



OUR PACIFIC YOUTH

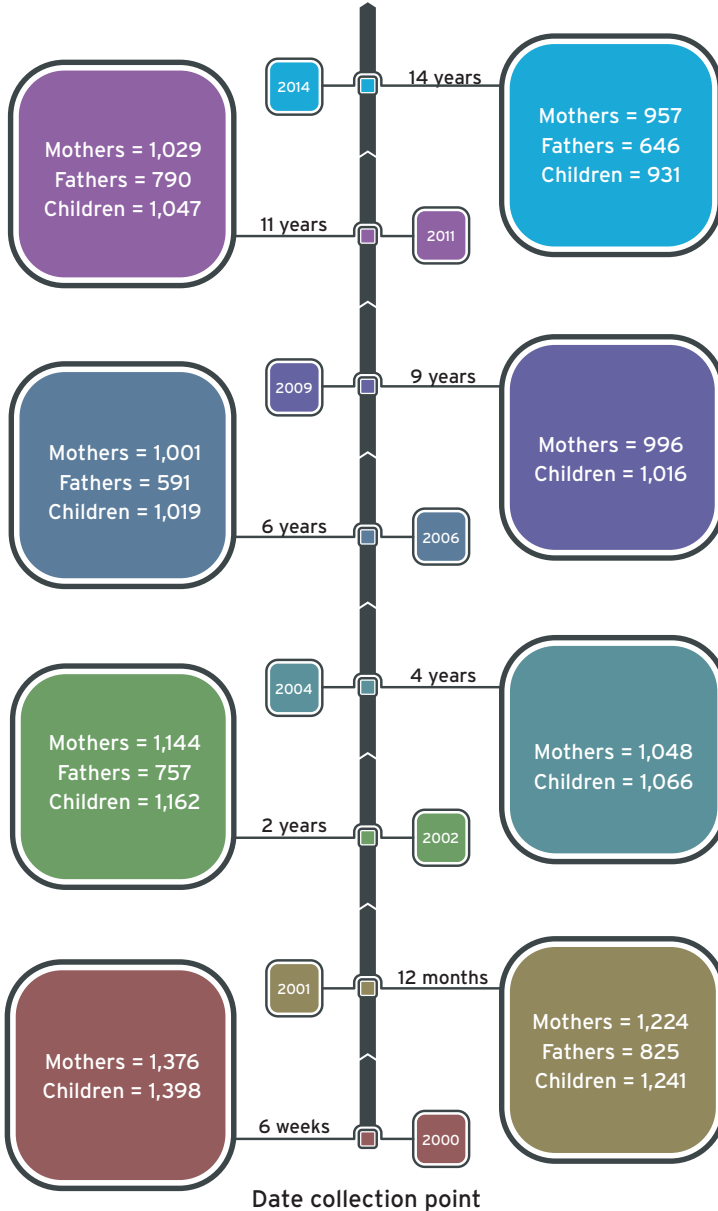
14-YEAR PHASE



PACIFIC ISLANDS
FAMILIES STUDY

TIMELINE

2000 - 2015



AFIO MAI, MALO E LELEI, KIA ORANA, FAKALOFA
LAHI ATU, HAERE MAI, MALO NI, NI SA BULA,
IA ORANA, FAKATALOFA ATU, MAURI &

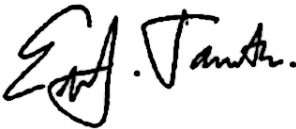
WELCOME

On behalf of the Pacific Islands Families Study (PIFS) and Auckland University of Technology, it is my pleasure to present this booklet of findings from the 14-year measurement wave of our survey. The information within encompasses a broad array of issues relevant for Pacific families and communities throughout New Zealand. Specific topics examined include youth aspirations and resilience, digital media and technology, physical activity & nutrition, housing, employment, and parental health & wellbeing.

As Director of the Study, and on behalf of our research team I would like to acknowledge and thank our participant mothers, fathers, caregivers, and children for their ongoing support and willingness to be involved with this project. Without you, this study would not be possible and we thank you immensely for your contribution. Our gratitude also to the staff and teachers of the schools which our participant children attend. Your support and cooperation in facilitating the collection of data from your students is hugely important, and we thank you once again for your assistance in this endeavour.

