Introduction

The Early Childhood Health Profile is designed to inform and further enhance the Population Health approach to improve early childhood health gains for children under 5 years of age.

The primary goal for Population Health is to promote, improve and protect health and wellbeing with a focus on achieving health equity for tamariki and their whānau living in the Waikato DHB area.

The objectives of this profile are to
- provide access to child health data for under 5-year olds for the Waikato DHB region, and
- identify the social determinants of health that both influence and impact on the health and wellbeing of children under 5 years of age.

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Setting the scene

7% of the Waikato DHB population are under 5 years old (2013) (Number = 28,210)

Predicted overall decrease of under 5-year-olds across most of the Waikato by 2028

Under 5s are ethnically diverse and some identify with more than one group*

97% of 5-year-olds have participated in Early Childhood Education (2015) (Pacific 96%, Māori 95%, NZ 96%)

*Hence the total add up to more than 100 percent

(Waikato DHB)
Socioeconomic environment

The environment in which children grow up is important for a healthy development. While a beneficial environment may help children develop into healthy adults, an adverse environment may act as a barrier to reach optimal health and wellbeing. Factors such as family/whānau, community, education and social and physical environments are therefore essential to understand the health and wellbeing of children.

In the Waikato
1 in 2 tenure holders own their own home
(50%, 2013)
(Pacific 20%, Māori 26%, NZ 61%)

The majority of adults are part of the labour force
(68%, 2015)
(Māori 64%, Pacific 69%, NZ 69%)

More adults with qualifications

<table>
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<th>Year</th>
<th>European</th>
<th>Māori</th>
<th>Pacific</th>
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<td>2006</td>
<td>71%</td>
<td></td>
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<td>2013</td>
<td>74%</td>
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Individual median weekly income, Waikato DHB 2011-2015

Income levels vary greatly between ethnic groups

(Waikato DHB)
Many Waikato children under 5 years old are living in areas of high deprivation (NZ Dep 9-10) (2013)

- 53% Pacific
- 45% Māori
- 30% Total
- 20% NZ

(Waikato DHB)

The percentage of under 5-year-olds living in crowded housing (2013)

- 45% Pacific
- 26% Māori
- 20% Asian
- 15% Total

(National data)

Across Waikato Police investigated a total of 11,151 family violence incidents in 2016

That is an average of 31 per day and a 69% increase from 2007

(Waikato DHB)

Fewer adults report hazardous drinking (15%, 2011/14)

- 21% from 2006/07

Fewer adults smoke (17%, 2013)

- 15% from 23% in 2006 (Māori 35%, Pacific 24%, NZ 15%)

(Waikato DHB)
Newborns & mums

In Waikato DHB
5,288 babies were born in 2015

- 4% Pacific
- 10% Asian
- 35% Māori
- 51% Other

Birth projections, Waikato DHB, 2015-2027

- Total: 5,288 (2015), 5,480 (2027)
- Other: 2,692 (2015), 2,310 (2027)
- Māori: 1,858 (2015), 2,340 (2027)
- Asian: 549 (2015), 620 (2027)
- Pacific: 187 (2015), 220 (2027)

SUDI rate* per 1,000 live births, New Zealand, 2000-2012

- Other: 0.35 (2008-2012), 0.44 (2000-2004)

Sudden unexpected death infancy (SUDI) is decreasing

*Average annual rate

7 in 10 newborns are enrolled with a GP by 3 months (70%, 2015)
7 in 10 babies have all Well Child Tamariki Ora core contacts in their first year (70%, 2015)

Women
Smokefree during pregnancy (2015)

- 65% Māori
- 94% Pacific
- 82% Total
- 86% NZ

(Waikato DHB)
54% of infants are fully & exclusively breastfed at 3 months (2015) (Māori 43%, Pacific 50%)

At 6 months 60% of infants are breastfed at least some of the time (2015) (Māori 50%, Pacific 57%)

Immunisation coverage (2016) Waikato DHB

- 91% (NZ 93%) 8 months
- 81% (NZ 86%) 18 months
- 84% (NZ 87%) 5 years

Immunisation coverage at 8 months, by ethnicity, Waikato DHB, 2012-2016

Immunisation rates continue to increase
Health & wellbeing

98% of under 5-year-olds have excellent, very good or good parent-rated health (2015/16) (National data)

