

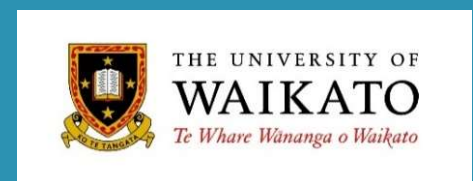


Healthcare for Our Future Population

Associate Professor Polly Atatoa Carr

Population Seminar Series:
Affording and investing in our future population

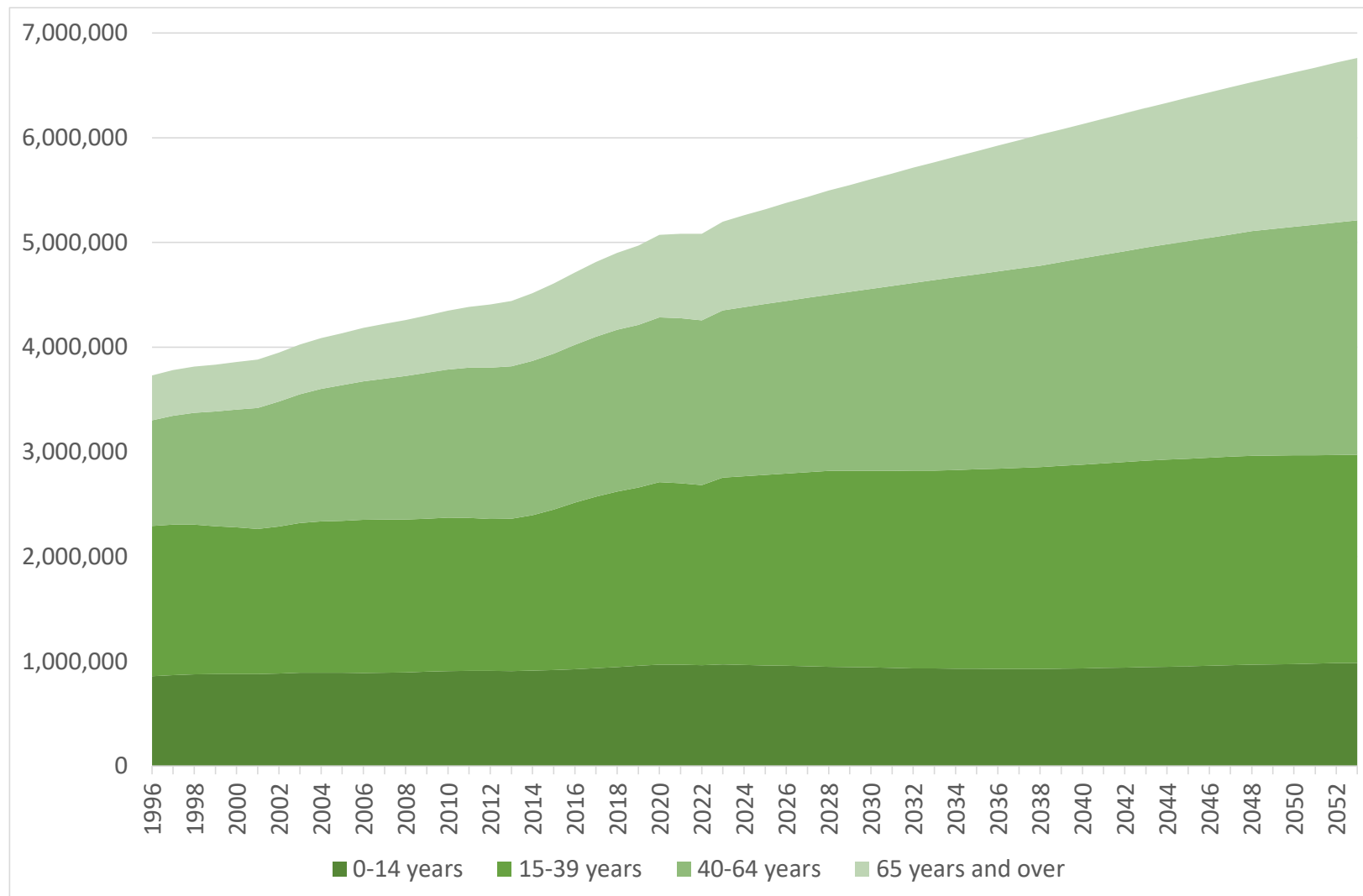
11 Feb 2026



1. Population projections

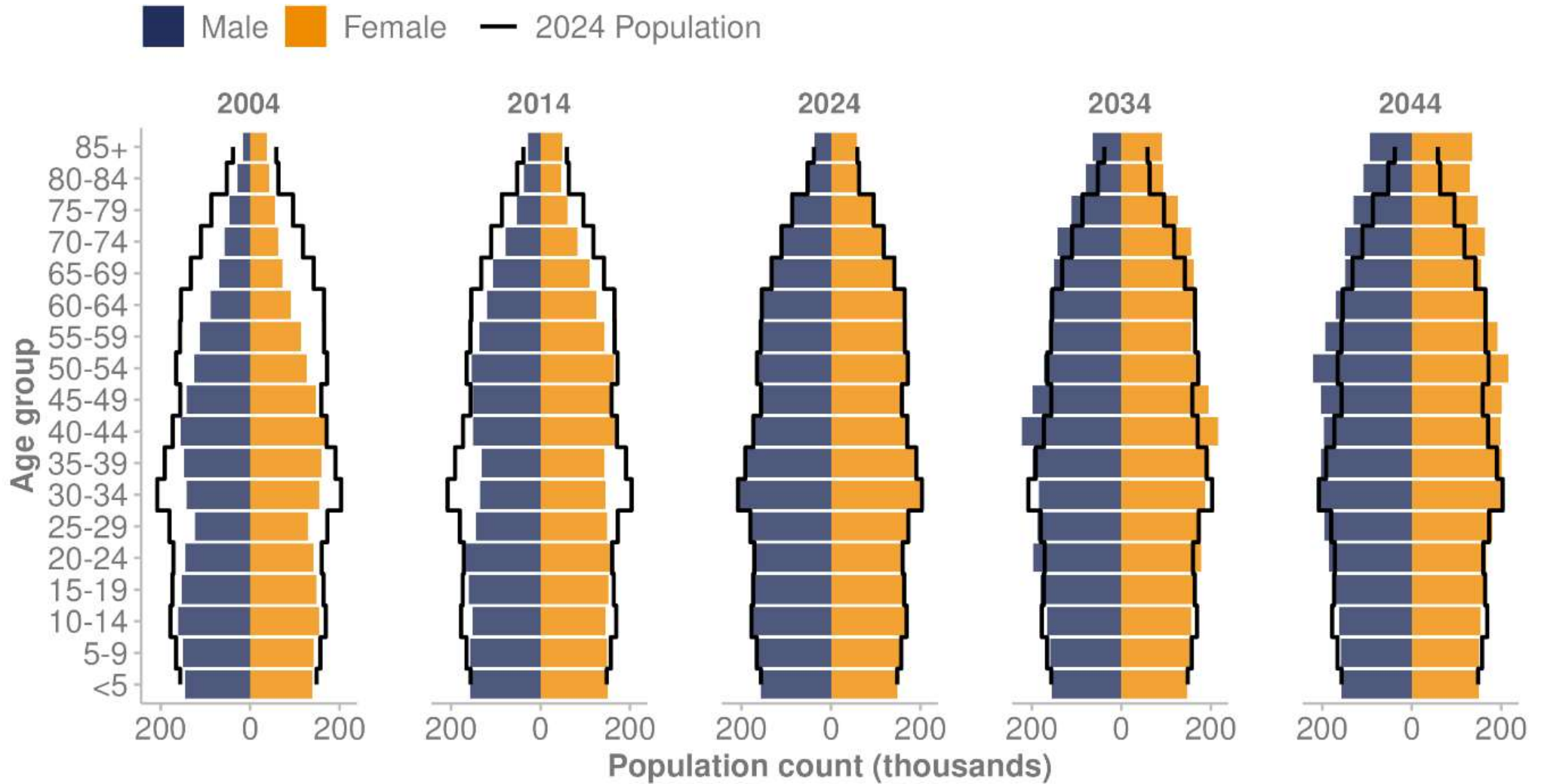


