

2013 WHAT'S UP? youth WELLBEING SURVEY

Young people actively participate in greater Christchurch as students, employees, employers and leaders. We need to understand your needs now to ensure the right decisions are made for the future.

WELLBEING

We've all been through a tough time in greater Christchurch over the past few years. We asked you how you've felt, what support you've had and what is still difficult for you.

AVAILABLE SUPPORT AFTER THE EARTHQUAKES

57% FEEL A SENSE OF COMMUNITY WITH OTHERS IN THEIR NEIGHBOURHOOD



● STRONGLY AGREE ● AGREE ● DISAGREE ● STRONGLY DISAGREE



81% HAVE SOMEONE TO TURN TO FOR HELP IF FACED WITH A SERIOUS ILLNESS, INJURY OR FOR EMOTIONAL SUPPORT

● YES ● NO ● DON'T KNOW/UNSURE

EMOTIONAL WELLBEING MEASURES

WHO-5 RAW SCORE DISTRIBUTION FOR GREATER CHRISTCHURCH (%)



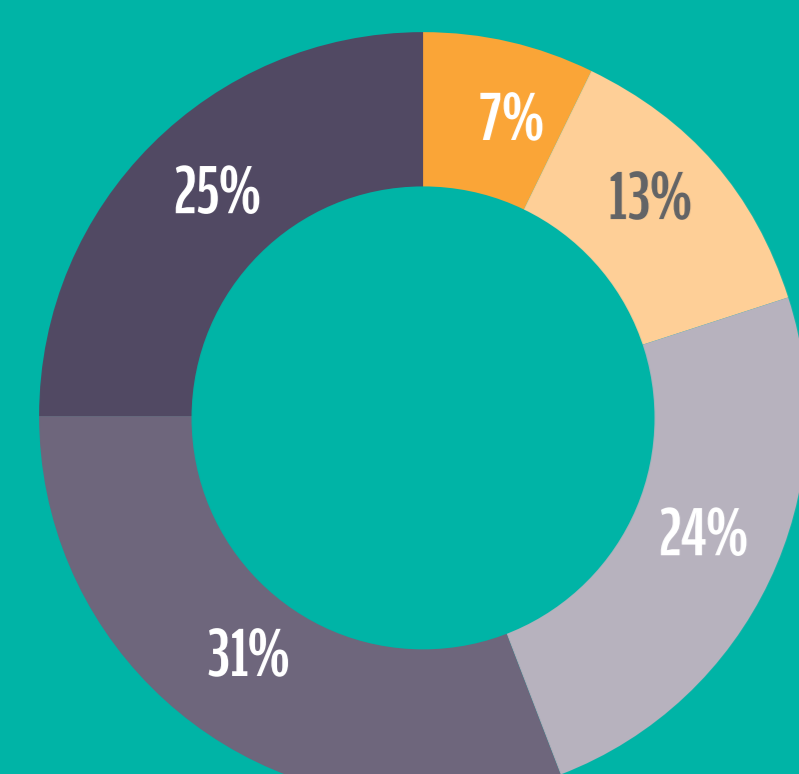
WE ASKED YOUNG PEOPLE TO RATE THE EXTENT TO WHICH THEY HAD FELT THESE INDICATORS:

- I HAVE FELT CHEERFUL AND IN GOOD SPIRITS
- I HAVE FELT CALM AND RELAXED
- I HAVE FELT ACTIVE AND VIGOROUS
- I WOKE UP FEELING FRESH AND RESTED
- MY DAILY LIFE HAS BEEN FILLED WITH THINGS THAT INTEREST ME

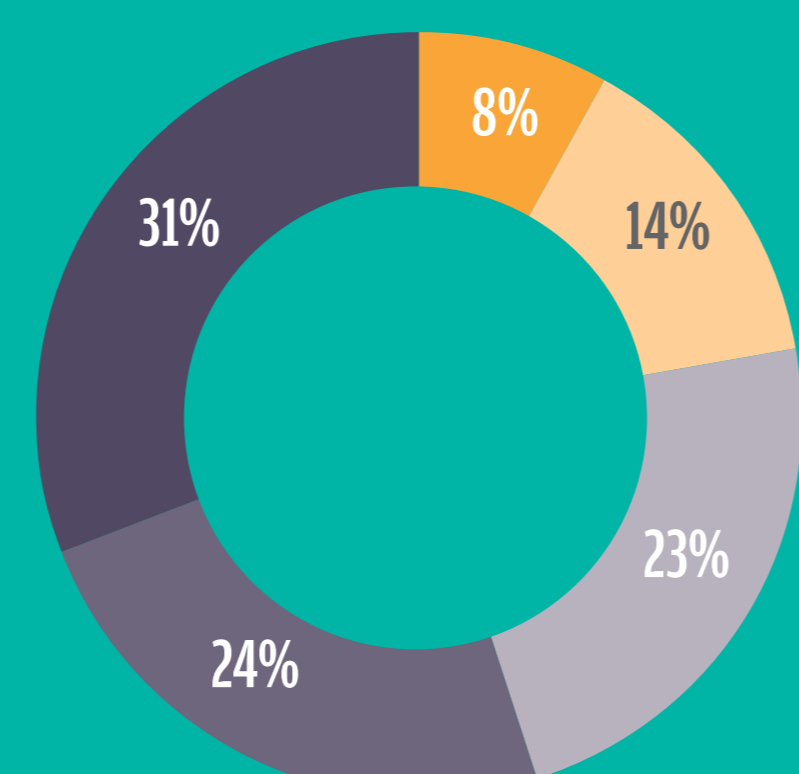
SCORES OVER 13 SIGNAL POSITIVE MENTAL WELLBEING. WE FOUND THAT 65% HAVE A POSITIVE SCORE.

