Mental Health Foundation of New Zealand

2023-24 Community Wellbeing

North Island Weather Events/Cyclone Gabrielle focus

Māori respondents overview

| SIL Research

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EXECUTIVE SUMMARY

The main aim of this research was to gain insight into the wellbeing of communities affected by the North Island Weather Events/Cyclone Gabrielle. The research began with quantitative data collection to establish baseline wellbeing measurements. This was followed up with qualitative methods to explore the nuances and context behind the quantitative findings.

The survey was undertaken between 12 December 2023 and 29 February 2024. Multiple data collection channels were utilised to ensure representation, including: postal surveys (a total of 6,000 copies), computer-assisted telephone interviews, social media advertising, online panel and other online/web-based (available via Mental Health Foundation and Auckland Council channels). A total of n=1,524 surveys were used in the final analysis. Weighting (post-stratification) was applied to the collected survey data to reflect the actual proportions of sub-group populations (e.g. by age, gender and ethnicity) in the regions (Hawke's Bay, Gisborne and Auckland), as determined by Statistics New Zealand's 2018 Census data.

This report presents survey results from Māori respondents' perspective, with n=275 respondents used in the analysis (18% of the total sample vs. 17% estimated Māori ethnic population in New Zealand in 2023).

The main findings related to specific objectives of the research included the following:

Impacts of 2023 weather events

- The 2023 extreme weather events had a strong, diverse and widespread impact on local communities across multiple regions. 64% of Māori respondents indicated a primary negative impact from the extreme weather events in 2023, which was slightly higher compared to overall findings.
- Primary negative impacts were most reported by respondents aged under 65. The youngest Māori respondents were slightly more likely to report a negative impact compared to the same age group overall. Respondents from rural locations were more likely to report primary negative impacts. These impacts were also higher among parents.

- Of Māori to report impacts, 3-in-5 (60%) noted physical / community impacts, 44% mental / emotional impacts, and 42% personal / health impacts.
- 76% of Māori respondents not reporting any negative impacts as a result of extreme weather events in 2023 were still subject to secondary stressors (27% of the total sample). More Māori respondents cited additional financial burden (30%), additional work pressure (28%), and concerns about health (24%) compared to overall results.

Psychosocial supports and resilience factors

- In the face of disruption and loss presented by Cyclone Gabrielle and other weather events, many positive factors came into effect to unite people, focus relief efforts, and

provide a sense of resilience through difficult times – despite significant challenges posed by flooding, communication issues, and perceived slow responses from authorities.

- Social connections remained high among respondents regardless of the impacts and provided valuable and effective support networks aiding communities in the aftermath of weather events. Sources of strength and assistance were consistent across ethnic communities, with no notable differences for Māori respondents compared to other groups overall.

- Māori respondents were most likely of ethnic groups to report making any behavioural changes in response to weather events (76%); however, they were more likely to mention being better prepared generally.

Wellbeing measurement and benchmarks

- Several indicators proved effective as measures of community wellbeing and resilience, providing insights into regions affected by the 2023 weather events with the ability to distinguish between local communities based on their perceived level of impact. These indicators were related to and reinforced each other in expected ways, and together provide a valuable benchmarking and diagnostic toolkit to identify areas of psychosocial strength, needs and opportunities.

- Overall, wellbeing is a multidimensional concept that reflects the balance and integration of various aspects of life. Wellbeing is influenced by numerous factors, including physical health, mental health, social connections, financial security, and other social and cultural factors.

- Life satisfaction (self-rated): 6-in-10 Māori respondents (59%) reported satisfaction with their life as a whole. Also varied by age, income, and employment status. Life satisfaction was consistent among respondents of different ethnicity groups, and was influenced by personal health, mental wellbeing, and income adequacy. Other factors, such as age, income, employment status played a more significant role in perceived life satisfaction.

- Wellbeing Index (WHO-5): The average wellbeing index score was 52.6 out of 100. The wellbeing index was highly correlated with personal health, mental distress, life satisfaction, and income adequacy. Respondents aged under 65, those with lower annual household income (below $70,000), beneficiaries, and parents were more likely to result in lower wellbeing scores.

- Mental Distress (PHQ-4): There was a mild distress among Māori community (3.9). Higher mental distress was reported by Māori respondents in Hawke's Bay. Psychological distress among Māori respondents was lower in Northland. Mental distress varied by age (with higher distress among respondents aged under 65), income (lower income resulting in higher distress), and employment situation (with beneficiaries exhibiting highest distress).

- Personal health: 75% of Māori respondents rated their personal health as fair or good, with 43% stating it was good. This result differed from overall findings, with higher proportion of Māori respondents stating their health was poor (25%). Respondents of lower household income, those

in casual employment, and beneficiaries, were more likely to report their health was poor.

- Social Connections: Overall, social connections were strong among Māori respondents (77.1 out of 100), and similar to overall results.

- Sense of loneliness: 4-in-10 Māori respondents (41%) felt lonely at least some of the time (in the past two weeks). Sense of loneliness was higher among younger respondents (18-39), and those in casual employment.

- Cultural identity: 62% of Māori respondents agreed it is easy to be themselves in the area they live (similar to overall findings). Māori respondents in Northland and Gisborne were more likely to find it easy to be themselves compared to overall findings. Younger respondents, and those with lower income, were less likely to find it easy to be themselves.

Wellbeing literacy

- Wellbeing literacy (knowledge and personal expression of wellbeing) plays an important role in the way people see themselves and their own health, and how they respond to unexpected or stressful events such as the 2023 weather events.

- Measured over six self-rated statements, the Wellbeing Literacy score indicated that subjective knowledge about wellbeing was high overall (average 78.0 out of 100).

- 'Wellbeing' is a broad term with a wide variety of meanings and definitions for respondents. Both Māori and Pacific Peoples were highly likely to attribute wellbeing to both mental/emotional and physical health. Both Māori and Pacific respondents also saw this concept as more holistic or balanced overall (e.g. often relating to Te Whare Tapa Whā model).

- Talking to friends or family (65%) or conducting an online search (63%) were by far the most preferred methods to search for wellbeing information, with clear preferences for older and younger adults respectively.

- Most respondents (58%) experienced no barriers to finding information about wellbeing, with access to and availability of health workers and personal time or motivation the most pertinent issues for small numbers of residents.

- Providing more community-based events or activities was considered a viable option to improve wellbeing awareness, increase community spirit and facilitate connection to others generally.

METHODOLOGY

RESEARCH GOAL

In 2023, storms and severe weather events devastated large parts of the North Island. In January of that year, regions across the upper North Island of New Zealand experienced widespread catastrophic floods caused by heavy rainfall, with Auckland being the most significantly affected during the Auckland Anniversary holiday weekend.

Shortly afterward in February, Cyclone Gabrielle - a severe tropical cyclone - impacted various areas of the North Island.

As a leading charity promoting mental health and wellbeing, the Mental Health Foundation of New Zealand (MHF) commissioned SIL Research to conduct research into the community-wide outcomes of these weather events.

The main aim of this research was to gain insight into the wellbeing of communities affected by the North Island Weather Events/Cyclone Gabrielle. Specifically:

- Highlight specific secondary stressors for each region/community and understand the impact of these, including rain and weather-related anxiety.
- Identify levels of 'wellbeing literacy' and the language that various communities use (or don't use) around this.
- Attempt to identify key psychosocial supports that can be built on (i.e. community strengths, assets, identities, culture).
- Establish a baseline of wellbeing measurement using a validated population wellbeing instrument.

Research findings were designed to inform development of future resources, messaging and campaigns; to inform recovery stakeholders including Te Whatu Ora and other government agencies and assist advocacy for affected communities; to support psychosocial recovery through listening and reflecting back to communities.

QUESTIONNAIRE AND PROJECT SPECIFICS

The research began with quantitative data collection (community survey) to establish baseline wellbeing measurements.

This was followed up with qualitative methods (focus groups, in-depth interviews, community meetings) to explore the nuances and context behind quantitative findings.

In November-December 2023, SIL Research together with MHF developed a Community Wellbeing questionnaire. The initial draft was based on international research conducted to assess flood impacts and community flood resilience and wellbeing, as well as SIL Research's previous post-cyclone community surveys.

The questionnaire was tested prior to full scale data collection to ensure the survey was fit for purpose.

Given the sensitivity of the topic, all surveys included additional information about the support available to the affected communities, such as free helplines, wellbeing tips, resources and tools, and post-cyclone regional assistance.

SIL used a multi-layered random sampling technique to ensure a representative spread of respondents by targeted areas, with a combination of simple random sampling, stratification, and quota sampling.

The targeted population was people aged 18 years and over from communities affected by the North Island Weather Events/Cyclone Gabrielle (particularly Hawke's Bay, Gisborne, and Auckland).

To introduce a statistically robust sampling methodology, SIL Research set a minimum sample size of n=1,100, based on the Statistics New Zealand 2018 Census data (with minimum n=450 in Hawke's Bay, n=150 in Gisborne, and n=500 in Auckland).

In addition, n=160 response targets across other affected areas (Northland, Wairarapa, Tararua n=40, and Coromandel) were used.

DATA COLLECTION

Survey data collection:

The survey was undertaken between 12 December 2023 and 29 February 2024.

Multiple data collection channels were utilised to ensure people were well-represented. The mixed-channels approach included:

(1) Postal survey. A total of n=4,000 freepost return survey forms were delivered to randomly selected households within Hawke's Bay and Gisborne territorial units. In addition, n=2,000 survey forms were delivered to the Auckland Council for distribution.

(2) Telephone survey. Respondents were randomly selected from the publicly available telephone directories within each territorial units;

(3) Social media (available via SIL Research social media platforms, such as Facebook, TikTok). The invitation advertisement was randomly promoted to residents aged 18+ within territorial units;

(4) Online/web based (available via Mental Health Foundation and Auckland Council channels). Surveys were advertised to increase survey awareness.

(5) Online panel. The survey invitations were sent to a randomly selected sample of online panel respondents in Hawke's Bay, Gisborne and Auckland.

The survey included a prize draw to win one of three $200 Prezzy Cards.

A total of n=1,524 surveys were used in the final analysis.

Table 1 Number of responses by area

Area		n=	%
Hawke's Bay		539	35%
	Central HB	57	*11%*
	Hastings	228	*42%*
	Napier	210	*39%*
	Wairoa	44	*8%*
Gisborne		152	10%
Auckland		644	42%
Northland		57	4%
Other areas*		132	9%

Including Wairarapa, Tararua and Coromandel districts.

SIL Research ensured quality control during the fieldwork period.

Further checks included, but were not limited to, removal of incomplete responses, duplicate responses (e.g. prize draw entries, IP-addresses) and responses coming from outside of the required areas. The final

dataset was checked for speeding, copy-paste answers, gibberish, straight-lining, etc.

For online responses, SIL conducted a quality control check using follow-up calls across a random selection of respondents to verify the key responses.

Focus groups, in-depth interviews and community meetings:

In addition to the main survey, focus groups, targeted interviews, community meetings, and hui were designed and conducted to obtain more in-depth, qualitative feedback, supporting and providing additional details to the overall quantitative findings. Fieldwork for focus groups, in-depth interviews and community meetings concluded end-March 2024.

The in-depth sample included n=54 participants.

Focus groups comprised participants recruited from the main survey across Hawke's Bay, Gisborne, and Auckland. In total, 6 focus groups were conducted online on different days and times. Each focus group participant received a $50 Prezzy Card for their time.

Semi-structured in-depth interviews were conducted with key stakeholders. Interviews were carried out online and face-to-face with representatives from the Napier City Council, Hastings District Council, Central Hawke's Bay District Council, Wairoa District Council, Gisborne District Council, Auckland Council, and Te Whatu Ora Te Matau a Māui, Hawke's Bay actively engaged in community response initiatives.

Other community meetings/interviews utilised purposive sampling to target specific demographic groups within Hawke's Bay, Gisborne, and Auckland (through marae, Te Whatu Ora boards, community groups, churches, and online).

DATA ANALYSIS

Weighting (post-stratification) was applied to the collected survey data to reflect the actual proportions of sub-group populations (e.g. by age, gender and ethnicity) in the regions (mainly Hawke's Bay, Gisborne and Auckland), as determined by Statistics New Zealand's 2018 Census data. SIL used this technique to minimise discrepancies between population parameters and the collected sample distribution.

The main demographic groups analysed in this report were: region, location (rural vs. urban), age, gender, ethnicity, living situation and annual income. During the analysis stage of this report, two sets of statistical testing were employed while reviewing data findings. Chi-square tests were used when comparing group results in tables, and ANOVA tests were used when comparing statement averages across groups. The threshold for reporting any statistically significant differences was a p-value of 0.05. Where differences were outside this threshold (less than 95%), no comments were made; where differences were within this threshold, comments have been made within the context of their practical relevance to MHF.

Open-ended (free-text) responses were also collected and analysed. SIL Research used a content analysis approach to determine certain themes, concepts or issues within this feedback. This represents a 'bottom up' data driven approach where identified themes are derived purely from the collective respondent feedback, rather than fitting responses into pre-determined categories. Results for reported themes may not add to 100% as several themes could be mentioned by a given respondent.

Examples of open-ended comments are provided verbatim, without editing.

The focus groups, interviews and community meetings were recorded; these recordings, and additional qualitative feedback, were then summarised (reader friendly, non-verbatim), processed (content/theme analysis) and included as part of the report as summary transcripts. These transcripts provide a summarised version of the focus group discussions, highlighting the main points, themes, and conclusions.

NOTES ON REPORTING

Due to rounding, figures with percentages may not add to 100%. Reported percentages were calculated on actual results not rounded values.

Where results are reported by some smaller sub-groups of residents, estimates of results may not be statistically reliable due to the high margins of error (small sample sizes).

Overall 'satisfaction'/'agreement' percentages presented in this report are aggregated responses of 4-5 on a 1-5 rating scale.

The regression and correlation analysis were used for key driver (relative importance) analysis and data relationship assessment. These statistical methods investigate the relationships between potential influential factors (e.g. predictors) and residents' overall perceptions (e.g. subjective wellbeing). Identified key drivers are factors that have a greater improvement potential.

Where research-validated wellbeing scales were employed in the study, these are elucidated in the main text of the report.

This report presents survey results from Māori respondents' perspective, with n=275 respondents (unweighted) used in the analysis (18% of the total sample vs. 17% estimated Māori ethnic population in New Zealand in 2023).

WELLBEING – subjective wellbeing overall

- Overall, 6-in-10 Māori respondents (59%) were satisfied with their life as a whole.
- Life satisfaction was consistent among respondents of different ethnicity groups, and was influenced by personal health, mental wellbeing, and income adequacy.
- Life satisfaction was lower in Northland (consistent with overall findings).

- Other factors, such as age, income, employment status played a more significant role in perceived life satisfaction.
- Older respondents (65+) were more likely to be satisfied with their life compared to those aged under 65.
- Respondents with an average household income below $70,000, unemployed, beneficiaries, or those in casual employment, tended to be less satisfied with life.
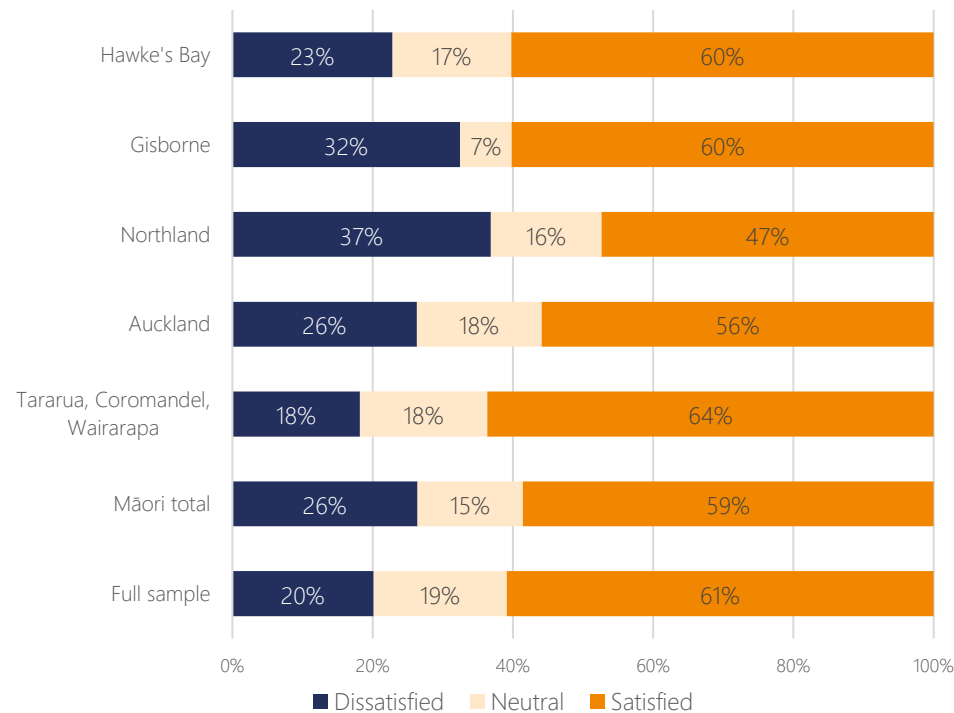
		% Satisfied
Age	18-39	57%
	40-64	54%
	65+	80%
Gender	Female	61%
	Male	55%
Location	Urban	56%
	Rural	67%
Income	Below $70,000	44%
	Above $70,000	75%
Employment	Employee / business owner	65%
	Casual	48%
	Unemployed	34%
	Parenting	85%
	Retired	72%
	Beneficiary	23%

All respondents were asked: "Overall, how satisfied or dissatisfied are you with your life as a whole at the moment?"