- Key consideration: Population ageing



Reference: Prof. Michael Cameron

Population projections



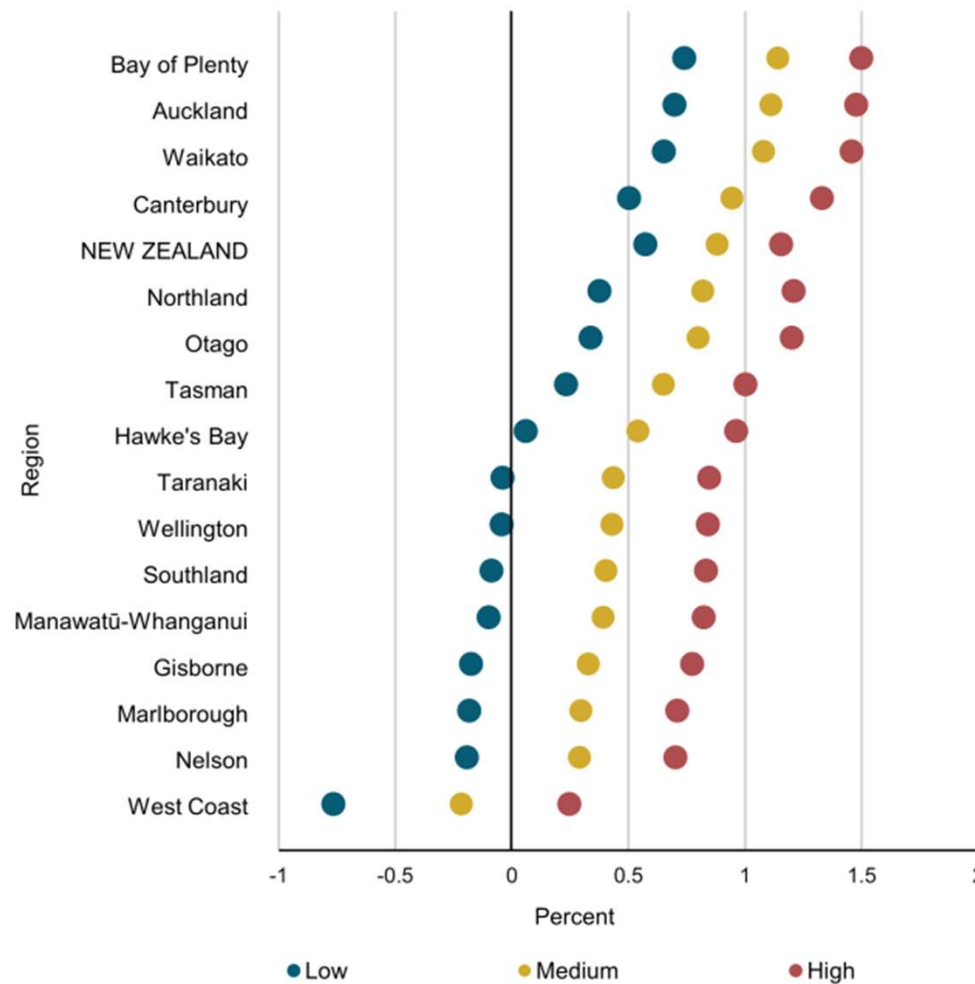
Source: Health New Zealand (2025t) Health and Independence Report 2024 – Te Pūrongo mō te Hauora me te Tū Motuhake 2024. Wellington: Ministry of Health

