Ongoing improvements in the physical health of Māori contribute to increased wellbeing for individuals and whānau. This fact sheet presents information about general Māori health and wellbeing, and changes that took place between 1996 and 2007.

**LIFE EXPECTANCY**


Between 2002/03 and 2006/07 the number of Māori who consumed the recommended1 amount of vegetables and fruit each day increased from 34.7 percent to 38.1 percent. This increase of 3.4 percent was nearly three times the increase in the total population consuming the recommended amount of vegetables and fruit (1.2 percent).

As detailed in the following figure Māori women were significantly more likely than Māori men to have an adequate fruit and vegetable intake over the 2002/03 to 2006/07 period.

**GRAPH 2: ADEQUATE FRUIT AND VEGETABLE INTAKE**

Physical activity has been shown to be protective against health conditions such as heart disease, Type 2 diabetes and certain cancers. It also helps to lower blood pressure, reduce weight gain and can contribute to personal growth and development. In comparison to the total population Māori are more physically active.

Between 2002/03 and 2006/07 over half (53 percent) of Māori adults met the definition of being regularly physically active. This is higher than the 51 percent of the total population who were regularly physically active at the time.

**NUTRITION**

Vegetable and fruit consumption is a protective lifestyle factor that can have a positive impact on Māori health and wellbeing, protecting the individual against many health problems, including heart disease, stroke and some cancers. Māori and especially Māori women are showing signs of improving their nutrition.

1 It is recommended that adults eat at least three servings of vegetables and at least two servings of fruit each day.

2 It is recommended that adults undertake at least 30 minutes of moderate intensity physical activity (i.e. brisk walking) on 5 or more days of the week.
disease, blindness, kidney disease and vascular problems. There is no cure for diabetes at present but it can be controlled to enable a person to live a full and active life.

Although, Māori adults are more likely than adults in the total population to be diagnosed with diabetes in the course of their lifetime (seven percent compared to 4.3). The overall number of Māori adults to have ever been diagnosed with diabetes has slightly decreased from eight percent in 2002/03 to seven percent in 2006/07.

**GRAPH 5: PREVALENCE OF DIABETES, 2002/03 – 2006/07**


**SMOKING**

Tobacco smoking is a well-recognised risk factor for many cancers and for respiratory and cardiovascular diseases. Smoking is the main cause of lung cancer and other pulmonary disease.

While 38 percent of Māori adults were current smokers in 2006/07, this represents a significant decrease in the proportion of smokers from 2003. These figures equate to a decrease of 8.4 percent for the Māori population since 1997 when close to half of all Māori adults (46 percent) smoked. However, it is important to note that Māori women were more than twice as likely to be current smokers as women in the total population in 2006/07. Similarly, Māori men were 1.5 times more likely to be current smokers than men in the total population.

**GRAPH 6: PROPORTION OF ADULT DAILY SMOKERS, 1996/97, 2002/03 AND 2006/07**