WELLBEING – wellbeing index

- Māori respondents' wellbeing score (52.6) was similar to the overall results, and was greatly impacted by personal health, mental distress, life satisfaction, and income adequacy.
- The lowest wellbeing score was recorded in Northland, which was similar to the overall findings and corresponded with perceived life satisfaction.

- Respondents aged under 65, those with lower annual household income (below $70,000), beneficiaries, and parents were more likely to result in lower wellbeing scores.
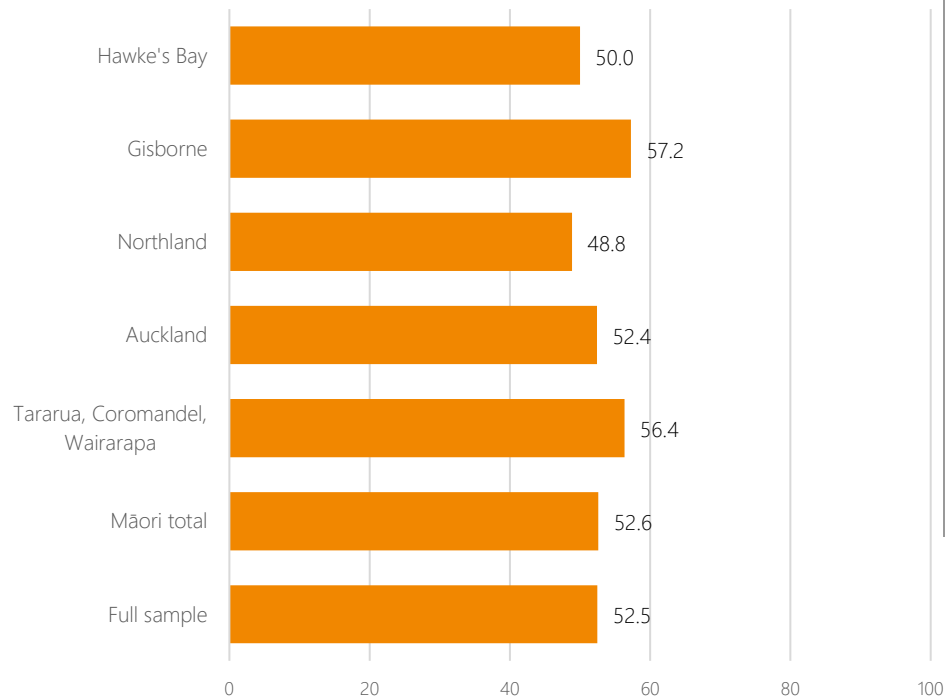
		Index
Age	18-39	51.2
	40-64	50.4
	65+	63.8
Gender	Female	50.5
	Male	56.0
Location	Urban	52.9
	Rural	51.6
Income	Below $70,000	45.2
	Above $70,000	59.4
Employment	Employee / business owner	55.4
	Casual	46.0
	Unemployed	50.5
	Parenting	44.1
	Retired	57.5
	Beneficiary	36.4

Chart values (wellbeing index):
- Hawke's Bay: 50.0
- Gisborne: 57.2
- Northland: 48.8
- Auckland: 52.4
- Tararua, Coromandel, Wairarapa: 56.4
- Māori total: 52.6
- Full sample: 52.5

All respondents were asked: "Please indicate for each of the five statements which is closest to how you have been feeling over the past two weeks". The WHO-5 Wellbeing Index was used to assess respondents' wellbeing overall. The 5-item World Health Organisation Wellbeing Index (WHO-5) is among the most widely used questionnaires assessing subjective psychological wellbeing, based on five simple non-invasive questions. The score is calculated by totalling the figures of the five answers and multiplying it by 4. The obtained score ranges from 0 (worst possible result) to 100 (best possible result).

WHO-5 statements - overall

I have felt cheerful and in good spirits: At no time 2%, Some of the time 19%, Less than half the time 13%, More than half the time 23%, Most of the time 35%, All of the time 8%

I have felt calm and relaxed: At no time 4%, Some of the time 21%, Less than half the time 15%, More than half the time 22%, Most of the time 31%, All of the time 7%

I have felt active and vigorous: At no time 9%, Some of the time 25%, Less than half the time 20%, More than half the time 20%, Most of the time 20%, All of the time 6%

I woke up feeling fresh and rested: At no time 14%, Some of the time 24%, Less than half the time 18%, More than half the time 14%, Most of the time 26%, All of the time 4%

My daily life has been filled with things that interest me: At no time 3%, Some of the time 19%, Less than half the time 16%, More than half the time 23%, Most of the time 28%, All of the time 12%

Legend: ■ At no time ■ Some of the time ■ Less than half the time ■ More than half the time ■ Most of the time ■ All of the time

WELLBEING – personal health

- Overall, 75% of Māori respondents rated their personal health as fair or good, with 43% stating it was good. This result differed from overall findings, with higher proportion of Māori respondents stating their health was poor (25%).

- Respondents of lower household income, those in casual employment, and beneficiaries (note this includes disability allowance, supported living, or ACC payments), were more likely to report their health was poor.
- Māori respondents aged under 65 were less likely to state their health was good or fair compared to the same age group overall.
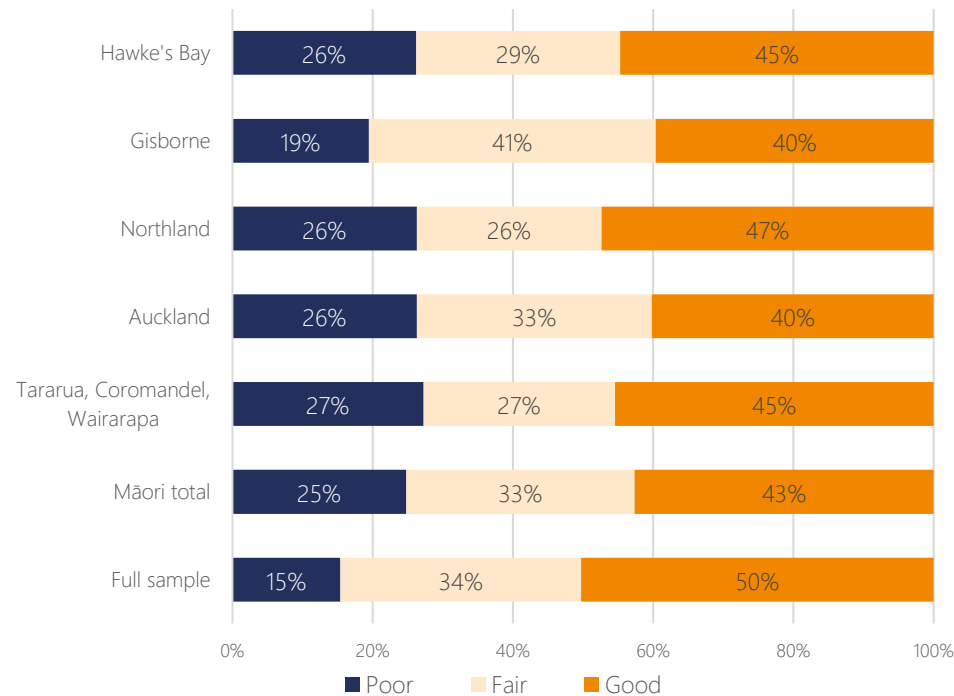
		% Good + Fair
Age	18-39	77%
	40-64	72%
	65+	82%
Gender	Female	75%
	Male	75%
Location	Urban	74%
	Rural	80%
Income	Below $70,000	65%
	Above $70,000	83%
Employment	Employee / business owner	82%
	Casual	48%
	Unemployed	64%
	Parenting	85%
	Retired	77%
	Beneficiary	46%

All respondents were asked: "How would you rate your own personal health at the moment?"

- Based on PHQ-4, there was a mild mental distress among Māori respondents (3.9), which was generally consistent with overall results.
- However, higher mental distress was reported by Māori respondents in Hawke's Bay. Mental distress among Māori respondents was lower in Northland (compared to overall results).

- Mental distress varied by age (with higher distress among respondents aged under 65), income (lower income resulting in higher distress), and employment situation (with beneficiaries exhibiting highest distress).
- Those aged 40-64 showed higher mental distress than the same age group in other areas.
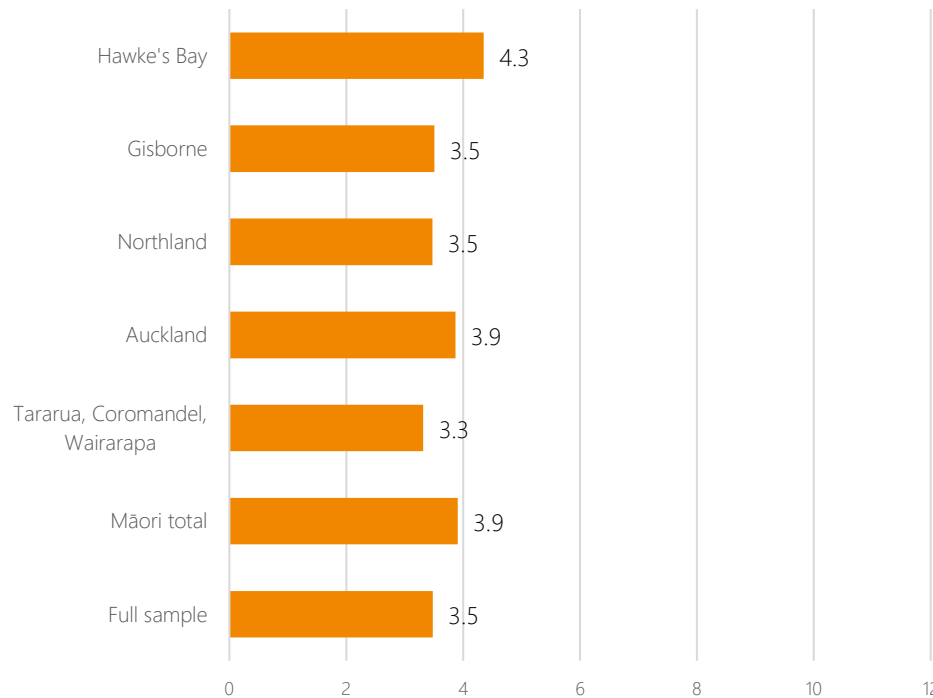
		Mental distress
Age	18-39	4.1
	40-64	4.2
	65+	2.2
Gender	Female	4.0
	Male	3.8
Location	Urban	4.1
	Rural	3.5
Income	Below $70,000	4.9
	Above $70,000	3.1
Employment	Employee / business owner	3.6
	Casual	4.5
	Unemployed	5.3
	Parenting	3.5
	Retired	2.7
	Beneficiary	5.8

All respondents were asked: "Over the last two weeks, how often have you been bothered by the following problems?". The PHQ-4 framework, an efficient four-questions tool for identifying individuals who may be suffering from anxiety and depression, was used to assess respondents' mental health wellbeing. The score is calculated by totalling the figures of the four answers. Scores are rated as normal (0-2), mild (3-5), moderate (6-8), and severe (9-12). Total score ≥3 for first 2 questions suggests anxiety. Total score ≥3 for last 2 questions suggests depression.

PHQ-4 statements - overall

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	29%	43%	16%	12%
Not being able to stop or control worrying	34%	43%	13%	10%
Little interest or pleasure in doing things	42%	29%	19%	9%
Feeling down, depressed, or hopeless	41%	39%	14%	6%
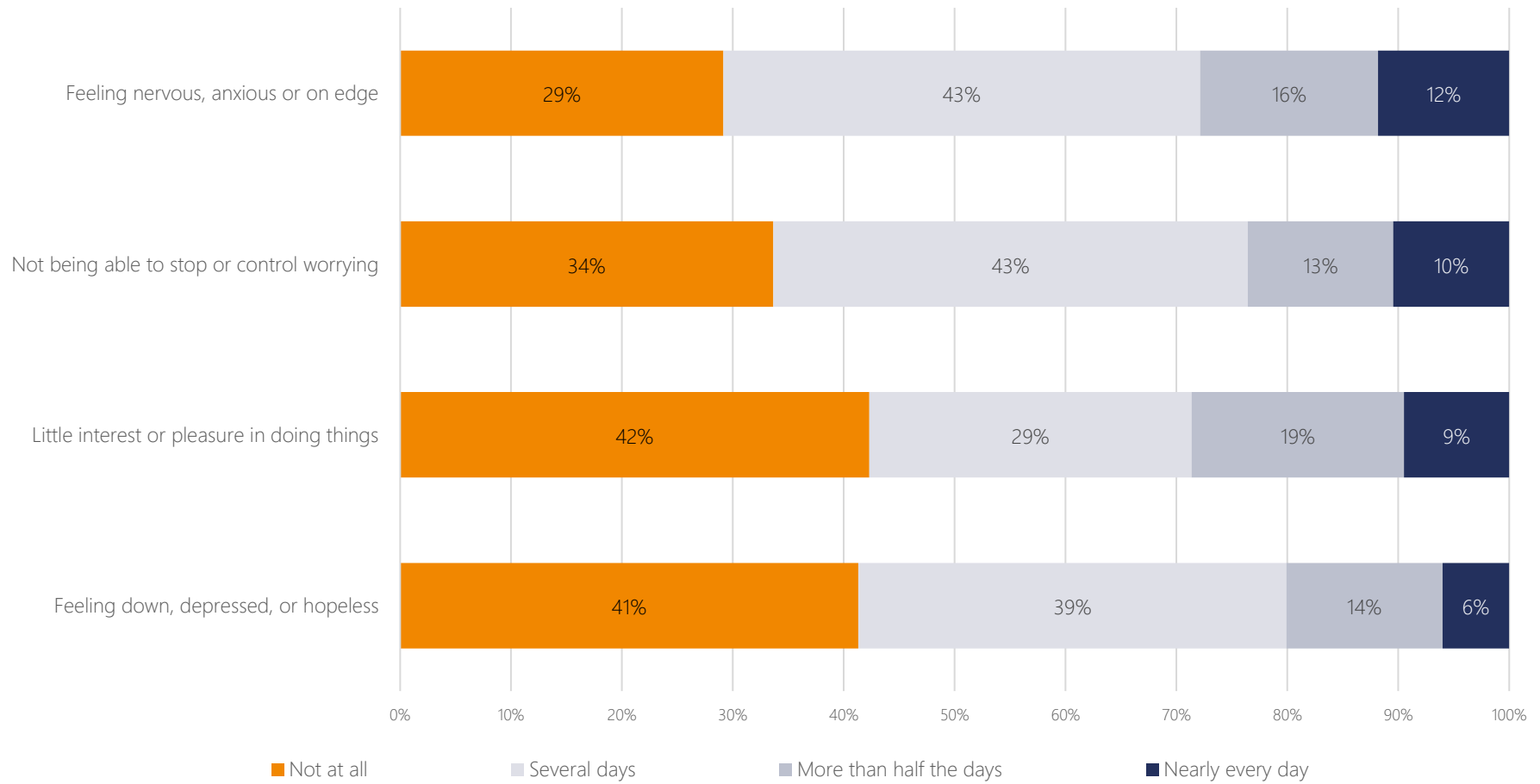
- Educational and income profiles among Māori respondents were consistent with overall results. Slightly more Māori respondents stated their income was between $30k and $50k (18% vs. 12% overall) and fewer in the top group $100k (23% vs. 28% overall); however, these differences were within the margin of error. Aggregated employment rates among Māori respondents (63%) were also similar to overall results (64%).