Population projections



- Key consideration: Geographic location

Projected average annual population change, by region,
2023–2053



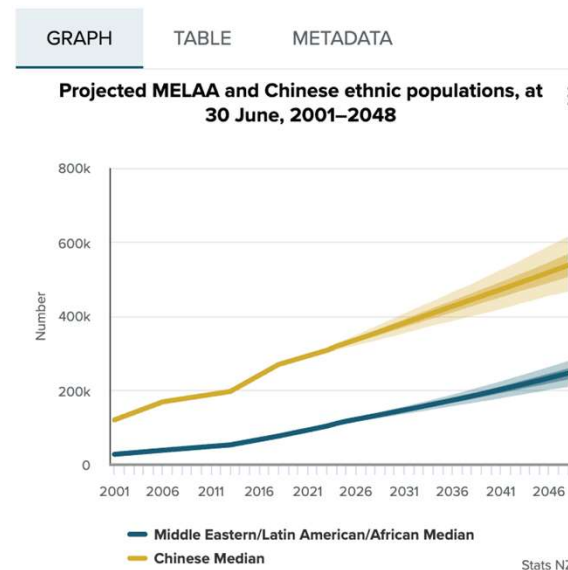
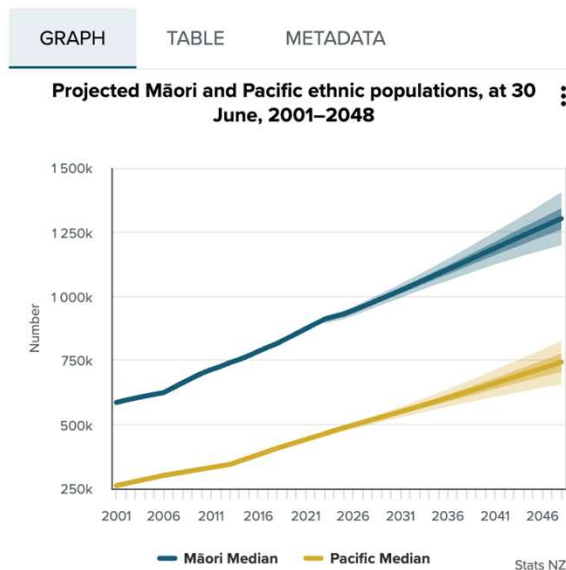
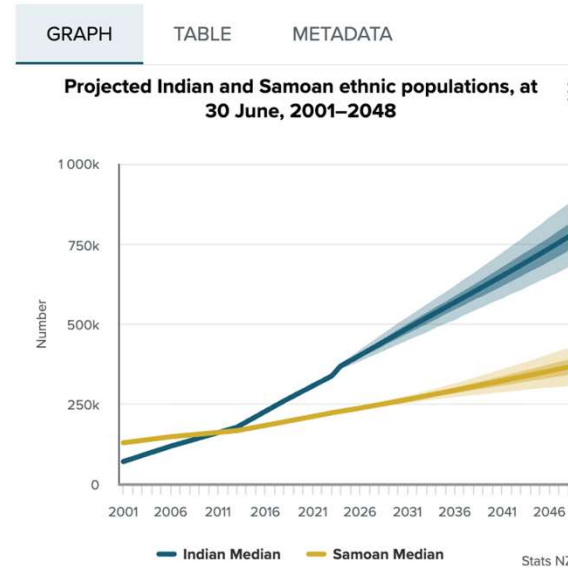
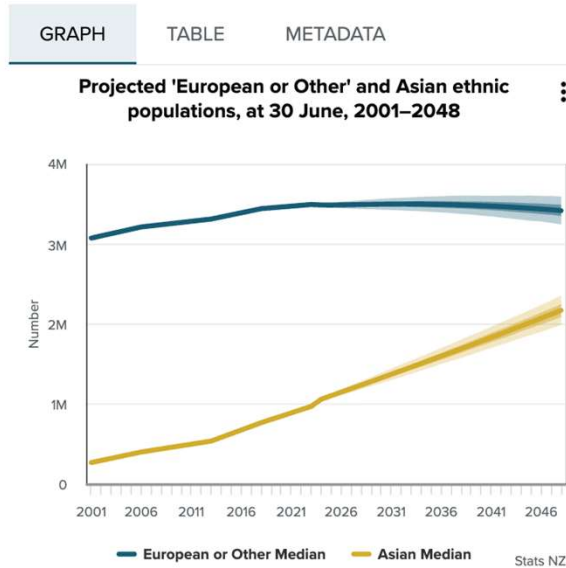
<https://www.stats.govt.nz/information-releases/subnational-population-projections-2023base-2053/>