We hope that you find the summary of findings presented with in this booklet of interest, and we look forward to our continuing relationship with you all in the future.

Soifua ma ia manuia



Dr El-Shadan Tautolo,
Director of Pacific Islands Families (PIF) Study



**CENTRE FOR PACIFIC HEALTH
& DEVELOPMENT RESEARCH**

NATIONAL INSTITUTE FOR PUBLIC HEALTH & MENTAL HEALTH RESEARCH

SCHOOL ACKNOWLEDGMENTS











Manurewa High School
Aorere College
Tangaroa College
De La Salle College
Otahuhu College
McAuley High School
Auckland Girls' Grammar School
Papatoetoe High School
Southern Cross Campus College
James Cook High School
Mangere College
Sir Edmund Hillary Collegiate
Howick College
Mt Albert Grammar School
Selwyn College
Wesley College
Kings College
Pakuranga College
Sacred Heart College (Auckland)
South Auckland Middle School
St Mary's College (Ponsonby)
Home school
Kelston Girls' College
St Peter's College (Epsom)

ASDAH
Onehunga High School
Alfriston College
Edgewater College
One Tree Hill College
Kia Aroha College
Botany Downs Secondary College
Marcellin College
Rosehill College
St Paul's College (Ponsonby)
Papakura High School
Avondale College
Tamaki College
Te Kura Maori O Nga Tapuwae
Dilworth School
Baradene College
Epsom Girls Grammar School
Kelston Boys' High School
Lynfield College
Massey High School
Mission Heights Junior College
Sancta Maria College
Tuakau College
Waitakere College

THANK YOU







YOUTH ETHNICITY

TOTAL NUMBERS = 931

Ethnic	Numbers	 =100	 =10	 =1	%
Samoaan	 524				57%
Tongan	 286				31%
Cook Island Māori	 189				20%
Niuean	 90				10%
Māori	 88				10%
NZ Pakeha	 75				8%
Other	 73				8%

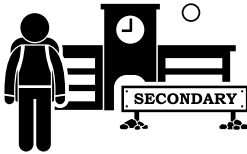
OTHER PACIFIC

3%

Fijian	 12
Tokelauan	 11
Tahitian	 3
Tuvaluan	 3
Kiribati	 2
Solomon Islands	 1

Note: Youths could choose more than 1 ethnic group

PACIFIC YOUTH ASPIRATIONS FOR NCEA & BEYOND



Most want to achieve Year 13 NCEAs

71% Year 13
12% Year 12
12% Year 11

AFTER SCHOOL PLANS



78% want to go to University



6% want further training



9% want to enter full-time employment

MOST COMMON JOBS WANTED BY PACIFIC YOUTH (%)



18%
Police & National security



12%
Art/Design/Music



10%
Trades



10%
Doctor/Health (various)



9%
Professional sportsperson



8%
Travel & Tourism



8%
Teacher



7%
Other



7%
Engineering/Science (incl social)



6%
Lawyer



3%
IT (various)



2%
Government (various)

RESILIENCE OF PACIFIC YOUTH



92%
can find ways to fix problems

90%
keep busy and interested in things

88%
try not to take things too seriously

84%
say belief in themselves gets them through hard times

3%
One Close Friend

33%
2 - 4 Close Friends

37%
5 - 8 Close Friends

28%
9 + Close Friends

93%
have at least 1 close friend



ADULT CONFIDANTS

Most Pacific youths have parents, other adult relatives, and other non-related adults (e.g. counsellors) as close confidants.