- There were slightly fewer those stating they are retired (11% vs. 18% overall) among Māori respondents, but higher proportion of beneficiaries (12% vs. 6%). However, again, smaller sample sizes and higher margin of error should be taken into account.
- 48% of Māori respondents believed they had enough money to meet everyday needs (slightly below overall findings).
- Household income and employment status had significant impact on income adequacy perceptions.

		Disagree	Neutral	Agree
Hawke's Bay		33%	18%	49%
Gisborne		26%	23%	51%
Northland		37%	5%	58%
Auckland		41%	14%	44%
Tararua, Coromandel, Wairarapa		36%	23%	41%
Māori total		34%	18%	48%
Full sample		30%	15%	56%
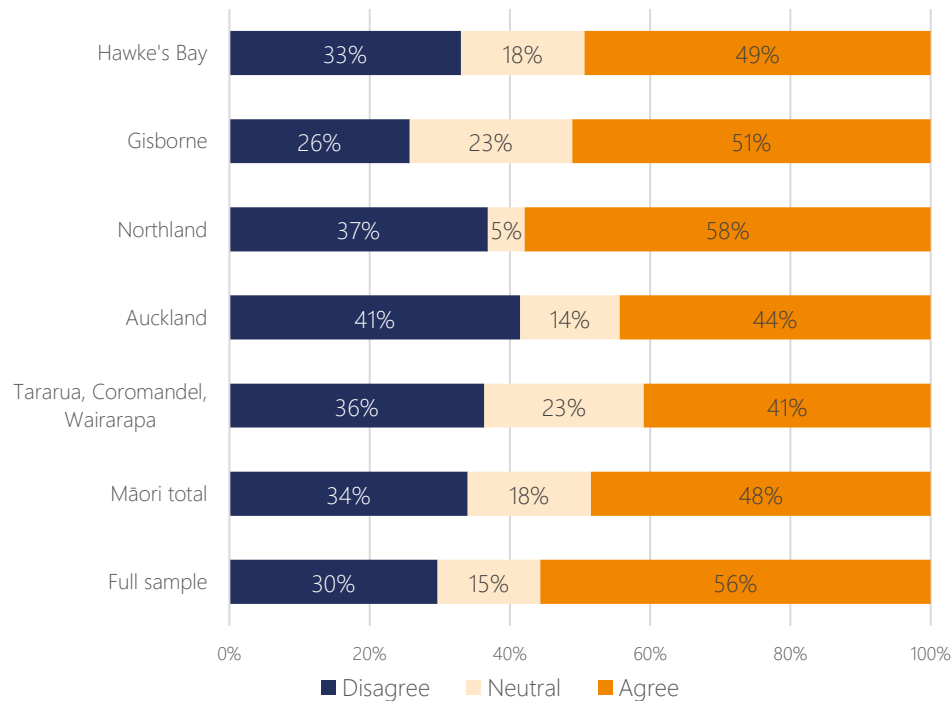
		% Agree
Age	18-39	48%
	40-64	44%
	65+	64%
Gender	Female	48%
	Male	49%
Location	Urban	46%
	Rural	56%
Income	Below $70,000	32%
	Above $70,000	69%
Employment	Employee / business owner	58%
	Casual	14%
	Unemployed	14%
	Parenting	51%
	Retired	55%
	Beneficiary	22%

All respondents were asked about their highest academic qualification, current employment situation, household's annual income before tax, and wherever they agree or disagree with the following statement: "I have enough money to meet everyday needs".

- Overall, 76% of Māori respondents indicated feeling safe in the area they live. Fewer respondents felt safe in their neighbourhood after dark (50%). Both results were similar to overall findings.
- Māori respondents were more likely to state they feel safe in Northland (overall and after dark) compared to overall findings.

- Safety perceptions overall did not exhibit significant differences by different demographic groups.
- However, more female respondents felt unsafe after dark (39%, vs. 26% male respondents).

Feel safe overall / Feel safe walking alone in the neighbourhood after dark (by region):

Region	Feel safe overall	Feel safe walking alone in the neighbourhood after dark
Hawke's Bay	74%	54%
Gisborne	61%	38%
Northland	89%	68%
Auckland	76%	49%
Tararua, Coromandel, Wairarapa	73%	55%
Māori total	73%	50%
Full sample	76%	51%

■ Feel safe overall   ■ Feel safe walking alone in the neighbourhood after dark

		Overall	After dark
Age	18-39	73%	45%
	40-64	71%	55%
	65+	77%	46%
Gender	Female	72%	42%
	Male	73%	62%
Location	Urban	71%	45%
	Rural	78%	66%
Income	Below $70,000	62%	44%
	Above $70,000	82%	57%
Employment	Employee / business owner	76%	53%
	Casual	74%	62%
	Unemployed	70%	58%
	Parenting	58%	27%
	Retired	78%	44%
	Beneficiary	58%	37%

All respondents were asked whether they agree or disagree with the following statements: "Overall, I feel safe in the area I live" and "I feel safe walking alone in my neighbourhood after dark".

WELLBEING – social connections

- Overall, social connections were strong among Māori respondents (77.1 out of 100), and similar to overall results.
- Social connections were reportedly higher in Northland compared to overall results.

- Similar to overall findings, social connections were rated lower among the youngest respondents.
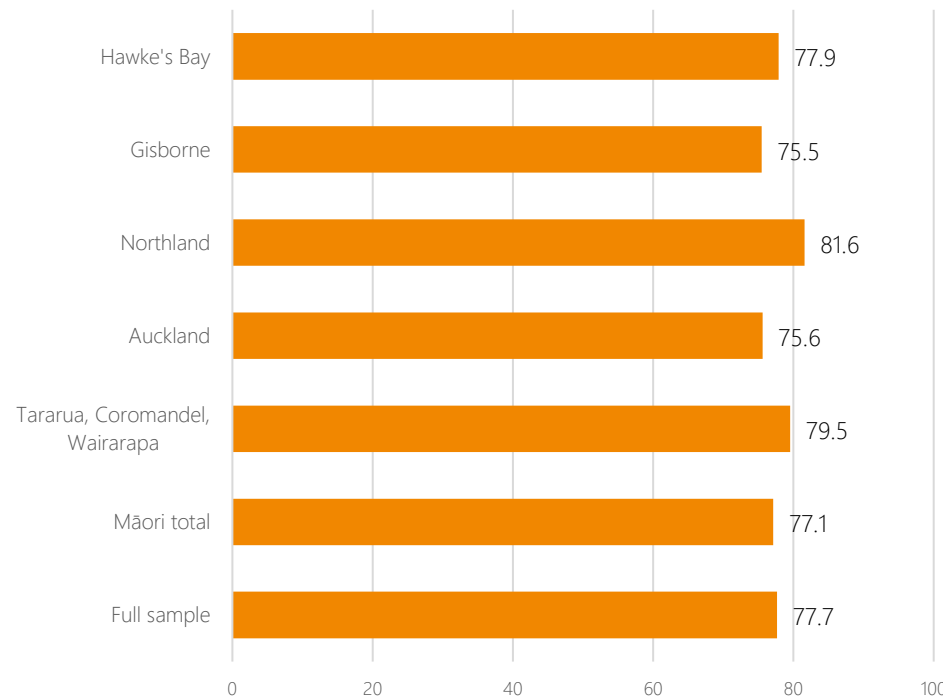
		Score
Age	18-39	74.2
	40-64	77.1
	65+	83.7
Gender	Female	77.0
	Male	77.7
Location	Urban	76.4
	Rural	79.3
Income	Below $70,000	74.5
	Above $70,000	78.1
Employment	Employee / business owner	77.6
	Casual	72.3
	Unemployed	72.8
	Parenting	71.0
	Retired	84.5
	Beneficiary	72.6

Chart values:
- Hawke's Bay: 77.9
- Gisborne: 75.5
- Northland: 81.6
- Auckland: 75.6
- Tararua, Coromandel, Wairarapa: 79.5
- Māori total: 77.1
- Full sample: 77.7

All respondents were asked whether they agree or disagree with the following statements: "I know my closest neighbours by their first name", "I know I have friends or relatives I can count on in times of trouble", "I know people in my community take care of, or provide help for, one another", "I spend enough time with the people I love most". The four statements were combined into a social connection score by totalling the figures of the four answers and multiplying it by 5. The obtained score ranges from 0 (worst possible result) to 100 (best possible result).

Social connections statements - overall

Statement	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
I know my closest neighbours by their first name	17%	6%	11%	24%	42%
I know I have friends or relatives I can count on in times of trouble	5%	3%	9%	26%	57%
I know people in my community take care of, or provide help for, one another	5%	8%	22%	36%	29%
I spend enough time with the people I love most	4%	16%	14%	37%	30%

■ Strongly disagree ■ Somewhat disagree ■ Neither agree nor disagree ■ Somewhat agree ■ Strongly agree

- 4-in-10 Māori respondents (41%) agreed they felt lonely at least some of the time in the past two weeks (similar to the overall findings).

- Sense of loneliness was higher among younger respondents (18-39), and those in casual employment.
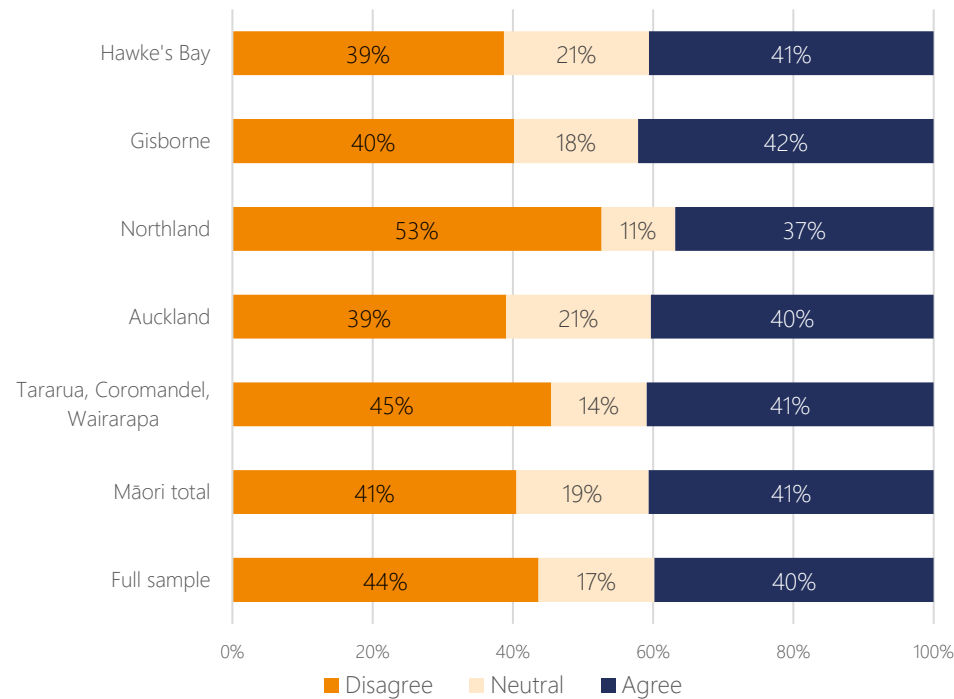
		% Agree
Age	18-39	57%
	40-64	33%
	65+	32%
Gender	Female	41%
	Male	40%
Location	Urban	41%
	Rural	41%
Income	Below $70,000	47%
	Above $70,000	38%
Employment	Employee / business owner	43%
	Casual	77%
	Unemployed	38%
	Parenting	42%
	Retired	35%
	Beneficiary	36%

Chart (Disagree / Neutral / Agree):

Region	Disagree	Neutral	Agree
Hawke's Bay	39%	21%	41%
Gisborne	40%	18%	42%
Northland	53%	11%	37%
Auckland	39%	21%	40%
Tararua, Coromandel, Wairarapa	45%	14%	41%
Māori total	41%	19%	41%
Full sample	44%	17%	40%

All respondents were asked whether they agree or disagree with the following statement: "I have felt lonely at least some of the time in the past two weeks".

- 62% of Māori respondents agreed it is easy to be themselves in the area they live (similar to overall findings).
- Māori respondents in Northland and Gisborne were more likely to find it easy to be themselves compared to overall findings.

- Younger respondents were less likely to find it easy to be themselves, whereas older respondents (65+) were more likely to find it easy.
- Respondents with lower income were less likely to find it easy to be themselves.
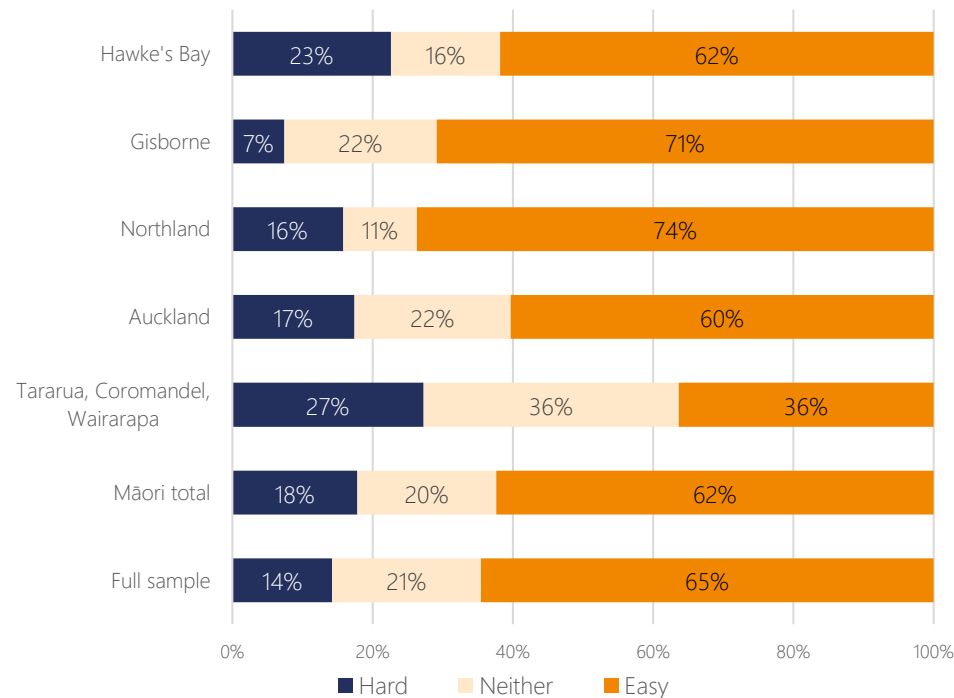
		% Easy
Age	18-39	58%
	40-64	62%
	65+	75%
Gender	Female	62%
	Male	63%
Location	Urban	61%
	Rural	66%
Income	Below $70,000	52%
	Above $70,000	73%
Employment	Employee / business owner	64%
	Casual	35%
	Unemployed	44%
	Parenting	58%
	Retired	76%
	Beneficiary	62%

All respondents were asked: "People in New Zealand have different lifestyles, cultures and beliefs, that express who they are. How easy or hard is it for you to be yourself in the area you live in?"

- 62% of Māori respondents reported personally experiencing, or seeing someone else experiencing, prejudice or intolerance. This result was above overall findings.
- Respondents aged 18-64, those in casual employment, and beneficiaries, were more likely to report perceived discrimination within their demographic groups.