Source: Stats NZ

Population projections



- Key consideration: Ethnic diversity

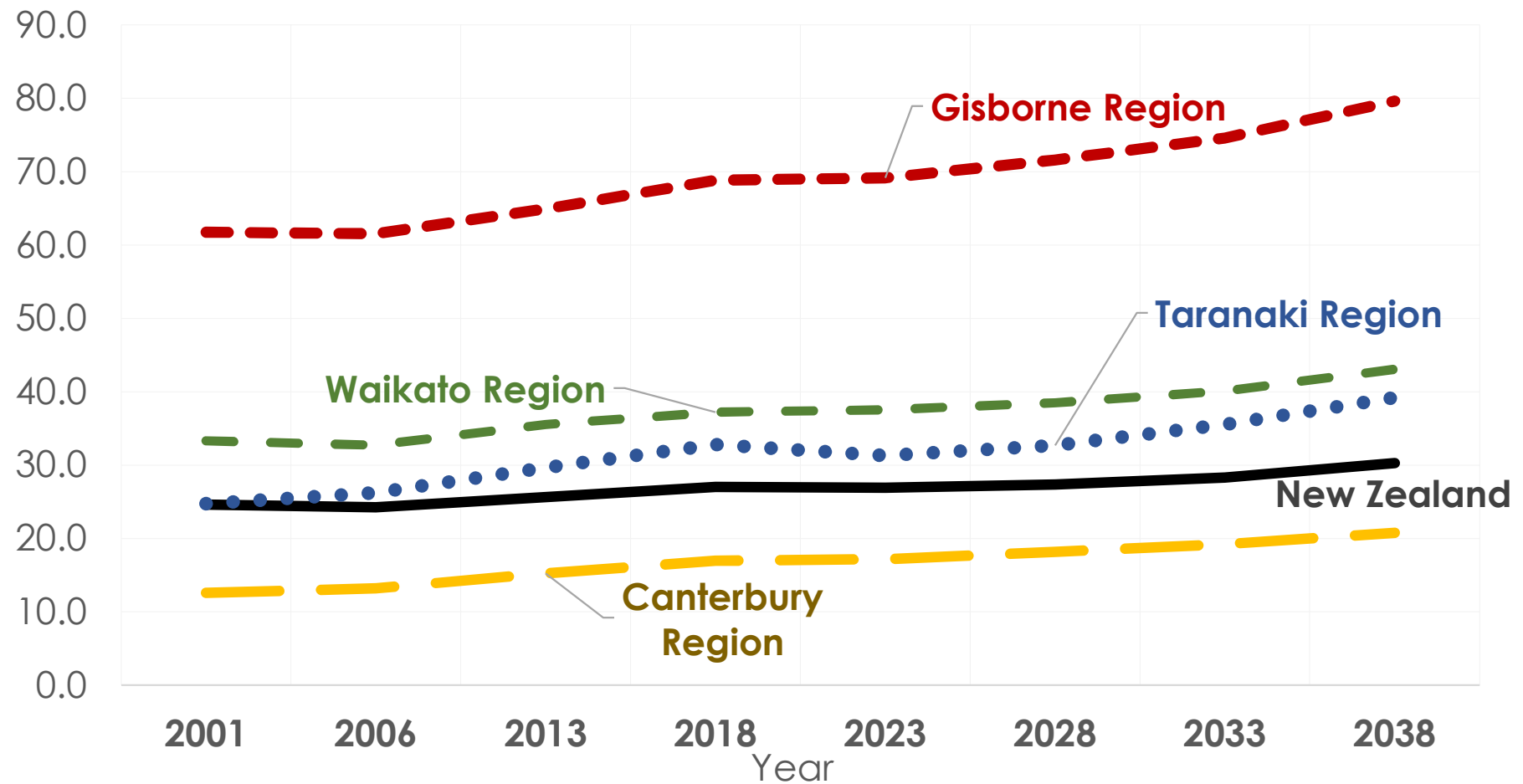


<https://www.stats.govt.nz/information-releases/national-ethnic-population-projections-2023base-2048/>

Ethnicity, age and location



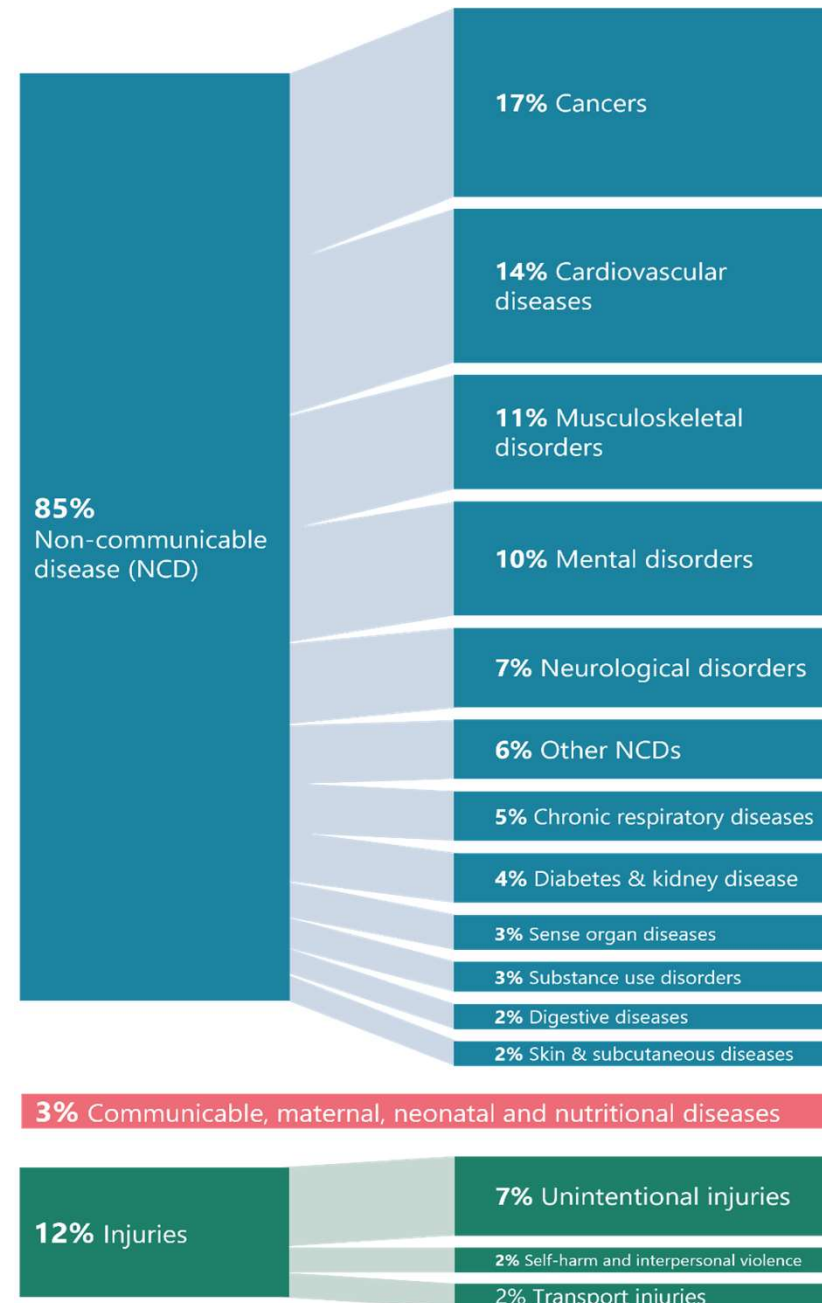
- Proportion of 0–14 year olds identifying as Māori



