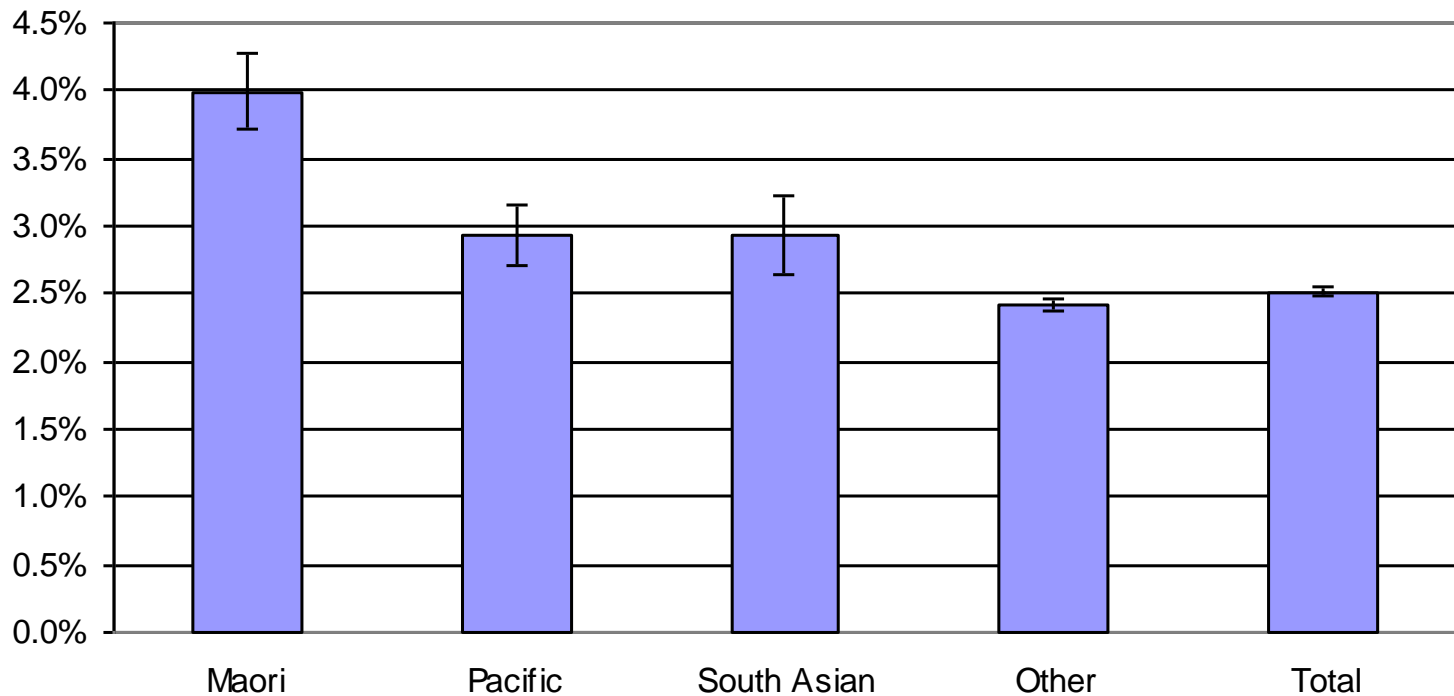


## ASR % of Diabetes by ethnicity (prioritised), WDHB, 2007



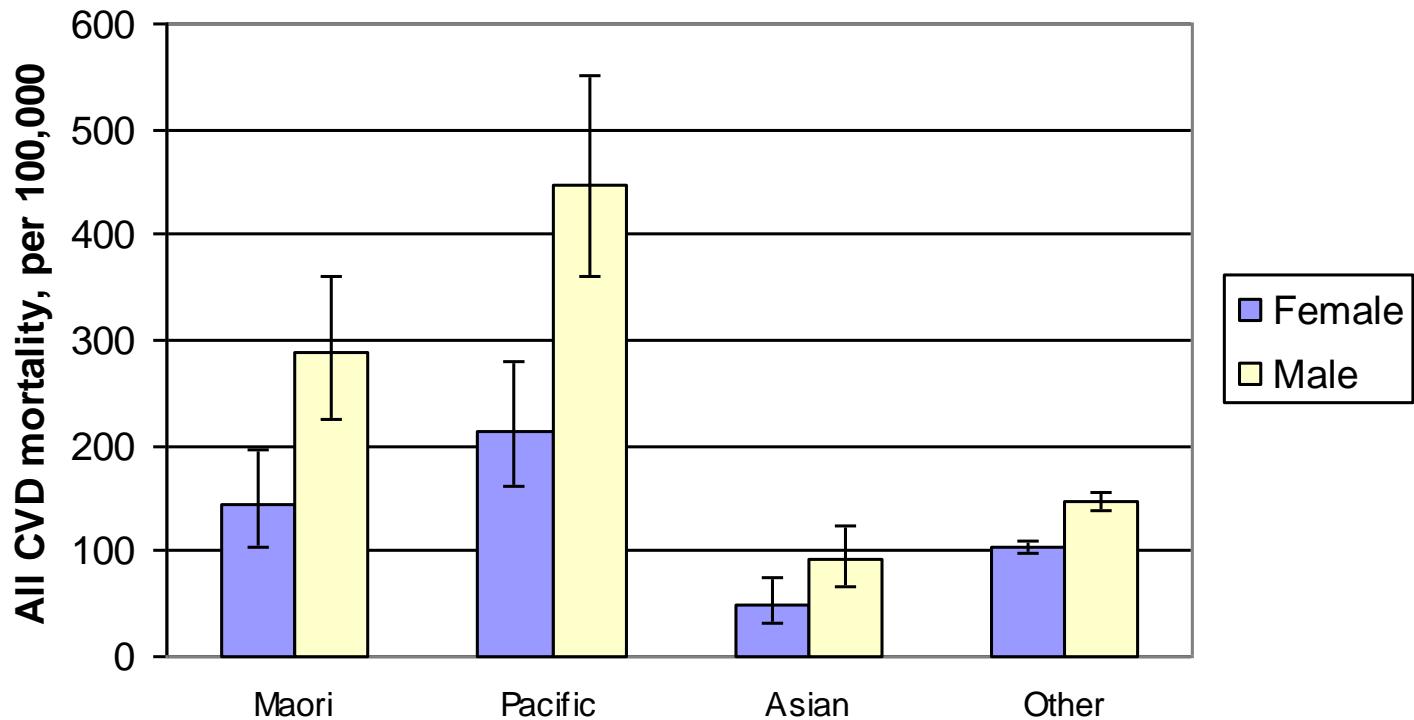


# ASR % of CVD by ethnicity (prioritised), WDHB, 2007





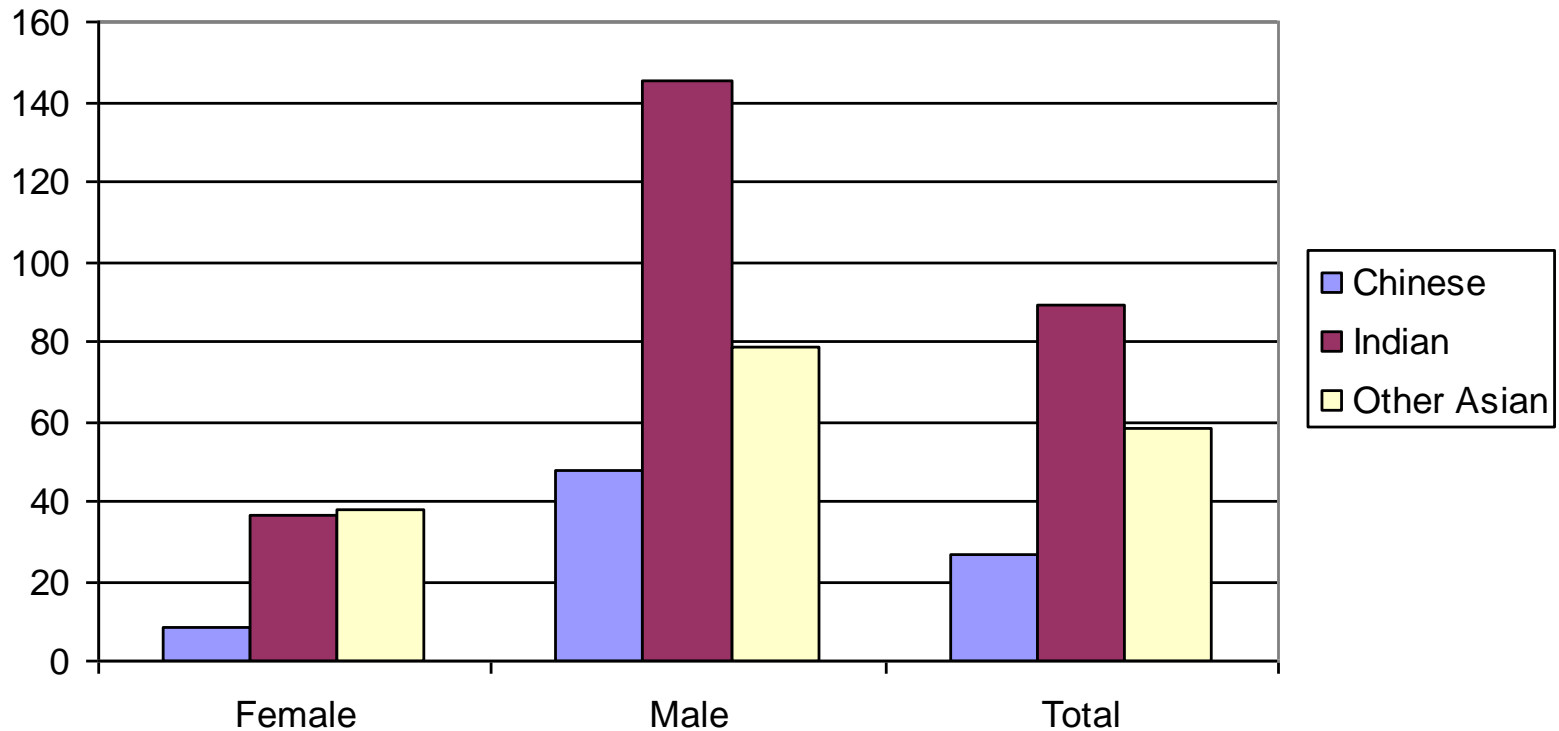
# CVD mortality, all ages, WDHB by ethnicity (prioritised)



Age-standardised, 2003



## Death rate from heart disease/stroke (per 100,000), 2002-05



ASR, prioritised ethnicity



# Summary

- Demography
- Nutrition & physical activity
- Obesity & CVD risk