- Ethnicity (51%) was cited as the main reason for experienced prejudice or intolerance, followed by age (27%), and mental health (25%).
- Ethnicity (as a discrimination factor) were more likely to be cited in Northland, among females, respondents aged under 65, and parents.
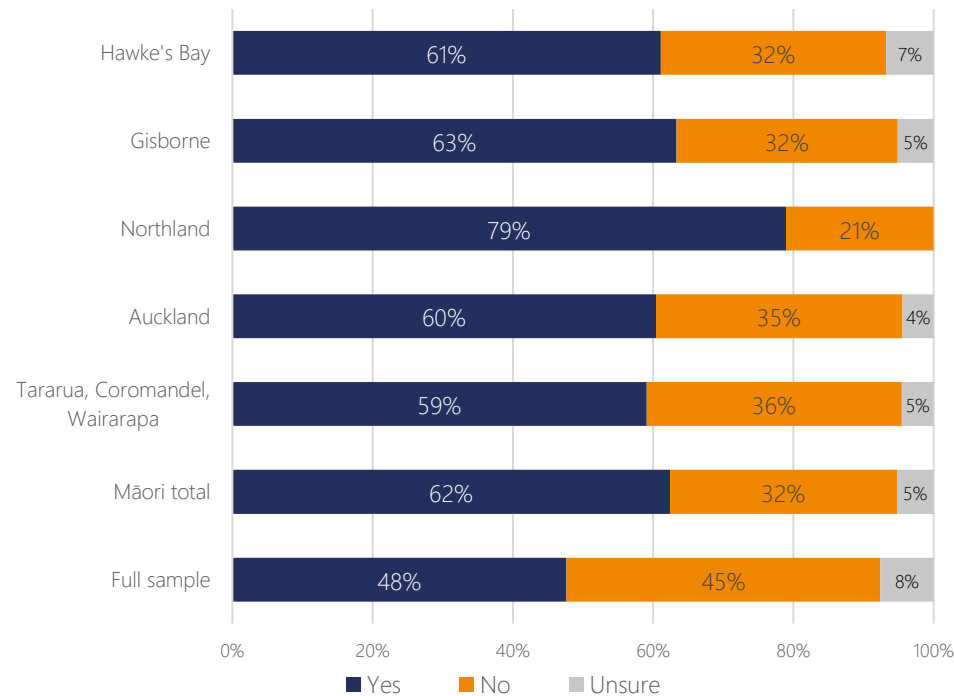
		% Yes
Age	18-39	65%
	40-64	67%
	65+	41%
Gender	Female	61%
	Male	64%
Location	Urban	61%
	Rural	66%
Income	Below $70,000	67%
	Above $70,000	57%
Employment	Employee / business owner	66%
	Casual	77%
	Unemployed	61%
	Parenting	37%
	Retired	36%
	Beneficiary	71%

All respondents were asked: "In the last three months, have you personally experienced, or seen someone else experience, prejudice or intolerance, being treated unfairly or excluded?"

- 74% of Māori respondents considered their neighbourhood as a good place to live (slightly below overall results), and 62% saw themselves living in the area in the next 5 years (similar to overall results).
- Retention perceptions were lower among younger respondents (18-39), and those unemployed, and parents.

- Retention of Māori respondents in Northland was higher compared to overall results.
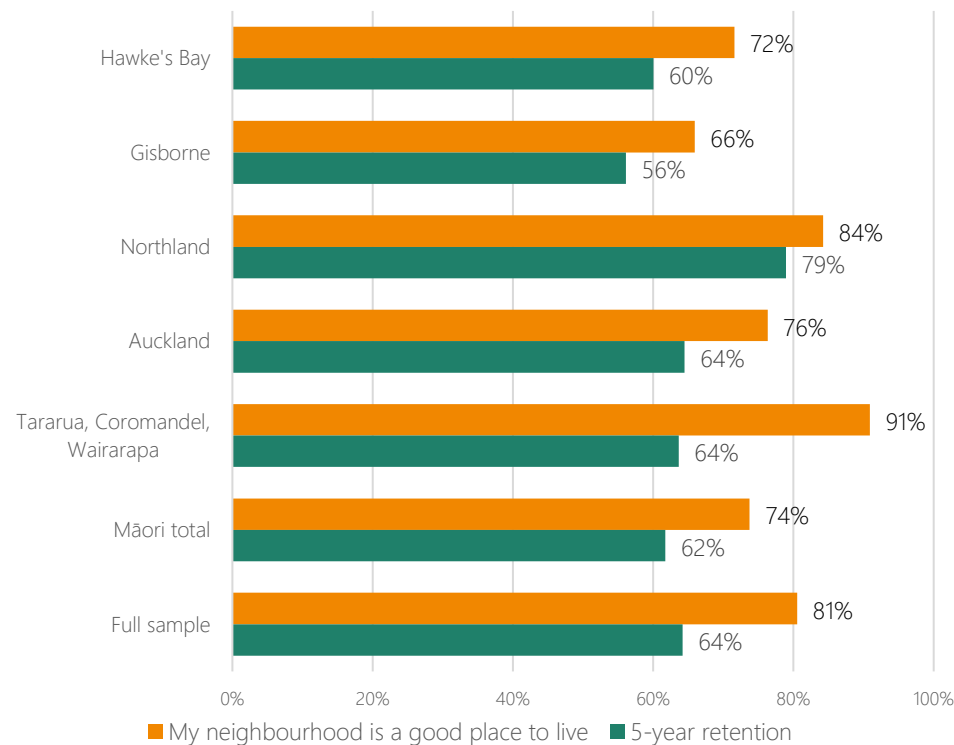
		Neighbourhood	Retention
Age	18-39	64%	50%
	40-64	77%	66%
	65+	86%	74%
Gender	Female	74%	62%
	Male	73%	61%
Location	Urban	70%	61%
	Rural	84%	63%
Income	Below $70,000	63%	59%
	Above $70,000	85%	65%
Employment	Employee / business owner	79%	61%
	Casual	74%	60%
	Unemployed	64%	58%
	Parenting	58%	44%
	Retired	89%	72%
	Beneficiary	45%	62%

All respondents were asked whether they agree or disagree with the following statements: "My neighbourhood is a good place to live" and "I see myself living in the area in the next 5 year".

- There were some differences between ethnic groups in the emphasis placed on the concept of wellbeing.
- Both Māori and Pacific Peoples were highly likely to attribute wellbeing to both mental/emotional (48% and 57%) and physical health (43% and 50%).
- Both Māori and Pacific (25%) respondents also saw this concept as more holistic or balanced overall (e.g. often relating to Te Whare Tapa Whā model) (compared to 15% NZ European and 10% Asian respondents). Social connection to others and community was also highly valued by Māori (21%, compared to 17% Pacific Peoples, 16% NZ European, 5% Asian). In this context, Māori were less likely than NZ Europeans to identify wellbeing as more generally feeling good or happy (18% vs 29%) or having a positive attitude (6% vs 13%).
- Across Māori communities, the concept of wellbeing as holistic or balanced was particularly strong for both Auckland and Hawke's Bay Māori, especially compared to Gisborne residents. Northland Māori were less likely than those in other regions to view wellbeing as either physical or mental / emotional health dimensions, but more likely to draw on ideas of feeling good / happy with life or looking after self and whanau.
- Younger Māori aged 18-39 typically had a broader understanding of wellbeing than older adults, particularly in relation to mental / emotional health, physical health, and holistic / balanced wellbeing. However older Māori aged 65+ were more likely to draw on ideas of personal resilience or ability to cope.

Unprompted wellbeing perceptions

|	
Mental / emotional health	48%
Physical health / fit / active	43%
Holistic / balanced / overall health / combination of factors	25%
Social connection to others / community / Supported / loved	21%
Feeling good / happy / comfortable / satisfied with life	18%
Health / feeling healthy (general)	18%
Spiritual health	17%
Looking after self / others / whānau	13%
Resilience / stability / able to function / cope	10%
Feeling safe / security	8%
Economic / financial security / housing / basic needs met	7%
Positive attitude / peace of mind / calm	6%
Sense of purpose / self-worth / fulfillment	5%
Other	4%
Enjoying activities / hobbies / work	4%
Connection to nature / environment	4%
Lack of negativity / stress / worry / anxiety	2%

All respondents were asked: "In your own words, what does 'wellbeing' mean?" Open-ended comments sorted into categories. Totals may exceed 100% owing to multiple responses for each respondent.
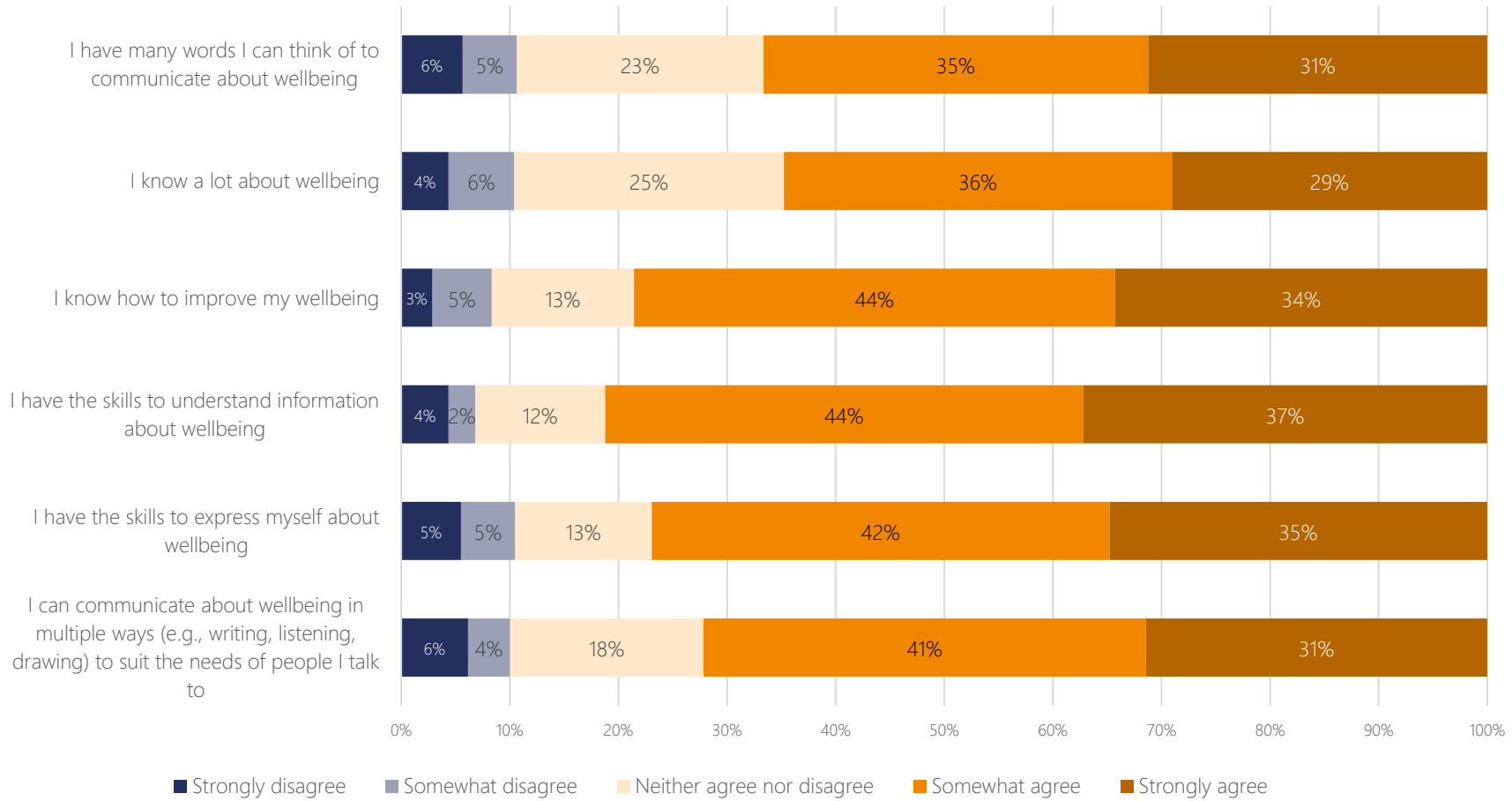
- The subjective knowledge about wellbeing was high among Māori respondents, with the wellbeing literacy score resulting at 78.0 out of 100 (similar to overall findings).

- Wellbeing literacy score was higher among older respondents (65+), and slightly above overall results within the same age group.
- Māori respondents in casual employment were less likely to result in high wellbeing literacy score.
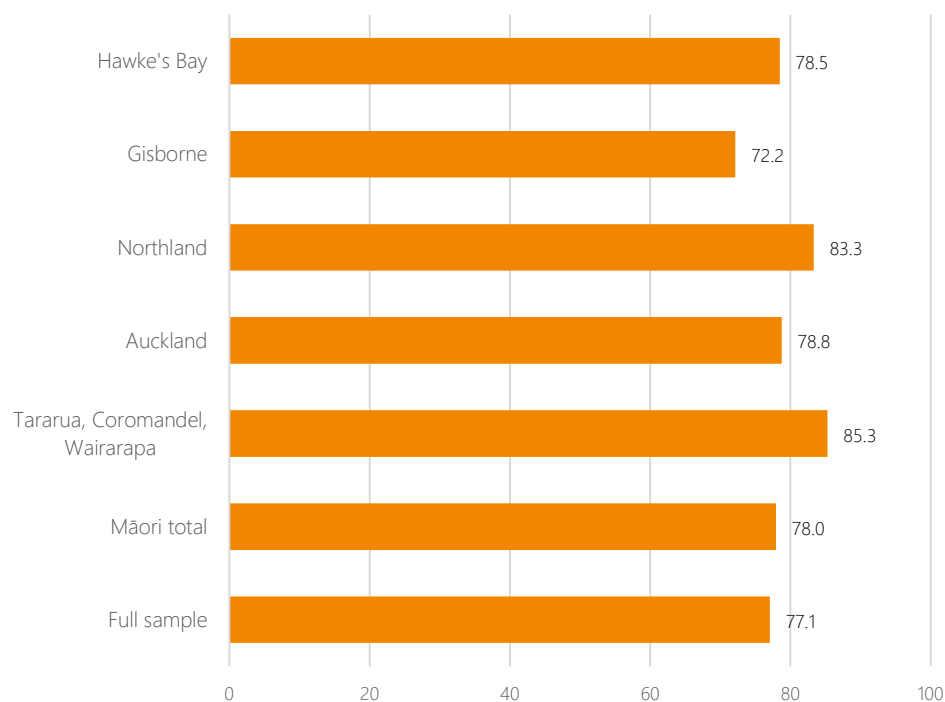
		Score
Age	18-39	72.9
	40-64	79.5
	65+	83.8
Gender	Female	78.8
	Male	76.7
Location	Urban	76.1
	Rural	83.4
Income	Below $70,000	73.3
	Above $70,000	81.5
Employment	Employee / business owner	79.9
	Casual	50.4
	Unemployed	75.5
	Parenting	79.4
	Retired	81.0
	Beneficiary	70.2

Bar chart values:
- Hawke's Bay: 78.5
- Gisborne: 72.2
- Northland: 83.3
- Auckland: 78.8
- Tararua, Coromandel, Wairarapa: 85.3
- Māori total: 78.0
- Full sample: 77.1

All respondents were asked whether they agree or disagree with the following statements: "I have many words I can think of to communicate about wellbeing", "I know a lot about wellbeing", "I know how to improve my wellbeing", "I have the skills to understand information about wellbeing", "I have the skills to express myself about wellbeing", and "I can communicate about wellbeing in multiple ways (e.g., writing, listening, drawing) to suit the needs of people I talk to". The six statements were combined into a wellbeing literacy score by totalling the figures of the six answers and multiplying it by 3.33. The obtained score ranges from 0 (lowest possible result) to 100 (highest possible result).

Wellbeing literacy statements - overall

Statement	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
I have many words I can think of to communicate about wellbeing	6%	5%	23%	35%	31%
I know a lot about wellbeing	4%	6%	25%	36%	29%
I know how to improve my wellbeing	3%	5%	13%	44%	34%
I have the skills to understand information about wellbeing	4%	2%	12%	44%	37%
I have the skills to express myself about wellbeing	5%	5%	13%	42%	35%
I can communicate about wellbeing in multiple ways (e.g., writing, listening, drawing) to suit the needs of people I talk to	6%	4%	18%	41%	31%

■ Strongly disagree ■ Somewhat disagree ■ Neither agree nor disagree ■ Somewhat agree ■ Strongly agree

- Talking to a friend or family member (65%) or conducting an online search (63%) were by far the most preferred methods to search for wellbeing information among Māori respondents.
- Younger respondents (18-39) were more likely to search online (73%).
- Older respondents (65+) showed a greater preference for talking to a friend or family member (68%) or consulting a health professional (69%)
- Māori respondents with lower wellbeing literacy scores (below 50 out of 100) were less likely to talk to a friend or family member (45%), see their GP (28%). None of Māori respondents with lower wellbeing literacy scores looked for information in printed materials (book, magazine or pamphlet).