2. Population health status



- Key consideration: Burden of disease
- Can predict future health care need
- Largely preventable



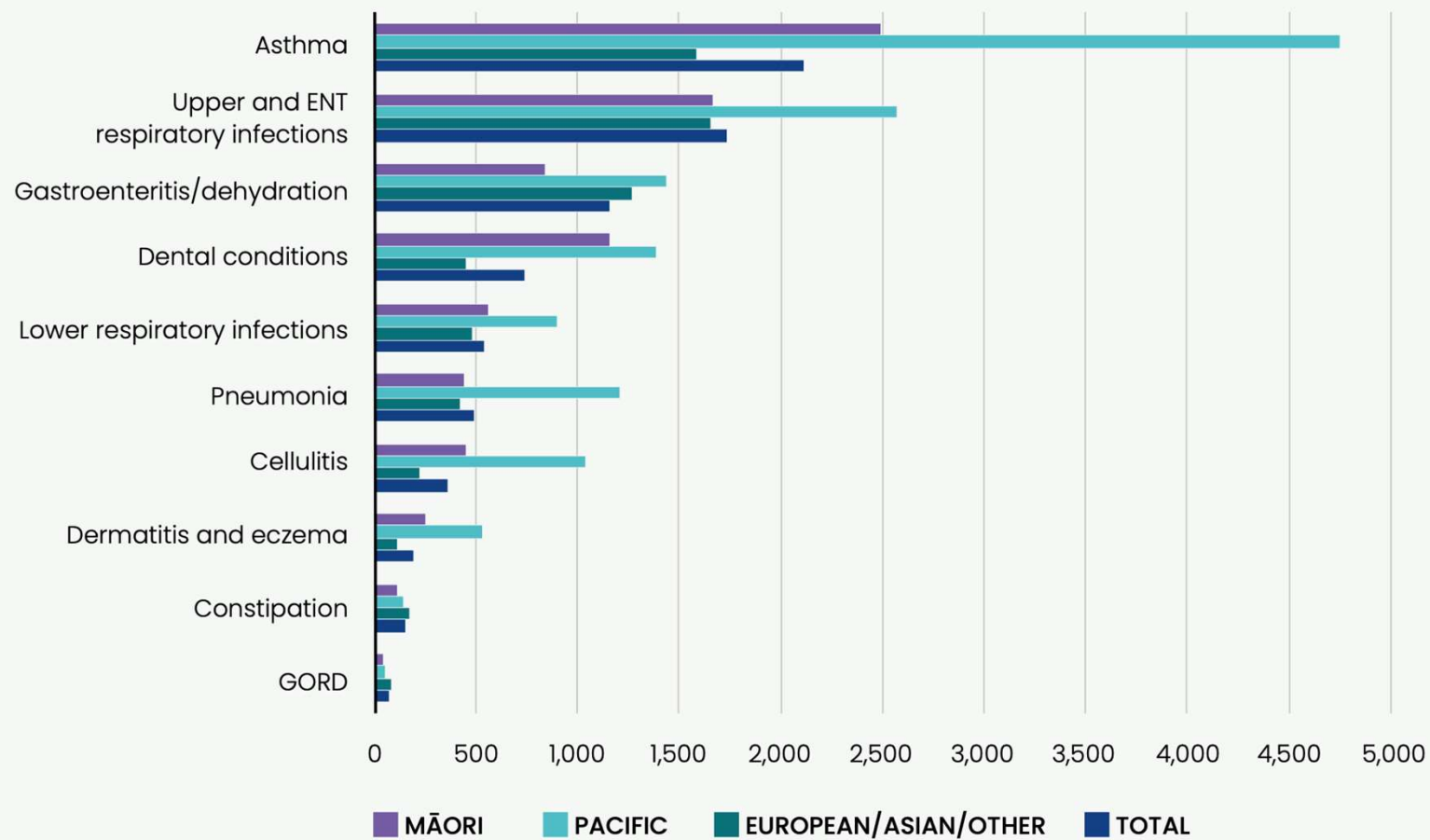
Source: Health New Zealand (2025t) Health and Independence Report 2024 – Te Pūrongo mō te Hauora me te Tū Motuhake 2024. Wellington: Ministry of Health

Population health status



- Key consideration: Distribution of health burden – ethnic inequities

Figure 134: Top 10 ASH conditions, 0-4 age group, rate per 100,000 population, 12 months to end March 2023