91% Parent

88% Other relative

90% Non-relative

PACIFIC YOUTH EXPERIENCE OF TECHNOLOGY & MEDIA

59%
own a cell phone

81%
have access to internet at home

INTERNET ACCESS DEVICES

82% Laptop or tablet

69% cell-phone

64% desktop computer

64% another type of device



85% of youth spend their spare time on the **INTERNET**

HOURS SPENT ONLINE PER DAY


28% 4+ hour

23% 2-4 hour

28% 1-2 hour

21% less than 1 hour

TOP 3 DAILY ONLINE ACTIVITIES

 **77%**
listen to music

 **39%**
on Facebook

 **36%**
on Youtube

HOW PACIFIC YOUTHS TRAVEL TO & FROM SCHOOL



57% walk
3+ days a week

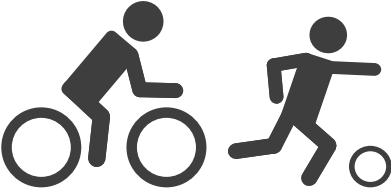


49% commute by
car 3+ days a week



40% use public transport
3+ days a week

PHYSICAL ACTIVITY



85% did vigorous physical activity
in the weekend



Proportion of youth doing **sitting activities** of 2+ hours per day

Activity	Week days	Weekends
Internet	44%	49%
TV, Video, DVDs	40%	48%
E-Gaming	19%	28%

FOOD, SLEEP, & HEALTH

54% Over half ate breakfast 5+ days a week

38% ate 3+ pieces of fruit a day

34% ate 3+ servings of vegetables a day

67% ate takeaway food at least once a week



49% Slept 8hours every night

32% Slept 8hours on 3-4 nights a week

19% Slept 8hours on 0-2 nights a week

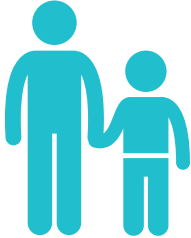


85% Feel healthy

PRIMARY CAREGIVERS



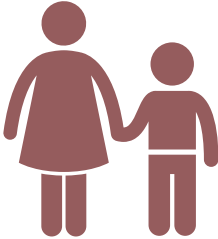
94% were birth mothers



2% Birth Fathers



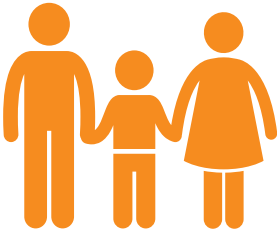
2% Grand-parents



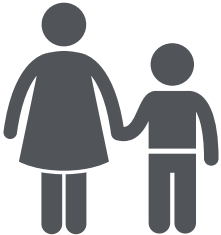
1% Adoptive Mothers



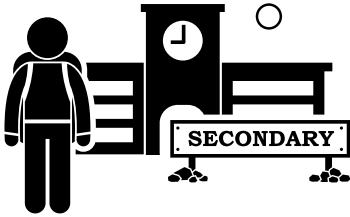
1% Other adult family



68%
of primary caregivers live together
with their spouse or partner



10%
are solo parents



PRIMARY CAREGIVERS HIGHEST QUALIFICATION

43%



39%



No formal
Qualification

18%



OCCUPATION STATUS

55% Paid employment

25% Full-time parent

6% Seeking work

5% Student



95% Of primary caregivers rate their own health as Good or Fair



94% rate their child's health as Good, very good or excellent.



82% Have "No Smoking" rules for children

71% Do not smoke



57% Do not drink alcohol



82% of primary caregivers Never or Rarely need help reading health documents

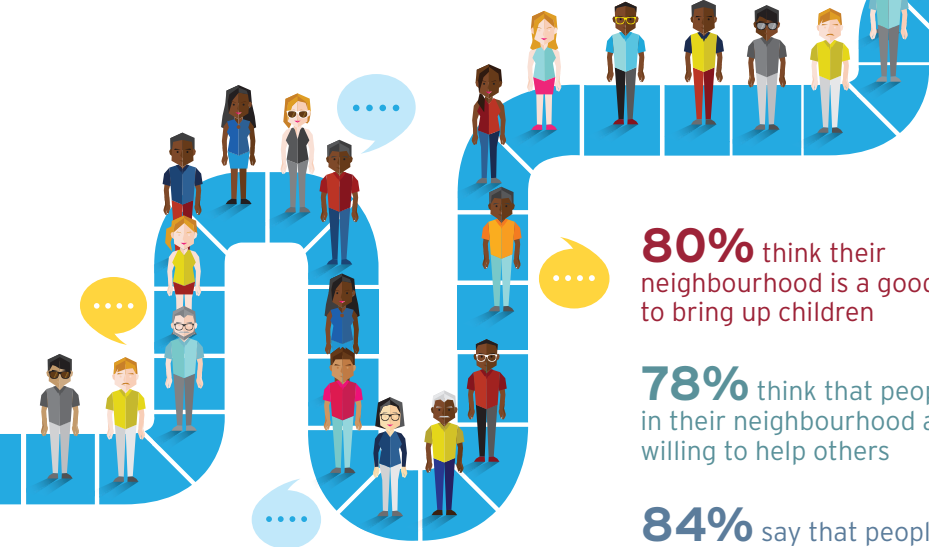
HOUSING & COMMUNITY

86% of primary caregivers are satisfied about where they live but some report major problems with their homes