Method	%
Talk to a friend or family member	65%
Search online (e.g. Google or other)	63%
See my GP or health professional	50%
Social media	24%
See a counsellor	20%
Buy a book or magazine on the topic	17%
Visit church or talk to a spiritual advisor	16%
Find a booklet or pamphlet	12%
Other	11%
Ring a helpline	9%
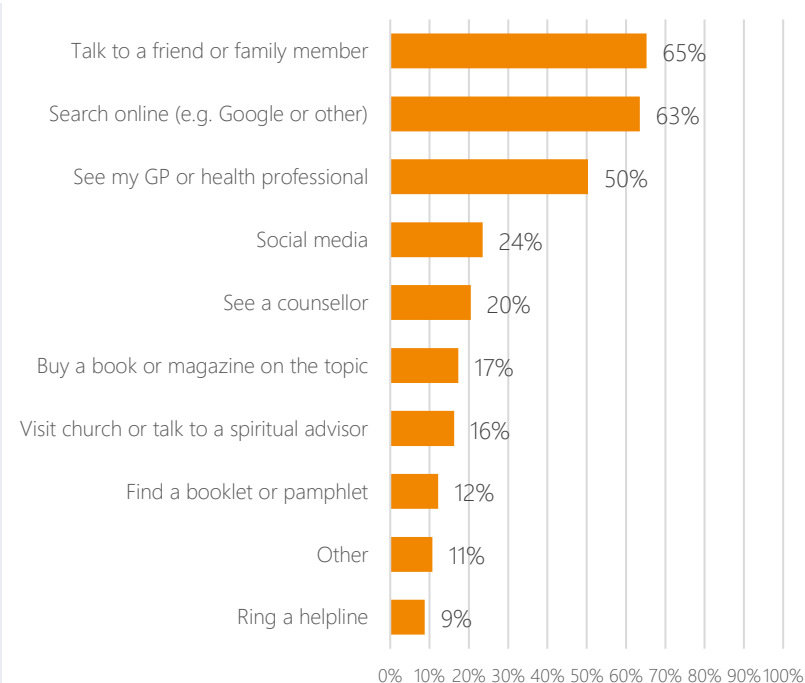
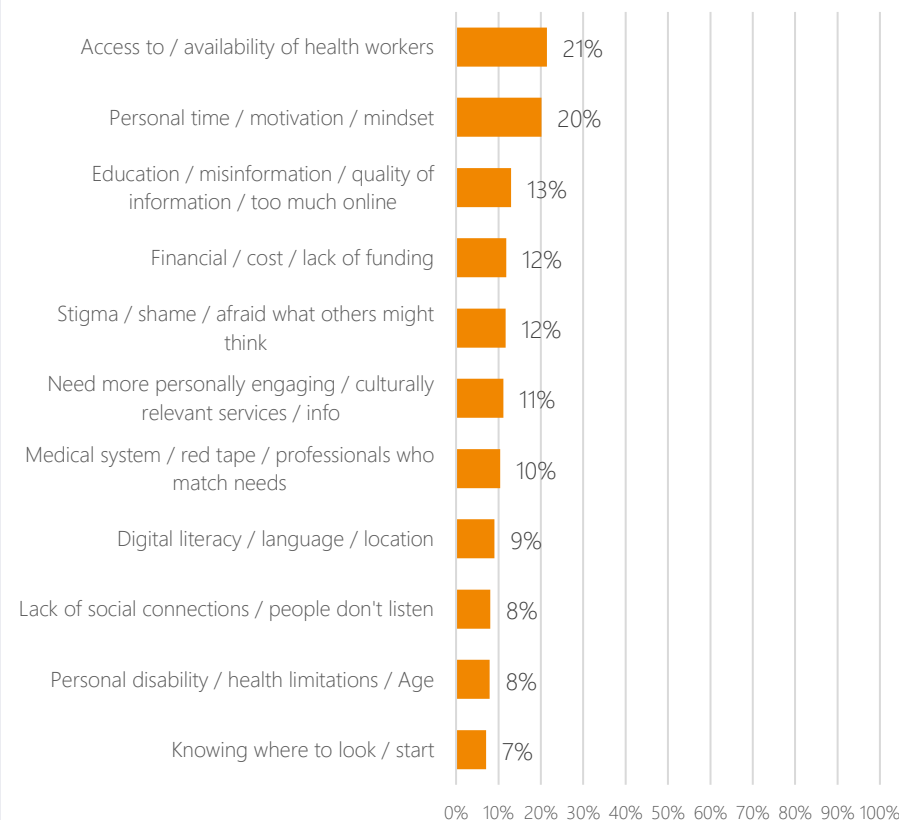*All respondents were asked: "How do you prefer to seek information about wellbeing?" Note: multichoice.*

- A large proportion of Māori respondents (58%) indicated that they experienced no barriers to finding information about wellbeing (62% in overall results).
- The most frequently identified concerns for Māori centred around access to and availability of health workers (21%) and their own personal time and motivation (20%); with no real differences in this regard among ethnic groups.
- Across Māori communities, Gisborne and Auckland Māori were more likely to identify some barriers to wellbeing information. This was also the case for urban compared to rural Māori. However, there were few significant differences between these regions in terms of specific barriers or concerns.
- Auckland Māori did express greater concerns about financial barriers or lack of funding for services, especially compared to Hawke's Bay Māori.
- There were few differences between Māori respondents in other respects. Older adults aged 65+ were less likely than younger Māori to identify any barriers (similar to overall findings).
- Younger Māori aged 18-39 were more likely to identify lack of social connections or people not listening.
- Males were more likely than females to highlight digital literacy or language barriers.

Unprompted perceived barriers in finding wellbeing infromation

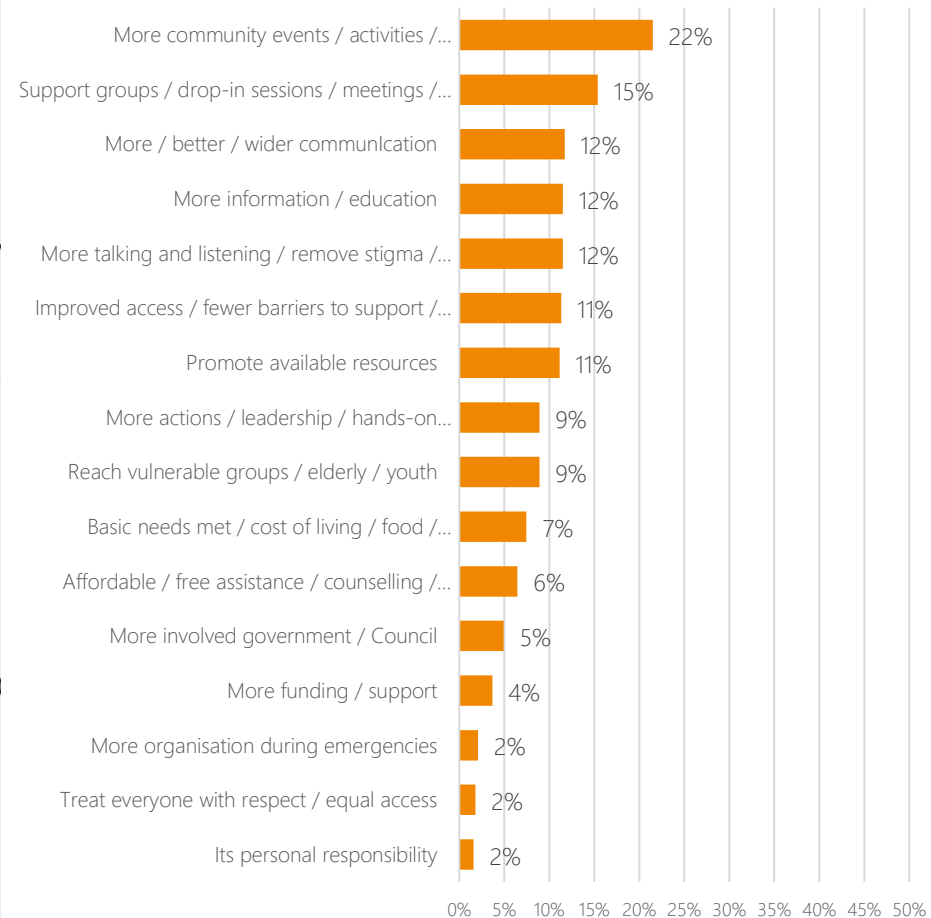| Barrier	%
Access to / availability of health workers	21%
Personal time / motivation / mindset	20%
Education / misinformation / quality of information / too much online	13%
Financial / cost / lack of funding	12%
Stigma / shame / afraid what others might think	12%
Need more personally engaging / culturally relevant services / info	11%
Medical system / red tape / professionals who match needs	10%
Digital literacy / language / location	9%
Lack of social connections / people don't listen	8%
Personal disability / health limitations / Age	8%
Knowing where to look / start	7%

All respondents were asked: "Are there any barriers you face in finding information about wellbeing?" and "In your opinion, what could be done to improve awareness of wellbeing in your community?". Open-ended comments sorted into categories. Totals may exceed 100% owing to multiple responses for each respondent.

- Suggestions to improve awareness of wellbeing were similar across ethnic groups, with Māori respondents providing generally consistent recommendations or ideas (70% provided a suggestion). In this regard, the most frequent suggestions from Māori included provision of more local events or activities to improve community spirit (22%), support groups / drop-in sessions or other meetings (15%) and a range of other ideas related to better communication, education and access to support services.
- A similar range of suggestions was noted across Māori communities, with few differences between regions. Despite small sample sizes, Northland Māori and those from Other regions were more likely to call for more or better communication; Māori from Other regions were also more likely to request improved access or reduced barrier to support / services. Across regions, rural Māori were more likely than urban Māori to call for more action and leadership and more funding and related support.
- Female Māori were more likely than male Māori to suggest improvements overall, including better communication, more information or education, and more talking/listening/removing stigma. However, males were more likely to indicate that meeting basic needs (such as cost of living, food, housing, infrastructure, etc.) was necessary to improve wellbeing generally.
- Across the age span, improved access /reduced barriers to services and support were a greater priority for older Māori aged 65+. In contrast, younger Māori aged 18-39 were more likely to suggest promotion of available resources and basic needs being met / cost of living addressed.

Unpromted improvements for wellbeing awareness

| Category	%
More community events / activities /...	22%
Support groups / drop-in sessions / meetings /...	15%
More / better / wider communIcation	12%
More information / education	12%
More talking and listening / remove stigma /...	12%
Improved access / fewer barriers to support /...	11%
Promote available resources	11%
More actions / leadership / hands-on...	9%
Reach vulnerable groups / elderly / youth	9%
Basic needs met / cost of living / food /...	7%
Affordable / free assistance / counselling /...	6%
More involved government / Council	5%
More funding / support	4%
More organisation during emergencies	2%
Treat everyone with respect / equal access	2%
Its personal responsibility	2%

All respondents were asked: "Are there any barriers you face in finding information about wellbeing?" and "In your opinion, what could be done to improve awareness of wellbeing in your community?". Open-ended comments sorted into categories. Totals may exceed 100% owing to multiple responses for each respondent.

- 64% of Māori respondents indicated a primary negative impact from the extreme weather events in 2023, which was slightly higher compared to overall findings. It should be noted that Māori population proportions (and sample sizes) are higher in the significantly impacted areas (e.g. Wairoa, Gisborne, Northland).
- 9% of respondents reported no impact, and 28% cited prompted secondary worries and concerns.

- Primary negative impacts were most reported by respondents aged under 65. The youngest Māori respondents were slightly more likely to report a negative impact compared to the same age group overall.
- Respondents from rural locations were more likely to report primary negative impacts. These impacts were also higher among parents.
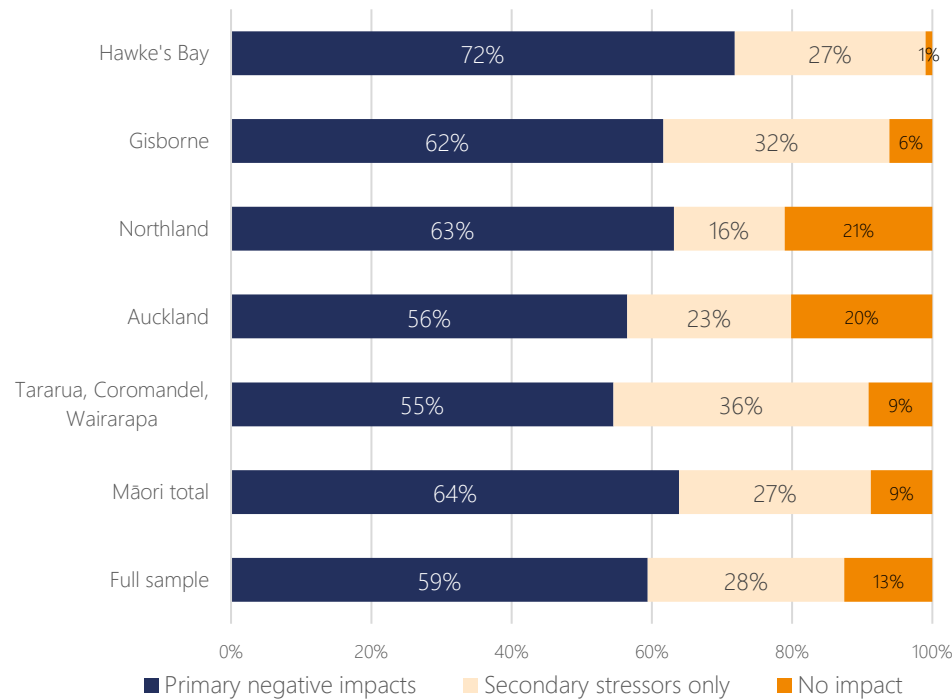
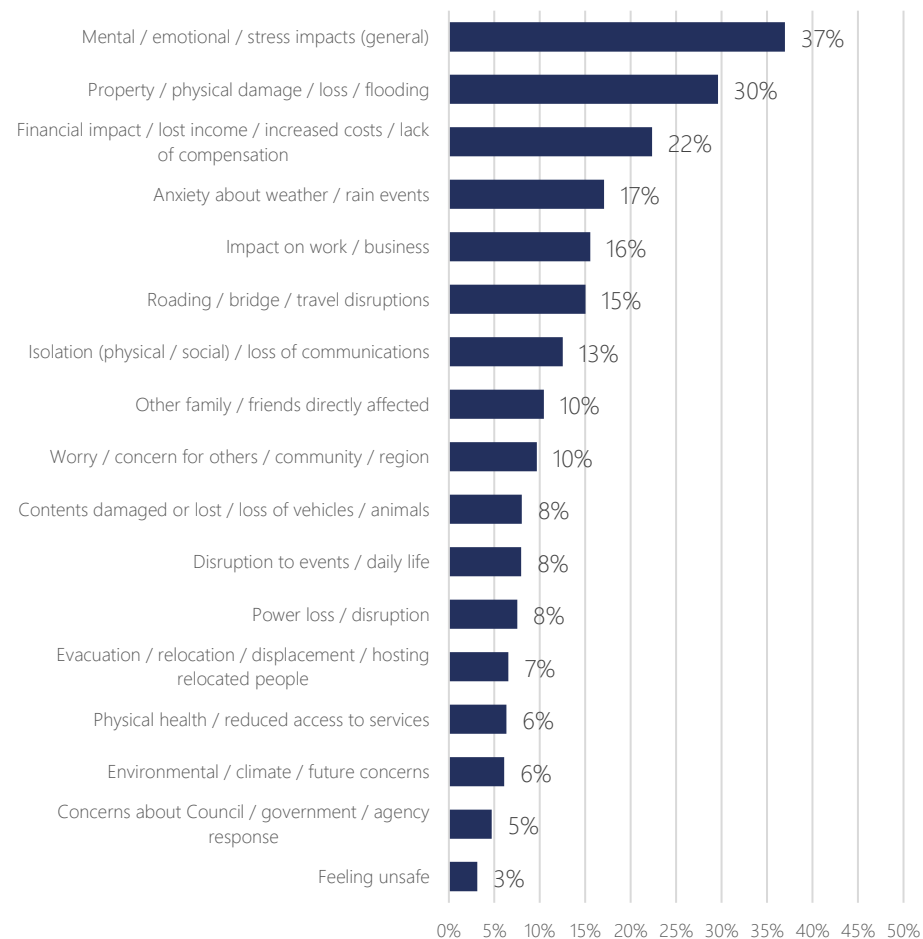|		% Negative impacts
Age	18-39	66%
	40-64	67%
	65+	49%
Gender	Female	67%
	Male	58%
Location	Urban	59%
	Rural	78%
Income	Below $70,000	61%
	Above $70,000	68%
Employment	Employee / business owner	71%
	Casual	54%
	Unemployed	52%
	Parenting	81%
	Retired	37%
	Beneficiary	64%

Note: survey methodology included oversampling in the most affected areas – resulting in potentially higher reported direct negative impacts.