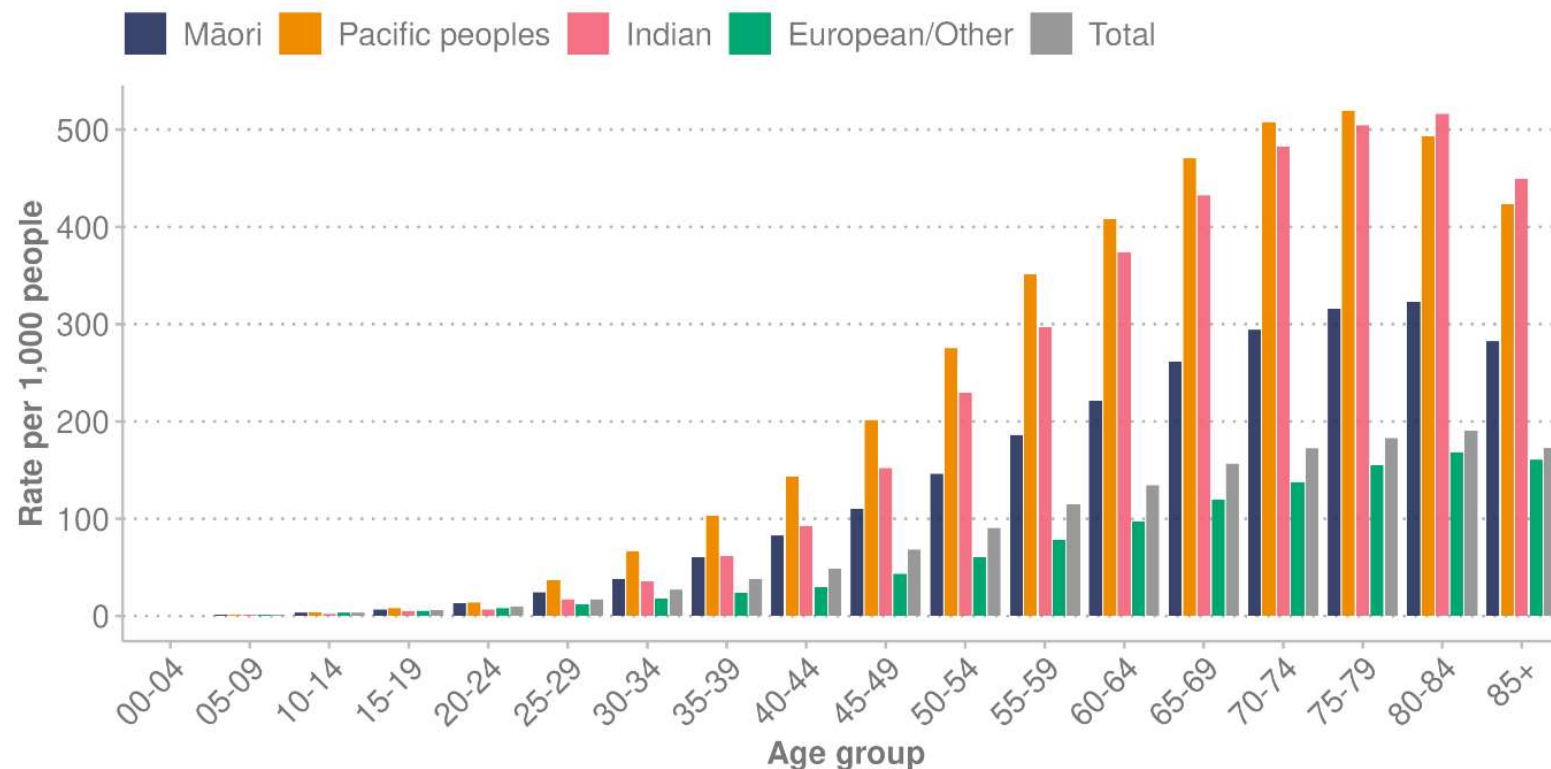


Population health status



- Key consideration: Distribution of health burden – ethnic inequities

Rates of diabetes per 1,000 people, by ethnic group (prioritised ethnicity) and age group, 2023



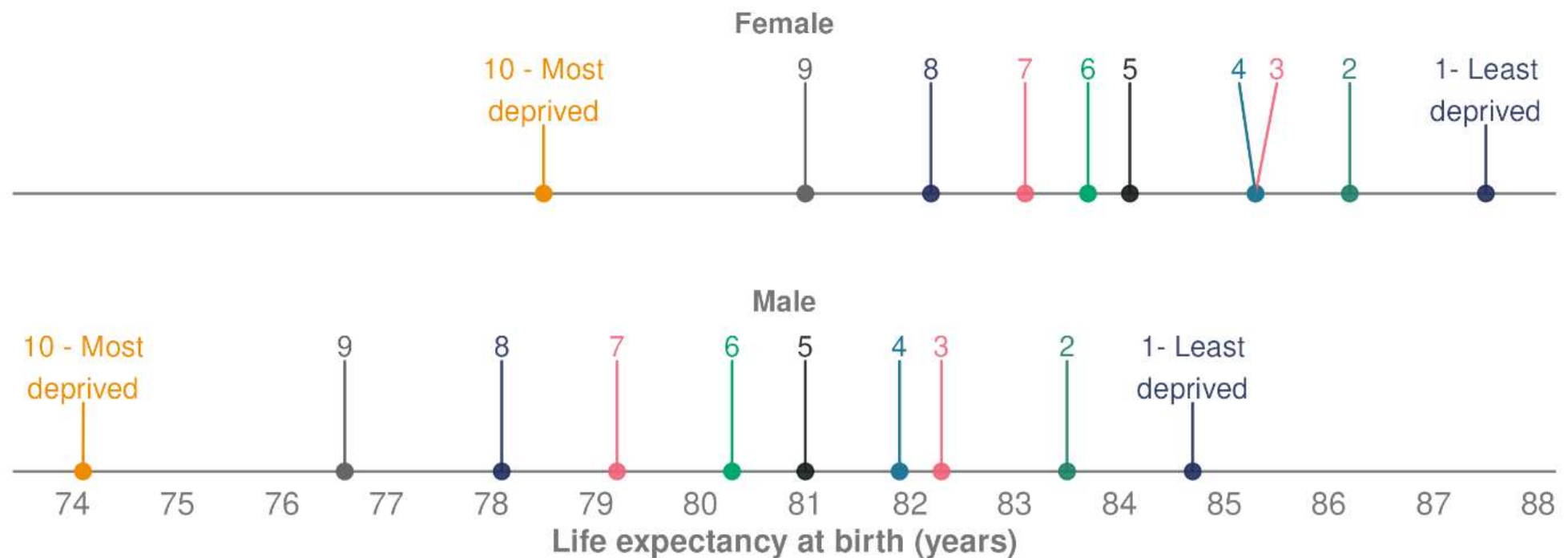
Source: Health New Zealand (2025t) Health and Independence Report 2024 – Te Pūrongo mō te Hauora me te Tū Motuhake 2024. Wellington: Ministry of Health