THE MEAN RESULT IS 14.5, WHILE THE MEDIAN RESULT IS 15. THIRTY-FIVE PERCENT HAVE A SCORE OF BELOW 13

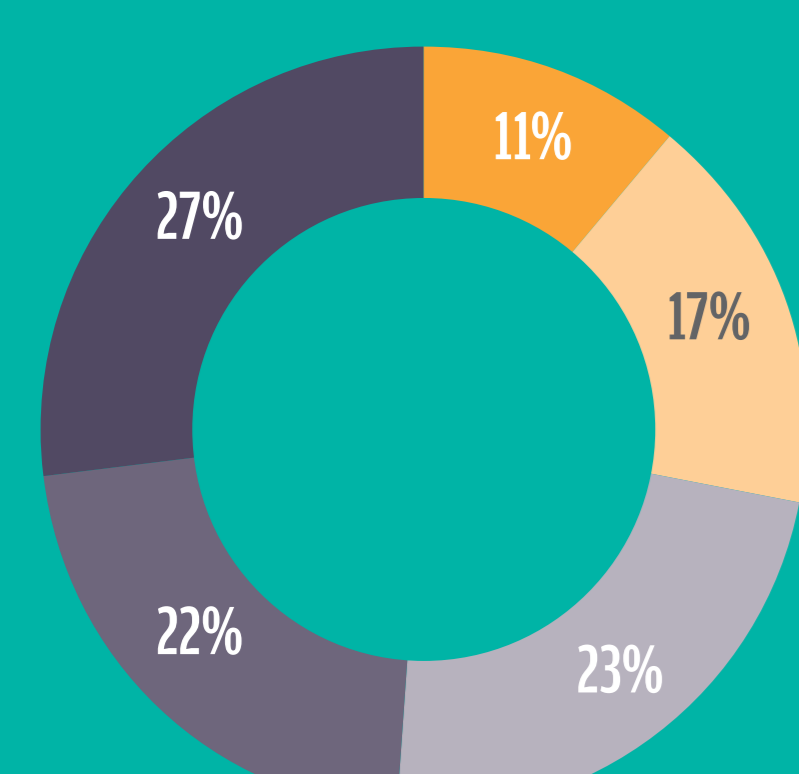
AS A RESULT OF THE EARTHQUAKES...



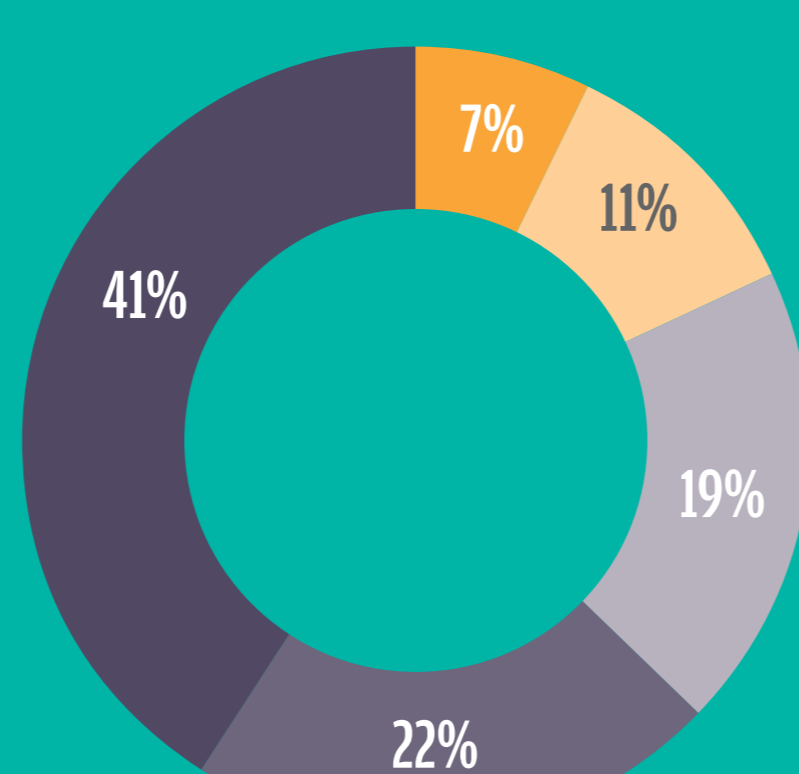
75% HAVE HELPED FAMILY, FRIENDS AND THE COMMUNITY