- Of Māori to report impacts, 3-in-5 (60%) noted physical / community impacts, 44% mental / emotional impacts, and 42% personal / health impacts (key aggregated impacts).
- More specifically, mental / emotional / stress impacts were the most salient effects for Māori (37%; second only to 39% of Pacific Peoples), with 30% experiencing physical / property damage or direct effects of flooding, and 22% facing financial impacts, lost income or increased costs.
- Māori in Auckland and Gisborne were more likely to self-report mental / emotional stress and physical / property / flooding damage; with roading disruptions of greater concern in Northland and Gisborne; and financial impacts most strongly felt by Hawke's Bay Māori. Northland Māori were notably more likely to mention isolation or communications loss and other family or friends being affected, but did not identify work / business or financial impacts at all.
- Across regions, rural Māori were more likely than urban Māori to report any impacts (similar to overall findings).
- Younger Māori (18-39%) were notably more likely than older adults to report mental / emotional stress and financial impacts, but less likely to indicate roading / travel disruption or isolation / loss of communications.

Reported primary negative impacts overall - 64%

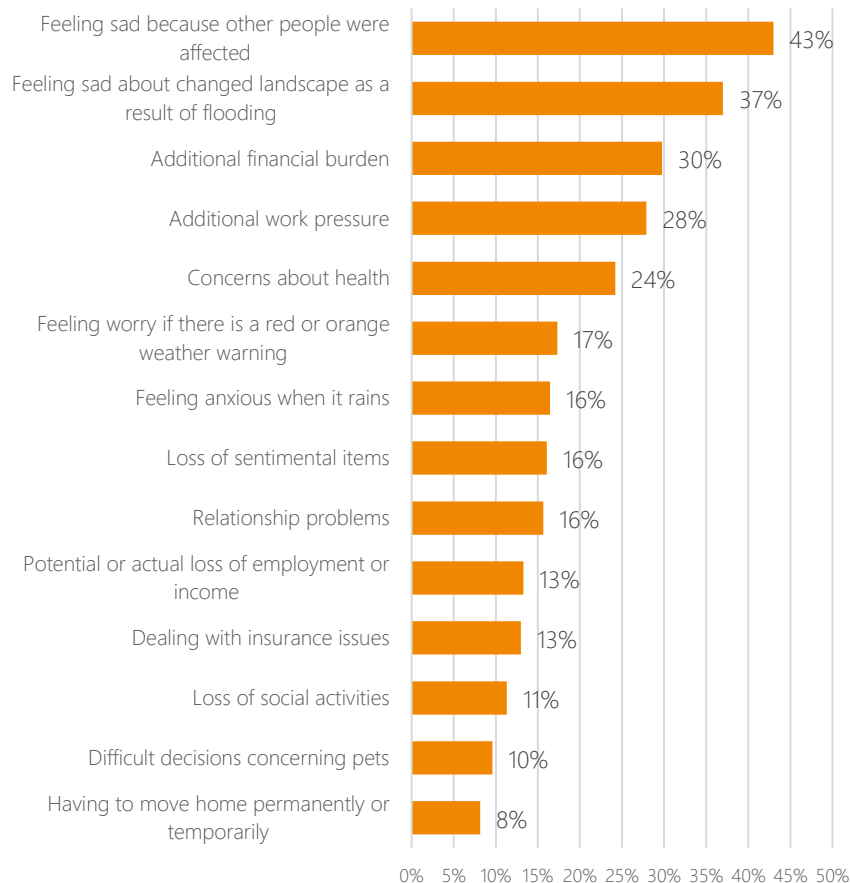| Category	Percentage
Mental / emotional / stress impacts (general)	37%
Property / physical damage / loss / flooding	30%
Financial impact / lost income / increased costs / lack of compensation	22%
Anxiety about weather / rain events	17%
Impact on work / business	16%
Roading / bridge / travel disruptions	15%
Isolation (physical / social) / loss of communications	13%
Other family / friends directly affected	10%
Worry / concern for others / community / region	10%
Contents damaged or lost / loss of vehicles / animals	8%
Disruption to events / daily life	8%
Power loss / disruption	8%
Evacuation / relocation / displacement / hosting relocated people	7%
Physical health / reduced access to services	6%
Environmental / climate / future concerns	6%
Concerns about Council / government / agency response	5%
Feeling unsafe	3%

All respondents were asked: "Overall, what impact, if any, have extreme weather events in 2023 (including Cyclone Gabrielle) had on you (or your family)?" Open-ended comments sorted into categories. Totals may exceed 100% owing to multiple responses for each respondent.

- 76% of Māori respondents not reporting any negative impacts as a result of extreme weather events in 2023 were still subject to secondary stressors (27% of the total sample).
- The most cited secondary stressor was empathetic distress, where people report feelings of sadness, discomfort, or emotional impact as a result of witnessing the challenges faced by others (43%).
- More Māori respondents cited additional financial burden (30%), additional work pressure (28%), and concerns about health (24%) compared to overall results.
- Additional financial burden (47%) and work pressure (51%) were of a significant concern among Māori respondents in Hawke's Bay compared to other areas.
- In contrast, relationship problems were the top concern among Māori respondents in Northland (67%).
- Feeling sad because other people were affected was particularly noted among Māori respondents in Auckland (66%) and Other areas (67%).

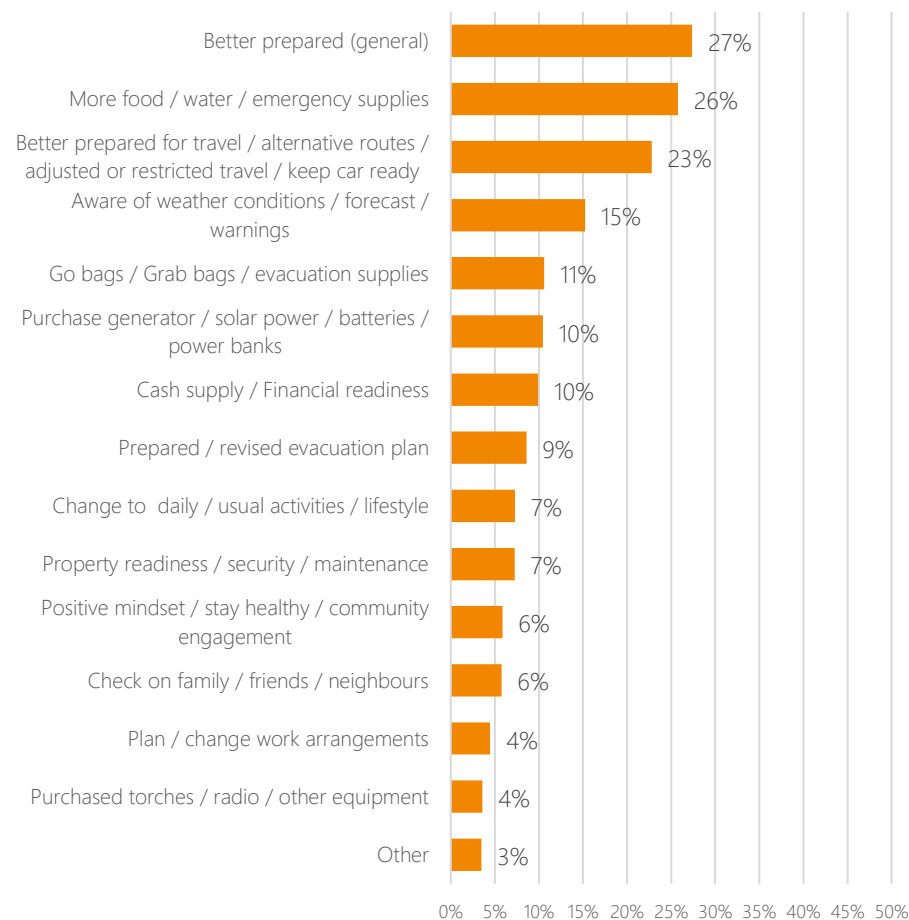| Secondary stressor	%
Feeling sad because other people were affected	43%
Feeling sad about changed landscape as a result of flooding	37%
Additional financial burden	30%
Additional work pressure	28%
Concerns about health	24%
Feeling worry if there is a red or orange weather warning	17%
Feeling anxious when it rains	16%
Loss of sentimental items	16%
Relationship problems	16%
Potential or actual loss of employment or income	13%
Dealing with insurance issues	13%
Loss of social activities	11%
Difficult decisions concerning pets	10%
Having to move home permanently or temporarily	8%

All respondents were asked: "After the extreme weather events in 2023 (including Cyclone Gabrielle), have you or someone in your household experienced any of the following?" Note: 'multichoice.

- Māori respondents were most likely of ethnic groups to report making any behavioural changes in response to weather events (76%).
- Māori were slightly more likely to state they were generally better prepared (27%) – similar to Pasifika and Asian respondents.
- Behavioural changes were fairly consistent across regions, although Gisborne Māori were most likely to ensure they had cash on-hand, and Auckland Māori most likely to have improved their property readiness or security (similar to overall findings).
- Younger Māori aged 18-39 were most likely to report making any changes, and in particular to feel better prepared generally.

Unprompted preparedness after 2023 events

Category	%
Better prepared (general)	27%
More food / water / emergency supplies	26%
Better prepared for travel / alternative routes / adjusted or restricted travel / keep car ready	23%
Aware of weather conditions / forecast / warnings	15%
Go bags / Grab bags / evacuation supplies	11%
Purchase generator / solar power / batteries / power banks	10%
Cash supply / Financial readiness	10%
Prepared / revised evacuation plan	9%
Change to daily / usual activities / lifestyle	7%
Property readiness / security / maintenance	7%
Positive mindset / stay healthy / community engagement	6%
Check on family / friends / neighbours	6%
Plan / change work arrangements	4%
Purchased torches / radio / other equipment	4%
Other	3%

All respondents were asked: "Thinking about things you do differently as a result of the extreme weather events in 2023 (including Cyclone Gabrielle), what, if anything, do you do differently?" Open-ended comments sorted into categories. Totals may exceed 100% owing to multiple responses for each respondent.

- Sources of strength and assistance were consistent across ethnic communities, with no notable differences for Māori respondents compared to other groups overall. 76% of Māori respondents commented on community strengths.
- As for respondents generally, the most prevalent sources for Māori were community support and people coming together (31%, highest was among Pacific Peoples at 41%), and knowing neighbours or family / friends helping each other (25%). However, Māori were more likely than NZ European respondents to highlight the support of community groups / marae / iwi / churches (10%, second to Pacific Peoples at 14%).
- More differences were apparent within Māori communities specifically. Across regions, rural Māori were significantly more likely than urban Māori to identify community support / people coming together generally, and the role of community groups / marae / iwi / churches and volunteers.
- Male Māori were more likely than females to highlight resilience / adjusting / being prepared. In contrast, female Māori were more likely than males to mention community groups / marae / iwi / churches and financial or other resource donations.
- Across age groups, older Māori aged 40+ were more likely than younger Māori aged 18-39 to highlight the relevance of good communication and media updates and key services or agencies providing assistance. Māori aged 40-64 in particular were most likely to appreciate the role of volunteers.

Community strengths unpromted

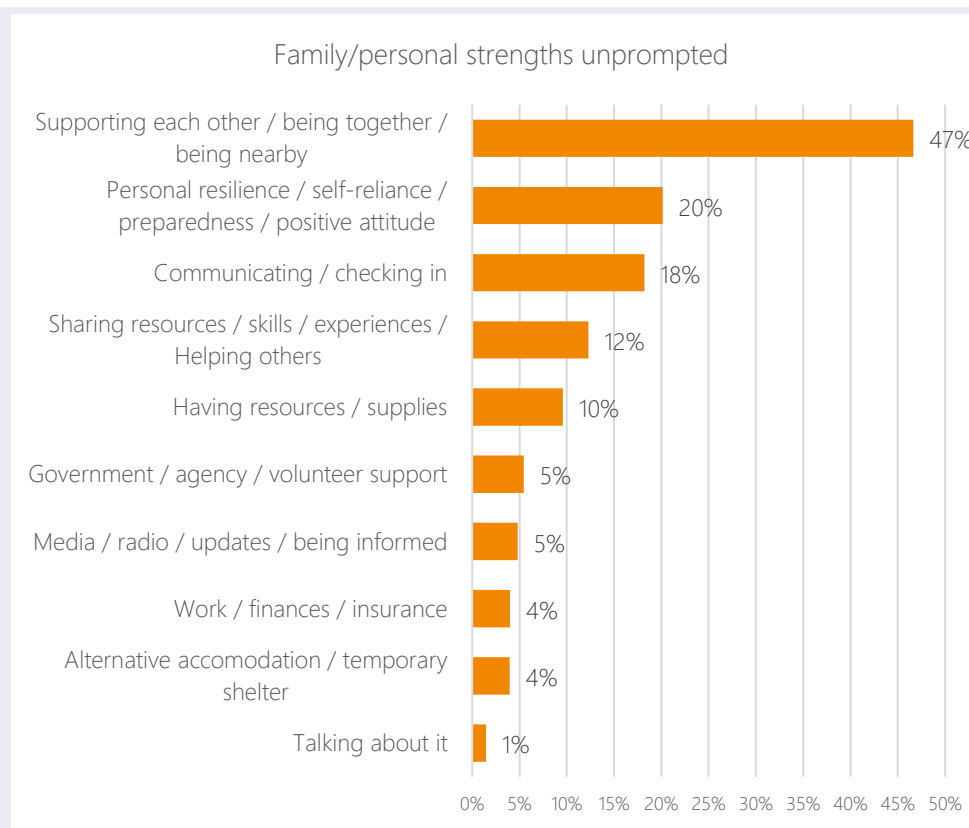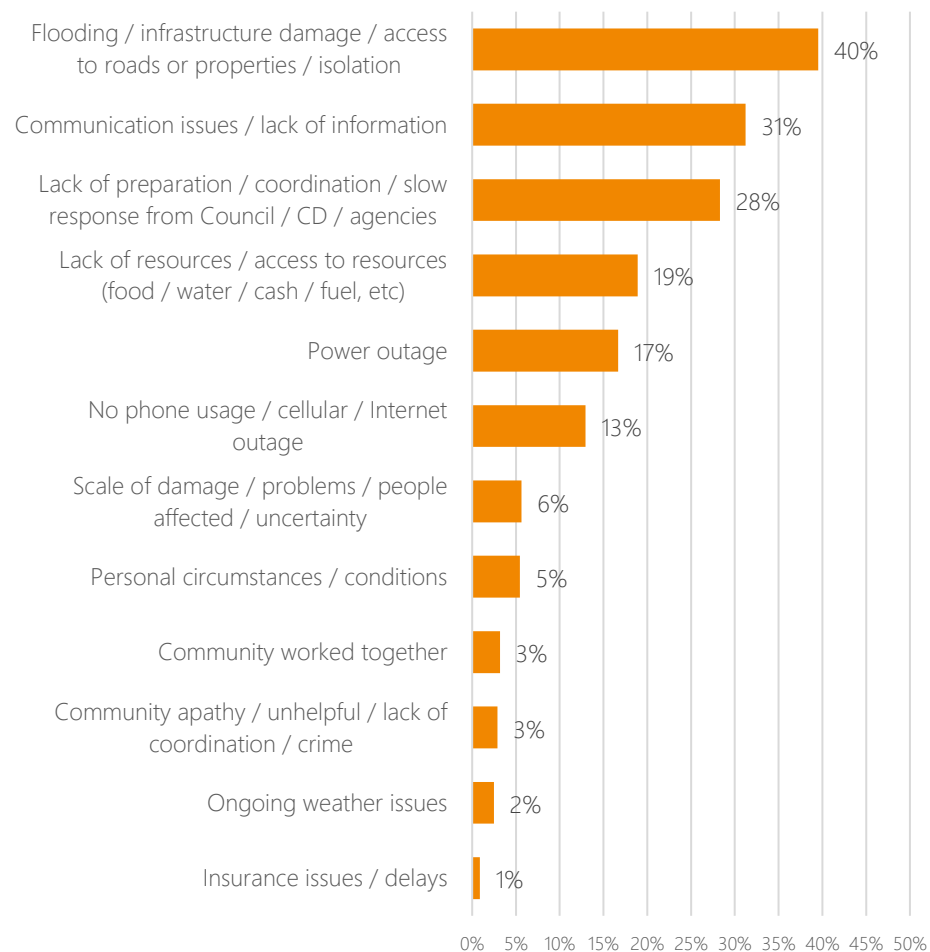| Category	Percent
Community support / coming together	31%
Knowing neighbours / family / helping each other	25%
Good communication / information sources / media updates	14%
Resilience / dealing with situation / adjusting / being prepared	13%
Key services / agencies / CD / Councils / government / police / emergency…	10%
Community groups / marae / iwi / churches / local business	10%
Donations / financial support / resources provided	8%
Volunteers / workers clearing roads / debris / slips / silt	6%
Meetings / hui / hubs / evacuation centres	4%
Checking on people	4%
Not affected / Physical location already safer / protected / resilient	4%
Social media connections / information sharing	3%

All respondents were asked: "What do you believe are the key factors that helped?" Open-ended comments sorted into categories. Totals may exceed 100% owing to multiple responses for each respondent.