Most 4-year-olds receive a B4 school check (2015) (Pacific 66%, Māori 77%, NZ 93%) (Waikato DHB)

Increasing rates of eczema among under 5-year-olds
- 15% 2006/07
- 22% 2015/16 (National data)

3 in 4 5-year-olds are enrolled in community dental services (75%, 2015) (Maori 61%, Pacific 75%) (National data)

Percentage of 5-year-olds free of tooth cavities, Waikato DHB, 2005–2015

More 5-year-olds are free of tooth cavities

- Other: 25% (2005), 38% (2015)
- Pacific: 26% (2005), 37% (2015)
- Māori: 52% (2005), 69% (2015)
In 2016, 12,502 children aged 0-6 years filed an ACC claim for injuries.

Leading causes of childhood injuries:
- 36% Loss of balance
- 13% Collisions/knocked over
- 11% Struck by person/animal
- 6% Tripping/stumbling

Injuries in 2016:
- 7 in 10 happen in the home
  - Boys 56%
  - Girls 44%
- 1 in 10 happen at school

ACC injury claims are more common in boys than in girls.

(Waikato DHB)
Hospital admissions

Every year children go to hospital with conditions that could have been treated in a community setting. These avoidable admissions are called Ambulatory Sensitive Hospitalisations (ASH). They are used as an indicator of the access to, and effectiveness of, primary health care services.

The ASH rate is affected by various factors such as socioeconomic conditions, age, ethnicity, geographical location and the access to affordable health care in the community.

ASH rates 2015/16
Children 0–4 years

The ASH rates presented are average annual age-and-ethnicity-specific rates per 1,000 children.

For example, the Pacific rate of 32 is to be interpreted as 32 cases per 1,000 Pacific children aged 0–5 years.

Respiratory infections
22 in 1,000 children each year
(Pacific 32, Māori 24, NZ 18)

Dental conditions
14 in 1,000 children each year
(Pacific 26, Māori 20, NZ 10)

Asthma
13 in 1,000 children each year
(Māori 18, Pacific 14, NZ 13)

Skin infections
6 in 1,000 children each year
(Pacific 12, Māori 8, NZ 7)

Gastroenteritis
14 in 1,000 children each year
(Pacific 15, Maori 11, NZ 13)

(Waikato DHB)
Nutrition & physical activity

4 in 5 children (2-4 years) meet recommended fruit & vegetable intake guidelines (Fruit 81%, vegetables 76%, 2014/15)

Fast food eating patterns among our 2-4-year-olds

- 65% at least once a week
- 5% 3 or more times a week

Fewer 2-4-year-olds are having fizzy drinks every week

- 50% 2006/07
- 38% 2014/15

45% of 2-4-year-olds watch two or more hours of television each day (2014/15)

Body size (2-4 years) (2014/15)

Healthy weight (BMI 24 and under) 65%
Overweight (BMI 25-29) 20%
Obese (BMI 30 and over) 10%

Note: BMI = body mass index (kg/m²). BMI for children is an equivalent of adult BMI

(National data)
Reference list

Setting the scene


Socioeconomic environment

1. Statistics New Zealand, census data: Tenure holder and ethnic group (grouped total responses) by sex, for the census usually resident population count aged 15 years and over, 2001, 2006 and 2013 Censuses (RC, TA, AU).


3. Statistics NZ, 2013 Census data: Dataset: Highest qualification and ethnic group (grouped total responses) by sex, for the census usually resident population count aged 15 years and over, 2006 and 2013 Censuses (RC, TA, AU).

4. New Zealand Income Survey: June 2015 quarter. Published by Statistics NZ.


6. Ministry of Health: 2014 report: “Analysis of Household Crowding based on Census 2013 data” (Note: Measure of crowding: one or more bedrooms are required in a household, according to the Canadian National Occupancy Standard (CNOS)).


9. Statistics NZ, 2013 Census data: Dataset: Cigarette smoking behaviour and ethnic group (detailed total responses) by age group and sex, for the census usually resident population count aged 15 years and over, 2006 and 2013 Censuses (DHB areas).
Newborns & mums


Health & wellbeing

1. Ministry of Health: NZ Health Survey 2015/16.

Hospital admissions


Nutrition & physical activity

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