32%
are too cold or difficult to heat

27%
too small

18%
Are too damp

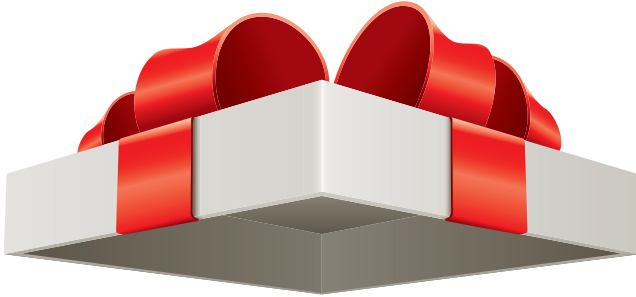


80% think their neighbourhood is a good place to bring up children

78% think that people in their neighbourhood are willing to help others

84% say that people they don't know will greet or say hello to them

GIFTING



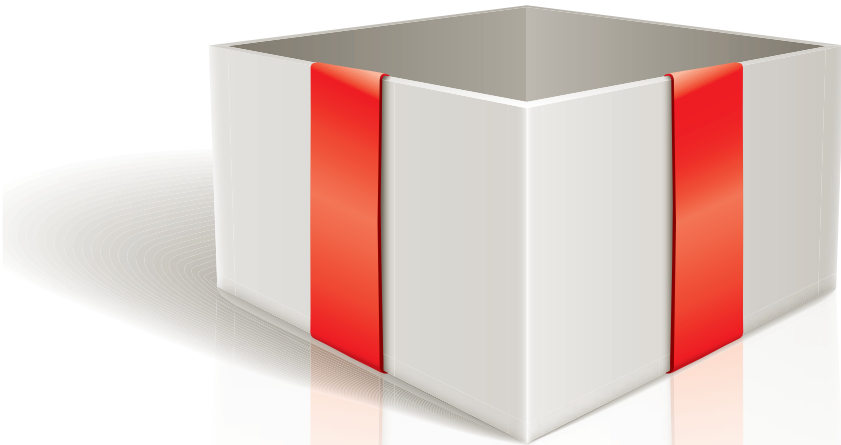
3 out of 4
primary caregivers practice
Traditional Gifting

59%
Gift to family in NZ

62%
Gift to their church

6%
Gift for 'Other' reasons

44%
Gift to family in the islands



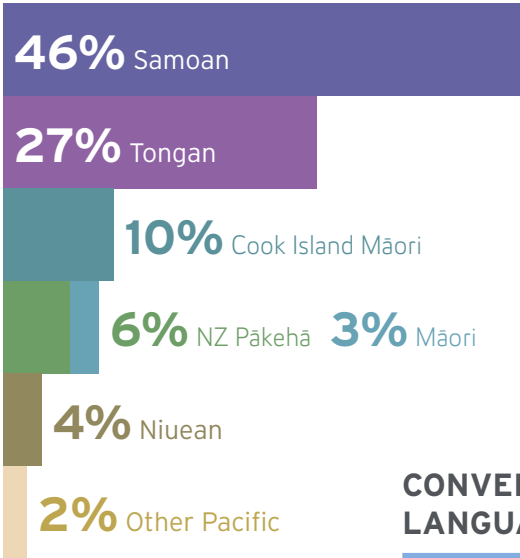
46% of mothers said traditional gifting affects family finances a little, while...