- There were few differences between ethnic groups in relation to what helped individuals or their whānau (70% provided a comment).
- Māori were most likely to mention supporting each other / being together generally (47%, compared to 29% Pacific Peoples and 38% NZ European); but less likely than Pacific Peoples to mention personal resilience or preparedness (20% vs 38%).
- However, rural Māori were more likely than urban Māori to identify personal resilience as a key factor (similar to overall findings).
- Supporting each other / being together was of particular importance to Hawke's Bay Māori compared to those from both Gisborne and Northland.

Family/personal strengths unprompted

Category	Percentage
Supporting each other / being together / being nearby	47%
Personal resilience / self-reliance / preparedness / positive attitude	20%
Communicating / checking in	18%
Sharing resources / skills / experiences / Helping others	12%
Having resources / supplies	10%
Government / agency / volunteer support	5%
Media / radio / updates / being informed	5%
Work / finances / insurance	4%
Alternative accomodation / temporary shelter	4%
Talking about it	1%

All respondents were asked: "What do you believe are the key factors that helped?" Open-ended comments sorted into categories. Totals may exceed 100% owing to multiple responses for each respondent.

- The greatest challenges or difficulties throughout the extreme weather events were more related to location than ethnicity, with few differences observed across the main ethnic groups. 71% of Māori respondents provided a comment.
- The biggest challenges for Māori were flooding / infrastructure damage (40%), communication issues (31%) and perceived lack of preparation / coordination from key agencies (28%).
- Māori were more likely to identify a lack of resources or access to resources (19%).
- Clearer differences were evident within and between Māori communities themselves (coinciding with other factors rather than ethnicity). In particular, Gisborne Māori were most likely to identify a range of major challenges, compared to Auckland and Hawke's Bay Māori: flooding / infrastructure damage; communication issues generally; internet / cellular outages; and power outages. Across regions, rural Māori were more likely than urban Māori to mention lack of preparation / coordination from key agencies.
- Younger Māori 18-39 were least likely to identify any challenges for their community, and flooding / infrastructure damage specifically. Māori aged 40-64 were most likely to mention lack of key agency preparation / coordination and internet / cellular outages.

Unprompted challenges faced by communities

Challenge	%
Flooding / infrastructure damage / access to roads or properties / isolation	40%
Communication issues / lack of information	31%
Lack of preparation / coordination / slow response from Council / CD / agencies	28%
Lack of resources / access to resources (food / water / cash / fuel, etc)	19%
Power outage	17%
No phone usage / cellular / Internet outage	13%
Scale of damage / problems / people affected / uncertainty	6%
Personal circumstances / conditions	5%
Community worked together	3%
Community apathy / unhelpful / lack of coordination / crime	3%
Ongoing weather issues	2%
Insurance issues / delays	1%

All respondents were asked: "And what, if anything, made it challenging or difficult for your community to respond to the extreme weather events in 2023 (including Cyclone Gabrielle)?" Open-ended comments sorted into categories. Totals may exceed 100% owing to multiple responses for each respondent.
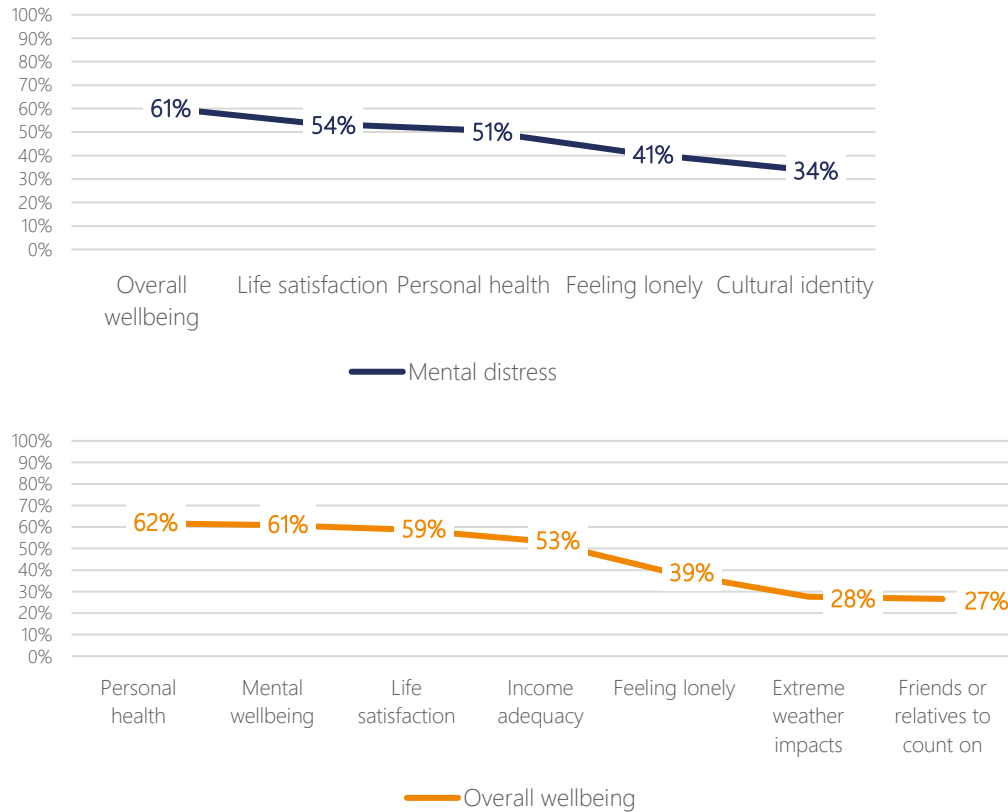
The analysis has identified a multitude of factors demonstrating a significant relationship with mental distress and overall wellbeing among Māori respondents, with a strong correlation between the two (consistent with overall findings). Life satisfaction, personal health, and feelings of loneliness were the common factors influencing overall and mental distress perceptions. At the same time, mental wellbeing was also impacted by cultural identity to some extent. Overall wellbeing among Māori respondents was also impacted by income adequacy and knowledge they have friends or relative they could count on.

The 2023 extreme weather events had some impact on overall wellbeing, with those stating a primary negative impact resulting in a lower wellbeing score (48.4) compared to unaffected respondents (61.1), or those stating secondary stressors only (60.0). On average, there were differences in mental distress score between affected and unaffected respondents; however, these impacts are more likely indirect through other attributes and demographic factors (e.g. life satisfaction).

	Wellbeing score	Mental distress
Primary negative impact	48.4	4.2
Secondary stressors only	60.0	3.7
No impact	61.1	2.6
Total	52.6	3.9

Influencing factors (key drivers) identified as most plausible to contribute towards key measured outcomes (mental and overall wellbeing). Assessment of influencing factors is based on statistical modelling. The chart above presents the recalibrated results of a regression analysis (strength of impact) used to determine which factors influence mental wellbeing (PHQ-4) and overall wellbeing (WHO-5) scores within each age group. Only statistically significant factors are shown.

Participant 1:

Facing Multiple Disasters:
- The respondent's experience spans across Auckland and Tokomaru Bay, Tairāwhiti, where both her home and her ancestral village were severely affected by floods and Cyclone Gabrielle. In Auckland, the floodwaters inundated the back of her house, while in Tokomaru Bay, the community faced isolation due to destroyed bridges.
- In the wake of these disasters, the respondent was torn between managing her own home's damage and fulfilling her role as a community worker in West Auckland, and also rushing to aid her family and community on the East Coast.

Community and Family Response:
- The respondent highlights the rapid communal response, including the reliance on marae for support and the collective efforts to aid those in affected areas. This response was critical in providing immediate relief and shelter.
- The Armed Forces' involvement in delivering essentials and aiding in recovery efforts in Tokomaru Bay demonstrated a vital support network for the isolated communities, emphasising the importance of external assistance in times of crisis.

Resilience Amidst Adversity:
- Amidst the physical and emotional toll, the respondent reflects on the resilience of her elders and the community, drawing from past experiences like Cyclone Bola. These moments were teaching and

unifying, showcasing the strength found in shared knowledge and communal effort.
- The struggle with agencies and NGOs that promised but did not deliver aid exposed a gap in disaster response and support, emphasising the need for more direct and effective assistance mechanisms.

Insurance and Practical Support:
- The ability to secure insurance for her Auckland property allowed the respondent and her family to find temporary accommodation quickly, demonstrating the importance of prepared insurance and support systems for those affected.
- Her proactive measures in preparing for evacuations and engaging with service providers like Vodafone, which offered essential communication support, underline the critical need for access to services in disaster recovery efforts.

Cultural Strength and Community Projects:
- The recount of rebuilding efforts and the emergence of community projects, like tiny houses and the rejuvenation of the Waima Rugby Club, illustrate the inventive and spirited recovery paths taken by communities. These efforts not only address immediate needs but also foster long-term community spirit and resilience.
- Cultural expressions of healing through haka and songs at events like Matatini and Pasifika festivals highlight the deep-seated

resilience and the use of cultural practices as a means of coping and healing from the traumas of natural disasters.

Navigating Loss and Looking Forward:

- Discussions around the challenges of rebuilding, especially in farming communities and for those deeply connected to their land, bring to light the profound psychological and economic impacts of such disasters. The stories of loss, from livestock to ancestral lands, underscore the enduring heartaches that communities face.
- The respondent's active involvement in network building, resource mobilisation, and fostering cultural connections as means of recovery and resilience offers insights into the power of community and kinship in facing adversities.

Conclusion:

- Through personal stories of loss, resilience, and community solidarity, the respondent paints a vivid picture of the hardships and triumphs faced by her family and wider community in the aftermath of floods and Cyclone Gabrielle. The narrative is a testament to the strength found in collective action, cultural identity, and the enduring spirit of aroha and unity amidst the challenges posed by natural disasters.

Participant 2:

Navigating Disaster from Afar:

- The respondent found herself in Wellington for work during Cyclone Gabrielle, while her home in Manutūkē, Gisborne, and her elderly father were directly in the cyclone's path. This distance created a sense of helplessness and anxiety, especially concerning communication and ensuring the safety of her father.

Community Preparedness and Response:

- Despite fears of extensive damage, Manutūkē was relatively unscathed, a testament to the community's resilience and preparedness. The respondent underscores the importance of local knowledge and connections, developed during COVID, which were instrumental in the community's swift and inclusive response to the cyclone.
- The emphasis on looking out for the vulnerable, such as the elderly and those with disabilities, was highlighted. The respondent took proactive steps to ensure her father's safety, allowing her to assist others in the community.

Reflections on Regional Resilience:

- Travelling back to Gisborne and then to Napier, the respondent witnessed the extensive damage first-hand. The experiences underscored the varying impacts of the cyclone across different regions and the stark reality of communities worse off.
- The cyclone reinforced existing community bonds, showing a natural inclination towards inclusivity in times of crisis. The rebuilding of Omāhu Marae as a community hub exemplified how adversity led to growth and strengthened community infrastructure.

Insights on Insurance and External Support:

- The respondent observes that anxiety for many in the affected areas was exacerbated by external factors such as insurance companies and council responses, rather than the immediate aftermath of the cyclone itself.
- However, the collective community efforts, including food distribution by various cultural groups and the swift adaptation to emergency situations, showcased a high level of communal resilience and support.

Cultural Perspective and Mental Health:

- Despite the challenging circumstances, there was a significant cultural response, with communities coming together to share food, support, and rebuild. This collective effort was crucial in maintaining mental health and wellbeing during the recovery phase.
- Celebrations one year after the cyclone highlighted the progress made in recovery and rebuilding, focusing on positive community outcomes rather than dwelling on the negative aspects of the disaster.

Conclusion:

- The respondent's narrative provides a powerful insight into the resilience of the communities in Gisborne and Hawke's Bay in the face of Cyclone Gabrielle. The emphasis on community unity, preparedness, and the cultural strength in navigating the aftermath of the cyclone highlights the indomitable spirit of the regions' inhabitants.

Participant 3:

Preparation and Immediate Response:
- As the iwi civil defence manager for Te Rūnanga o Tūranganui ā Kiwa, the respondent was intricately involved in the preparation and response efforts for Cyclone Gabrielle, working closely with civil defence from the early warnings. This preparation included ensuring community links were strong and that marae were equipped with generators, anticipating the loss of power.
- Communication breakdowns became a significant challenge when the entire region lost power. The respondent highlighted the importance of physical presence and direct communication, as she became a key information carrier among communities, especially when online communication failed.

Community and Marae Involvement:
- The marae played a crucial role in the crisis, opening their doors to everyone regardless of race, embodying the principle of manaakitanga. The pre-existing initiative to resource marae with generators proved invaluable, allowing them to become hubs of support and activity despite the widespread power outages.
- The respondent personally focused on areas most affected, like Te Karaka, driving back and forth multiple times a day to relay needs and updates to the Gisborne District Council, ensuring the community's immediate needs were communicated and met.

Cultural Strength and Resilience:
- A key aspect of the response was the community's inherent resilience and the cultural strength of manaakitanga, which ensured inclusivity in aid and support. This crisis reinforced the connections within urban communities as well, as seen with the multicultural outreach from Te Poho-o-Rāwiri Marae, which helped alleviate panic and foster a sense of unity among diverse residents.
- The respondent's role involved not just logistical support but also emotional and psychological reassurance, particularly focusing on communities like Manutūkē which benefited from having established community leaders and infrastructure such as the local fire station.

Long-term Effects and Recovery:
- Even months after Cyclone Gabrielle, the effects lingered, with children in the affected areas showing signs of anxiety, especially during rainfall. The establishment of the Mana Ake programme aimed to address these ongoing psychological impacts, providing strategies for coping with anxiety among tamariki.
- Some Rūnanga staff members were deeply affected, witnessing firsthand the damage to their relatives' homes and communities. The cyclone's impact led to a noticeable withdrawal from civil defence training among some staff, highlighting the psychological toll and the need for continuous support and resilience-building within the community.

Insurance Challenges and Home Damage:

- The respondent shared personal challenges, including unnoticed damage to her home and a high power bill due to a cyclone-induced issue, illustrating the varied and sometimes delayed realisations of damage. This situation underscored the importance of thorough checks post-disaster and the need for patience and understanding from insurance companies.
- Efforts to ensure all marae and communities had access to resources like Starlink satellites highlighted the adaptation to new technologies for better preparedness in the future, earning the region the nickname "Starlink City".

Conclusion:

- The story of Tairāwhiti's response to Cyclone Gabrielle is a testament to the power of community, cultural values of manaakitanga, and the critical role of preparedness and resilience. The shared experiences, from immediate crisis management to long-term recovery and the embrace of new technologies, reflect a community united in the face of adversity, ready to support one another with aroha and strength.

Participant 4:

Impact on Home and Heart:

- The respondent's mother, residing in Puhoi, was forced to evacuate her home due to a landslide, initiating a period of significant stress for the family. Despite living on a hill, the precarious position above a valley led to their home being red-stickered and subsequently burgled, exacerbating their distress.
- Both the respondent and their mother have faced deteriorating mental health as a result of the ordeal. The constant worry about the possibility of future rain-related incidents has particularly affected the respondent, who also struggles with OCD, linking rain with impending disaster.

Financial Strains and Emotional Support:

- Financially, the situation has been burdensome, with the respondent's mother having to juggle mortgage payments while renting elsewhere, placing further stress on the family's wellbeing.
- The absence of extensive family support has left them reliant on community assistance and work-provided counselling sessions. However, these resources have been limited, with funded counselling sessions ceasing after a while, leaving gaps in much-needed emotional support.

Community Aid and the Path to Recovery:

- The local community and friends have offered support through invitations for meals and social care, showing a silver lining of communal solidarity in times of hardship.

- Efforts to obtain grants for essentials like food and furniture for their temporary rental accommodation have been partially successful, providing some relief from the financial and logistical pressures of starting over.