Population health status



- Key consideration: Distribution of health burden – socioeconomic inequities

Life expectancy at birth, by deprivation decile and gender, 2017–2019

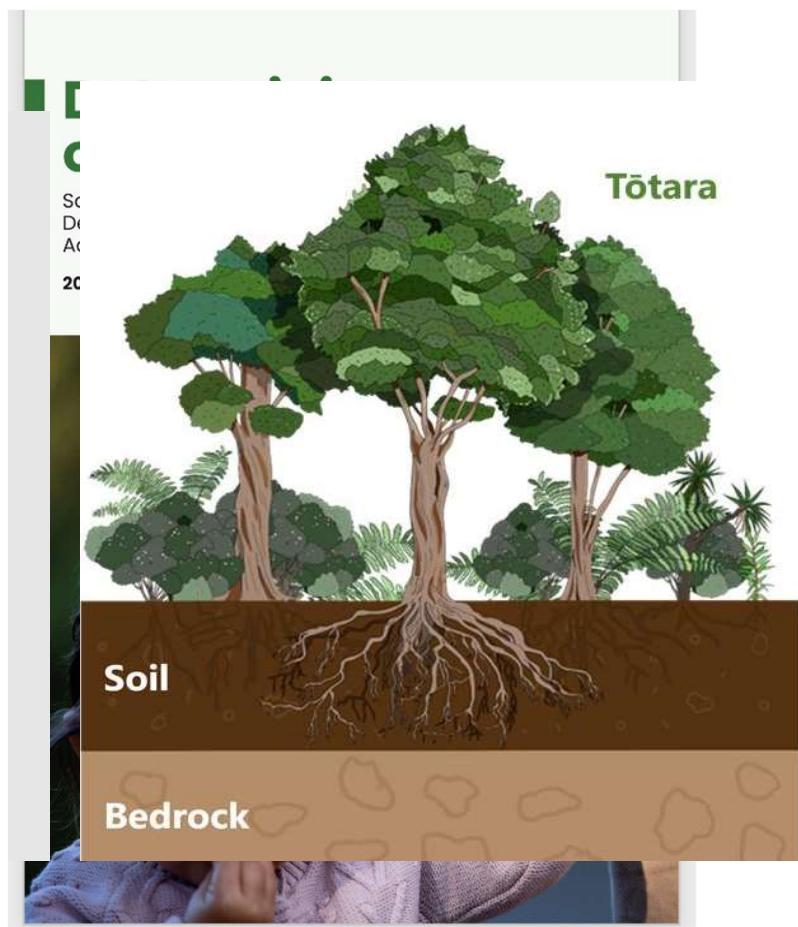


Source: Health New Zealand (2025t) Health and Independence Report 2024 – Te Pūrongo mō te Hauora me te Tū Motuhake 2024. Wellington: Ministry of Health