11% said it affects finances a lot

OUR PACIFIC FATHERS

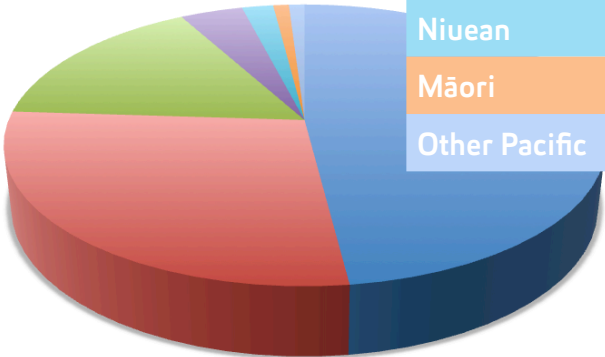
646
fathers responded in
the 14-year phase

ETHNICITY



CONVERSATIONAL LANGUAGES

English	48%
Samoan	28%
Tongan	16%
Cook Island Māori	4%
Niuean	2%
Māori	1%
Other Pacific	1%





FATHERS' OCCUPATION STATUS

- 74%** Paid employment
- 13%** Seeking work
- 7%** Other
- 5%** Full-time parent



ADEQUACY OF HOUSEHOLD INCOME

- 37%** Just enough
- 33%** Enough/ More than enough
- 30%** Not enough



HOW SATISFIED ARE YOU WITH YOUR STANDARD OF LIVING?

- 62%** Satisfied
- 27%** Neutral
- 11%** Dissatisfied

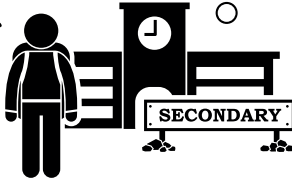
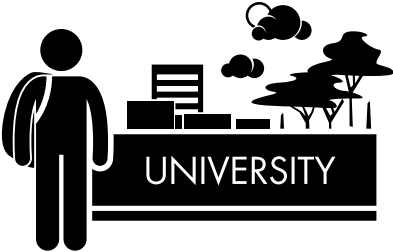
FATHERS' ASPIRATIONS AND EXPECTATIONS FOR THEIR CHILD'S SCHOOLING

ASPIRATIONS

83% want their child to complete a university degree

10% want them to complete Year 13

5% want them to complete further training



68% expect their child to complete a university degree

22% expect them to complete Year 13

9% expect them to complete further training

EXPECTATIONS

Fa'afetai Lava, Malo 'aupito, Meitaki Maata,
Vinaka vaka levu, Fakaauae lahi, Kia ora,
Fakafetai, Mauruuru, Ko rab'a,

Thank You.

PIF STUDY MANAGEMENT TEAM



Dr El-Shadan 'Dan' Tautolo is the Director of the PIF study. He completed both his doctoral and postdoctoral research on Pacific fatherhood with the PIF cohort, and now contributes to the leadership and academic direction of the study. He has strong links within the Pacific health sector and wider Pacific communities.



Professor Janis Paterson is the PIF Study Foundation Director and was instrumental in the development of the study since 1998. Currently, she is Co-Director of the National Institute of Public & Mental Health and Associate Dean of AUT's South Campus in Manukau.



Mr Leon Lusitini is the PIF Study Project Manager. He leads the operational aspects of the PIF study in between writing funding proposals and academic articles. Leon has been with the PIF study since 2005.



Mr Fa'asisila 'Sila' Savila is a Research Officer. He has been with the PIF study since 2009. He advocates supportive nutrition policy for children's health and growth.



Mr Steve Taylor is the PIF Study's statistician and has been with the study since 2009. Steve is involved with statistical research methods and writing of scientific articles with the other management team members



Ms Amor Hirao is the PIF Study's administrator. Amor has been with PIF since 2004 and assists in all manner of tasks relating to operations, finance and administration.



Professor Elaine Rush (MNZM) is one of the PIF Study's main academic collaborators. Elaine is a nutritionist and has been actively involved with the study since 2003, working to understand nutrition and growth with the PIF cohort

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Ministry of Business, Innovation & Employment

Auckland University of Technology

Ministry of Health

PIF would also like to acknowledge the contribution from the following people

Senior Research Fellow

Dr. Melody Oliver

Research Assistant

Upasana Jhagroo

Shabnam Jalili-
Moghaddam

Associate Professor

Dr. Paul Jose (VicUni)

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