Preparedness for the Future:

- The repeated experiences of landslides and the ongoing threat posed by rain have led to a heightened state of preparedness. The respondent has taken practical steps to be ready for future emergencies, including assembling a grab bag for themselves and their new puppy, indicating a proactive approach to dealing with potential natural disasters.

Reflections on Resilience and Anxiety:

- Despite the passage of time, the impact of the landslide and the associated upheavals remain a source of anxiety for the respondent, especially during rainy weather. This enduring worry highlights the lasting effects of natural disasters on individuals' mental health and their perception of safety.
- The journey through the aftermath of the landslide has been a testament to the family's resilience, underscoring the importance of community support, mental health resources, and personal preparedness in navigating the challenges posed by natural disasters.

Participant 5:

Anxiety and Vigilance Amidst Weather Events:

- The respondent experienced significant anxiety due to the rising waters, fearing direct impact on their property. This led to a night of minimal sleep, constant monitoring, and efforts to prevent water intrusion, despite the property ultimately remaining safe.
- An unexpected leak in the roof discovered months later, caused by displaced tiles during strong winds, heightened the respondent's anxiety towards weather events, fostering a vigilant attitude towards home maintenance and weather forecasts.

Family Support and Community Coordination:

- The flooding significantly affected the respondent's parents, prompting a family-wide response to assist with cleanup and repairs. This situation brought the respondent closer geographically to their parents, intensifying their involvement in their parents' recovery and resilience strategies.
- The respondent played a key role in monitoring and supporting their extended family and friends, including financial guidance and physical help, demonstrating a heightened sense of responsibility and community coordination.

Preparedness and Long-term Concerns:

- Following the initial flood, the respondent and their family took proactive steps to enhance their preparedness for future weather events, including sourcing additional sandbags. This readiness reflects a broader anxiety and awareness around the implications of climate change and its unpredictable nature.

- The parents' decision to keep sandbags in place, partly out of convenience and partly as a precaution, illustrates a resigned acceptance of recurring weather threats and the practical adjustments families make to cope with these challenges.

Navigating Financial and Emotional Recovery:

- Despite the availability of financial support from institutions and insurance claims, the respondent observed a reluctance within their family to pursue these avenues fully. This hesitance was attributed to the perceived hassle of administrative processes and a preference to manage independently unless absolutely necessary.
- This situation highlights a broader theme of resilience and self-reliance, even in the face of significant challenges, and raises questions about the balance between seeking external assistance and relying on personal resources to recover from natural disasters.

Reflections on Community and Personal Resilience:

- The respondent's experiences with flooding, both personally and within their wider network, underscore the ongoing stress and logistical challenges of recovery, particularly in terms of insurance and repair work. Such experiences reflect a shared vulnerability within the community and a collective endeavour to rebuild and prepare for future uncertainties.
- Personal and community resilience emerges as a central theme, with a focus on the importance of preparedness, support networks, and the ability to adapt to and overcome the challenges posed by increasingly unpredictable weather patterns.

Participant 6:

Challenges Faced by Family and Community:

- The respondent recounts minor flooding in her garage, juxtaposed with her family's more severe experience of flooding down the coast, which highlighted financial struggles, especially under the constraints of receiving a benefit.
- The family's ordeal is situated within a broader community context affected by recent weather events, which disrupted normal life and infrastructure, particularly noting the vulnerability of roads to rain damage and the creation of potholes.

Community Response and Resilience:

- The marae played a crucial role in sheltering both locals and visitors stranded by the weather, illustrating the strength and adaptability of the community in times of need. The respondent praises the community's functional solidarity under pressure, with around ten marae in the township stepping up to support.
- Despite diverse backgrounds, the community's inclusive attitude ensured that everyone received support, reinforcing bonds and mutual respect among residents.

Personal Reflections on Community Ties:

- The respondent experiences a sense of being an outsider when returning home due to her relocation, which has altered her access to familiar community support like doctor visits, highlighting the nuances of belonging and distance in community relationships.
- Anticipation for a 150-year school reunion provides a positive focal point for the respondent and others to reconnect with their roots and celebrate community history, offering a respite from recent adversities.

Impact of Flooding on Personal Space:

- The respondent details the immediate impact of flooding on her living space, including water intrusion into her garage and near her room, underscoring the tangible disruptions caused by such events on personal environments and belongings.
- The response to property damage, including insurance delays and remediation efforts, sheds light on the logistical and emotional challenges of recovering from flood damage.

Ongoing Concerns and Support Networks:

- The narrative reveals ongoing anxiety related to rain, shared between the respondent and her landlady, highlighting a communal sense of vulnerability to weather events and the importance of supportive relationships in navigating these anxieties.
- The conversation with the mental health professional underscores the widespread and perhaps under-recognised emotional toll of natural disasters, prompting a reflection on the need for broader awareness and support for affected individuals.

Conclusion:

- The respondent's story weaves together themes of personal and community resilience, the challenges of physical and emotional recovery from natural disasters, and the importance of support networks in fostering a sense of safety and normalcy amidst ongoing vulnerabilities.

Participant 7:

Experiencing Multiple Floods

Sequence of Flood Events

- The respondent mentioned experiencing a series of flood events, not just two but around four or five, leading to a non-existent summer. The significant floods noted were Cyclone Gabrielle and another shortly after Christmas, marking a period of continuous struggle against water damage.

Impact on Home and Neighbourhood

- The respondent's home and street turned into a river due to the floods, with the backyard resembling a flowing water body. Despite being situated on a slight slope, which theoretically could have offered some protection, the surrounding area was heavily affected, with neighbours' trees falling down, although, fortunately, none caused direct damage to the respondent's property.

Emotional and Physical Toll

- The continuous flooding caused immense stress and a feeling of shock among the respondent and their family. Efforts to organise and protect the property were challenging amidst the chaos. Debris was a notable issue, though the respondent's property miraculously escaped major damage thanks to its positioning between two taller houses with larger trees.

Garden and Outdoor Areas Destroyed

- The respondent's recreational garden and vegetable garden, including tomatoes and pot plants, were completely destroyed, with only the netting remaining. This loss contributed to the overall sense of shock and devastation felt by the family.

Family Response and Coping Strategies

- Three generations of the respondent's extended family were present during the floods, with measures taken to protect the home and provide emotional support to the younger family members. Despite the terrifying conditions, including the loud noise of the storm and the family dog's distress, the respondent tried to maintain a brave front, engaging in activities to distract and comfort the family.

Observations and Concerns About Water Management

- The respondent expressed concern over the management of surface water and the impact of housing and building consents on water flow. They highlighted the need for better planning to accommodate the increased volume of water due to construction and urban development.

Reflections and Future Preparedness

- The experience has led the respondent to pay more attention to weather forecasts and take preparatory measures against future floods. There is a resigned anticipation that flooding may worsen, prompting a shift in focus from aesthetics to securing the property against potential water damage.

Community and Government Response

- While the respondent and their family did not seek external assistance, they emphasised the importance of community support, particularly for older and vulnerable neighbours. Post-flood, there has been an increase in communication and preparedness within the community, including sharing phone numbers and discussing protective measures.

Personal and Community Recovery

- The conversation reflects a journey from immediate crisis response through recovery and towards a cautious eye on the future. Despite the personal and communal challenges faced, there is a sense of resilience and a commitment to better preparedness for whatever weather-related challenges may come next.

Participant 8:

Initial Experience with Flooding

- The respondent and their family experienced significant flooding in their home during the first flood event. Despite their efforts to mitigate the damage by redirecting water, the flooding reached knee height, causing stress and loss of property.

Repeated Flooding and Preparedness

- With subsequent flooding events, the respondent's family became more prepared by setting up sandbags and pumps. Although they managed to reduce damage, the repeated incidents led to mental fatigue and a sense of dread with every forecast of rain.

Community Response and Assistance

- The local community banded together during the floods, with neighbours assisting each other. Despite this, emergency services were overwhelmed, and the family struggled to receive timely help. A neighbour played a crucial role in securing grants for damaged goods.

Insurance and Financial Strain

- The process of claiming insurance was lengthy and complicated, taking almost a year to settle. The financial burden of repairs and replacements was significant, even with insurance coverage.

Mental Health Concerns

- The repeated flooding events took a toll on the respondent's mental health, leading to a desire for support. However, accessing mental health services proved challenging, with the system overwhelmed and not prioritising their situation as urgent.

Call for Better Mental Health Support

- The respondent emphasises the importance of mental health support over financial assistance, expressing a preference for online resources for ease of access. The lack of focused mental health support during the crisis was a significant gap.

Conclusions

- This summary outlines the experiences of a family in Auckland affected by multiple flooding events. It highlights the challenges of preparing for and recovering from such disasters, the community's role in providing immediate assistance, and the financial and emotional impact of the floods. The respondent's narrative underscores the critical need for accessible mental health support during natural disasters, pointing out the shortcomings in the current system and expressing a need for services that cater to the modern preference for online access.

Participant 9:

Initial Experience and Immediate Response

- The respondent was away at a festival when their home in Kelston, Auckland, was flooded during the Auckland Anniversary flood. Despite being out of town, they faced the distress of knowing their home was affected while their children dealt with the situation.
- The flooding damaged the lower level of their two-story house, affecting bedrooms, a kitchenette, the lounge area, and the garage. Efforts by the respondent's family to divert water were unsuccessful, leading to significant damage.

Family and Community Effort

- The respondent's family, consisting of young and adult children, worked together to mitigate the flooding impact, using bricks to divert water and protect the house as much as possible. Personal items and parts of the house were damaged or destroyed, prompting a focus on salvage and cleanup.

Insurance Challenges and Property Loss

- The flood led to a lengthy and frustrating insurance claim process, compounded by the need to document damaged items and wait for available resources, like skip bins, for disposal. The bureaucratic hurdles added to the stress of recovery.

Displacement and Housing Challenges

- One of the respondent's sons was displaced due to the flood damage, leading to months of inconvenience and adjustment. Eventually, the family received a short-notice eviction from their rental property due to required repairs, exacerbating the difficulty of finding new accommodation amidst widespread displacement.

Mental and Emotional Toll

- The flood events and subsequent challenges, including an eviction notice and the loss of a family member, took a significant mental and emotional toll on the respondent. The process of recovery was marred by dissatisfaction with the local government's response and a sense of lingering injustice for those affected.

Community Support and Preparedness for Future Events

- In the aftermath, the respondent's family became more prepared for potential future floods, ensuring they had necessary supplies and plans, especially for their pets. Despite moving to a new home, concerns about flooding persist due to previous experiences and knowledge of the area's vulnerability.

Conclusion

- This narrative provides a detailed account of the challenges faced by a family in Kelston, Auckland, following significant flooding events. It highlights the physical damage to their home, the emotional strain of dealing with displacement and insurance, and the broader implications of community and governmental response to such disasters. The story underscores the resilience of the affected individuals and the importance of support networks in overcoming the adversities presented by natural disasters.

Participant 10:

Impact on Local Community

- The respondent was not directly affected but shared stories from friends in the Bay of Plenty area, describing the significant emotional and physical damage caused by flooding. The whole community, including marae and local townships, rallied together to support those affected.

Response and Assistance

- Utilising their professional network, the respondent coordinated with civil engineering contacts to provide assistance in the region, highlighting the collective effort of the whānau community. Recovery was ongoing, with notable improvements a month prior to the conversation, yet considerable cleanup work remained.

Challenges with Insurance

- A major concern for the affected residents was dealing with insurance companies, particularly the difficulty in claims processing and the subsequent spike in premiums. The structural damage and loss of household items compounded the financial strain on the families.

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Community Solidarity

- The solidarity extended beyond individual efforts, involving local businesses, marae, and the broader community in the recovery process. Friends, family, and even MPs contributed to the relief efforts, underscoring the collective approach to overcoming the challenges posed by the flooding.

Conclusion

- This summary captures the efforts and challenges faced by the Bay of Plenty community in the wake of significant flooding. Through the accounts shared by the respondent, the narrative reflects a strong sense of community resilience, with various groups and individuals coming together to aid those impacted. While the physical and emotional toll was evident, the unified response highlighted the community's determination to rebuild and recover. Insurance-related difficulties emerged as a critical concern, underscoring the need for more supportive measures in the aftermath of natural disasters

Participant 11:

Respondent's Role and Initial Observations

- The respondent, involved with Māori wardens, detailed their experience assisting the community during Cyclone Gabrielle, focusing on mental health and wellbeing.
- They noted the profound despair and loss of hope among community members, some of whom lost everything.

Personal and Family Challenges

- Concurrently, the respondent managed personal grief with the passing of their mother, alongside coordinating with the New Zealand Army and police for safe travel arrangements due to the cyclone's impact.
- This period was marked by heightened anxiety and mental health struggles, both personally and across the community.

Mental Health Struggles and Support

- The respondent emphasised the varied impacts of mental health challenges, including depression and anxiety, exacerbated by the cyclone's aftermath.
- Their work with Te Whatu Ora and as a Māori warden highlighted the importance of early departure from work to ensure safety and manage stress.

Observations on Community and Housing Impact

- Despite the respondent's household being relatively unaffected due to its elevated location, the devastation in nearby areas and the broader community was shocking, especially as viewed through social media.

Historical Context and Mental Health Concerns

- The respondent compared Cyclone Gabrielle's impact to their childhood experience of Cyclone Bola in 1987, noting the significant difference in perception and impact on mental health today.
- They stressed the issues surrounding mental distress in the community, exacerbated by natural disasters and societal pressures.

Training and Emotional Management

- Highlighting their training with the Auckland Emergency Management Team, the respondent shared how preparedness helped them manage their emotional response while supporting others in distress.
- They also discussed the challenges of maintaining emotional strength when facing personal and communal struggles, including financial stress and the psychological impact on their children.

Support Systems and Community Efforts

- The respondent detailed their efforts to support not only their immediate family but also the wider community, including vulnerable elders and those directly affected by the floods.
- They advocated for community unity and the importance of self-preparation and mutual assistance in times of crisis, emphasising the value of knowledge sharing for future resilience.

Reflections on Training, Support, and Future Preparedness

- The respondent's involvement in emergency response and mental health support showcases a deep commitment to community welfare, despite the personal toll.
- They underscored the necessity of ongoing training, community collaboration, and a proactive approach to disaster preparedness and mental health support, aiming for a stronger, more resilient community fabric.

Participant 12: Hui Omāhu Marae

Community Preparedness and Immediate Action

- Proactive Measures Before the Flood: The Respondent, initially planning to return to Wellington, stayed due to inclement weather. This decision led to witnessing and responding to the flood's onset.
- Rapid Community Mobilisation: Immediately following the flood, the Respondent and the community quickly established a response, creating disposal sites and mobilising resources with minimal initial support from official agencies.

Cultural Strengths and Community Support

- Ancestral Resilience: The community's response was deeply rooted in the resilience passed down through generations, reflecting a strong connection to ancestral wisdom and practices.
- Unified Community Effort: Utilising the marae as a central hub, the community effectively coordinated relief efforts, providing essentials, accommodation, and emotional support. The marae's role exemplified the community's inherent capability to nurture and protect its members.

Navigating Trauma and Healing

- Ongoing Grief and Recovery: The flood's impact was profound, with lasting effects on mental wellbeing. Efforts to maintain community cohesion and spirit were crucial for collective healing.
- Cultural Practices as a Foundation for Recovery: Regular community gatherings, cultural practices, and karakia played a significant role in the community's healing process, emphasising the importance of cultural identity in overcoming trauma.

Barriers and Challenges

- Cultural and Financial Barriers to Mental Health Support: The stigma surrounding mental health within cultural contexts and financial constraints were significant barriers to seeking and accessing necessary support.
- Official Response and Learning Opportunities: The initial lack of a coordinated response from civil defence highlighted areas for improvement. The community's efficient, culturally grounded response provided valuable lessons for future emergency preparedness and highlighted the need for better integration of marae-based initiatives with official disaster response plans.

Looking Forward: Strengths, Opportunities, and Needs

- Recognising Marae's Central Role: The flood underscored the marae's critical role in disaster response, advocating for resource allocation that leverages marae's capacity to offer immediate and culturally resonant support.
- Future Preparedness: Emphasising the need for resources like generators, sandbags, and satellite communication to enhance marae's readiness for future emergencies. Collaboration between marae, civil defence, and local councils is crucial for developing effective response strategies.

This summary highlights the Omāhu community's remarkable resilience, cultural strength, and the crucial role of marae in responding to and recovering from the devastating flood. It reflects on the community's capacity to rally together, drawing on ancestral wisdom and unity, to navigate the challenges posed by natural disasters.