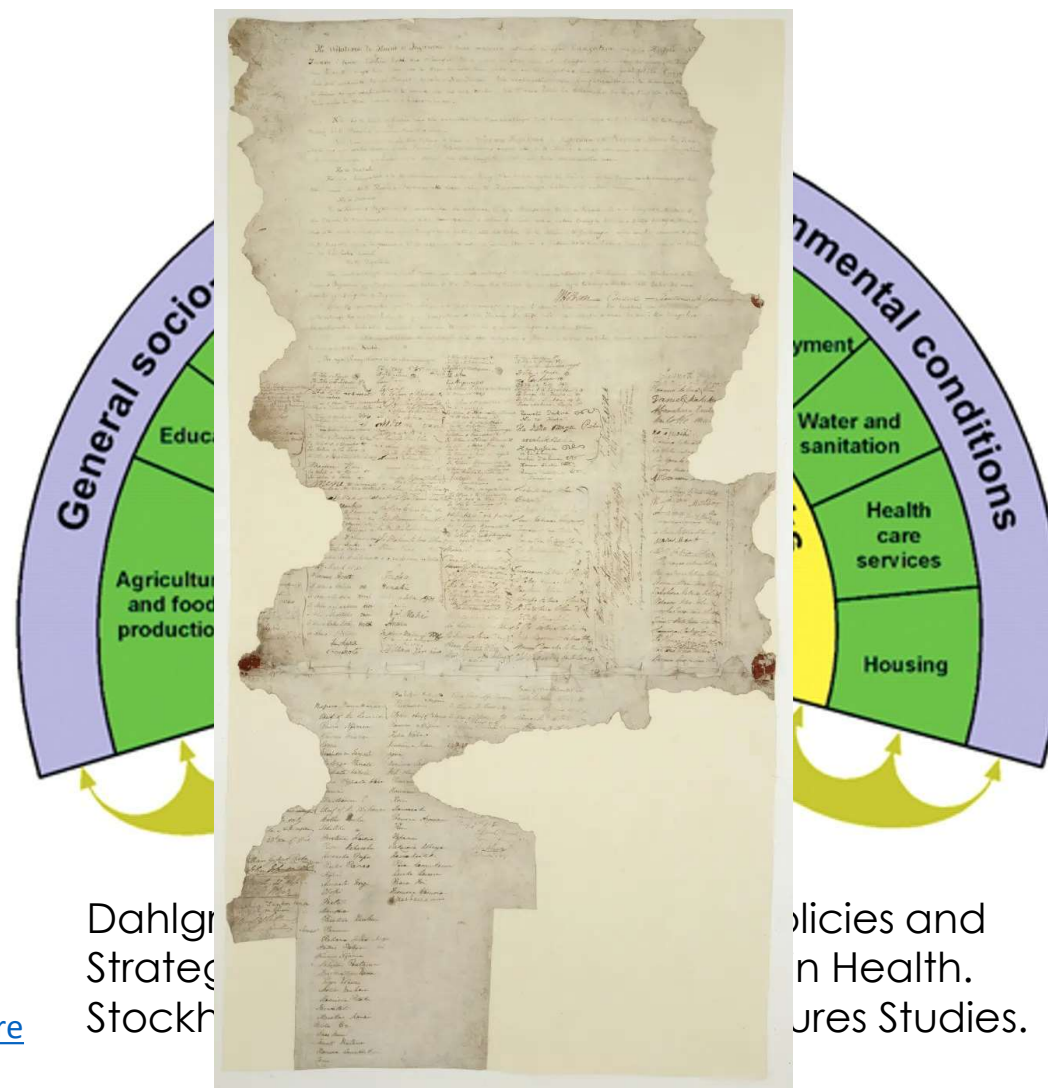
3. Influences on health status



- Determinants – have a greater influence on health outcomes than health care



<https://www.health.govt.nz/publications/determining-our-future>



Dahlgren
Strategic
Stockholm

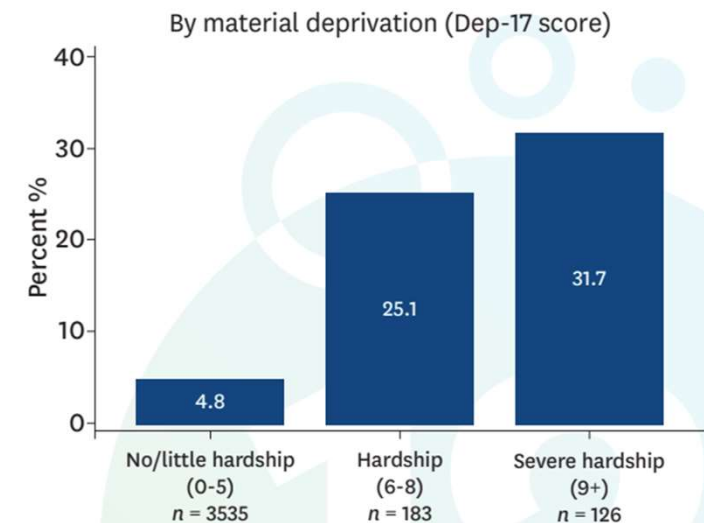
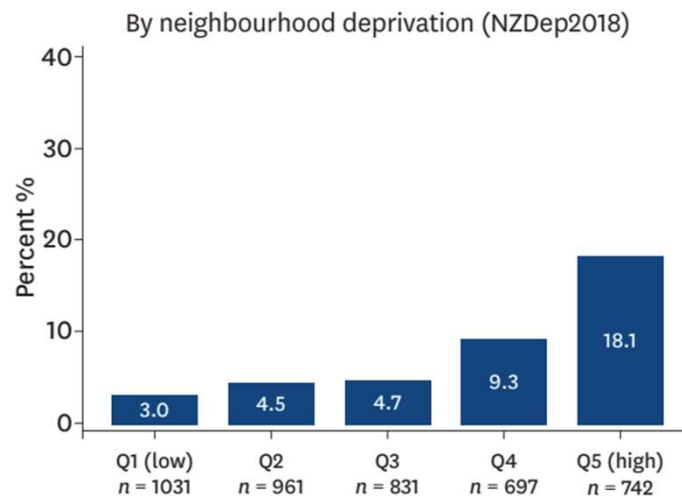
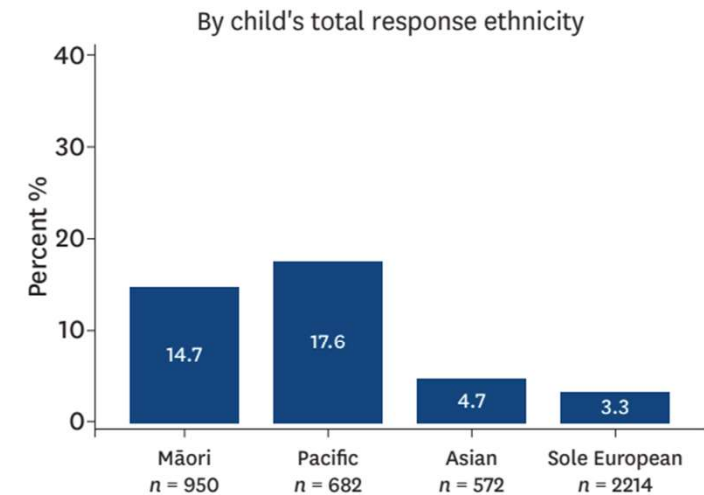
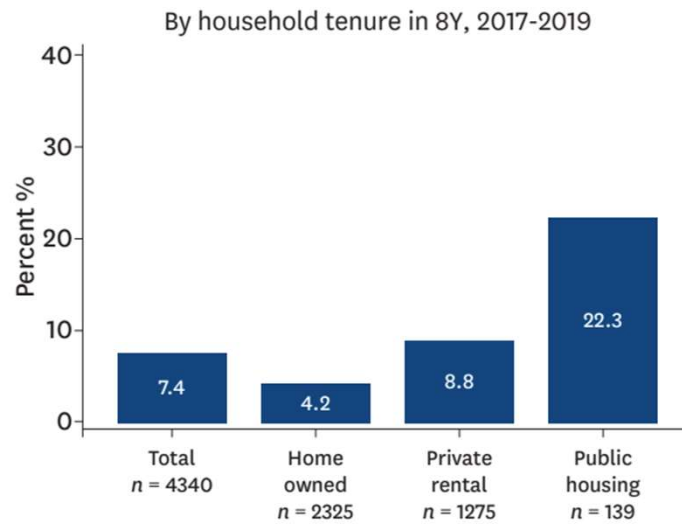
Policies and
in Health.
Studies.

So how are we doing?



- Housing poverty, experience of material hardship (age 12 years)

Atatoa Carr, Prickett, Paine, Youth homelessness in Aotearoa NZ, *EuJPH*, 35: S4, 2025, <https://doi.org/10.1093/eurpub/ckaf161.954>



<https://www.cpag.govt.nz>



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Opinion by

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A business on the western coast of Rarotonga is inundated by surging waters during a cyclone. Photo / Supplied

<https://www.nzherald.co.nz/>

Certainties: Invest in our system, equity and youth



- Start now - address the determinants
 - Child poverty
 - Education
 - Housing
 - Youth employment
- Workforce development
 - Diversity
 - Human capital
- Structural change
 - Prevention and promotion
 - Early intervention - longitudinal evidence of influence of early life on later life outcomes





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