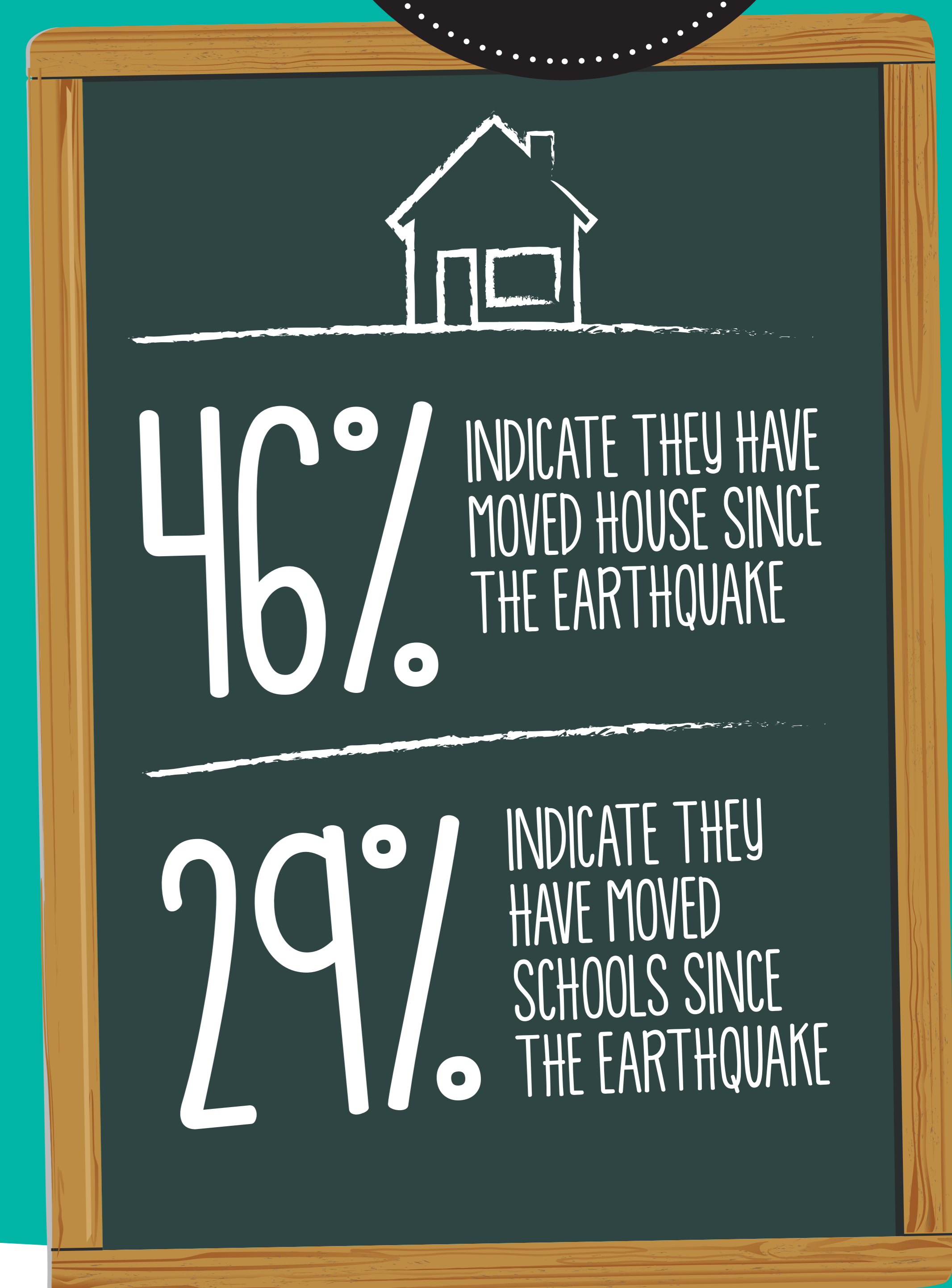
69% HAVE A STRONGER SENSE OF COMMUNITY



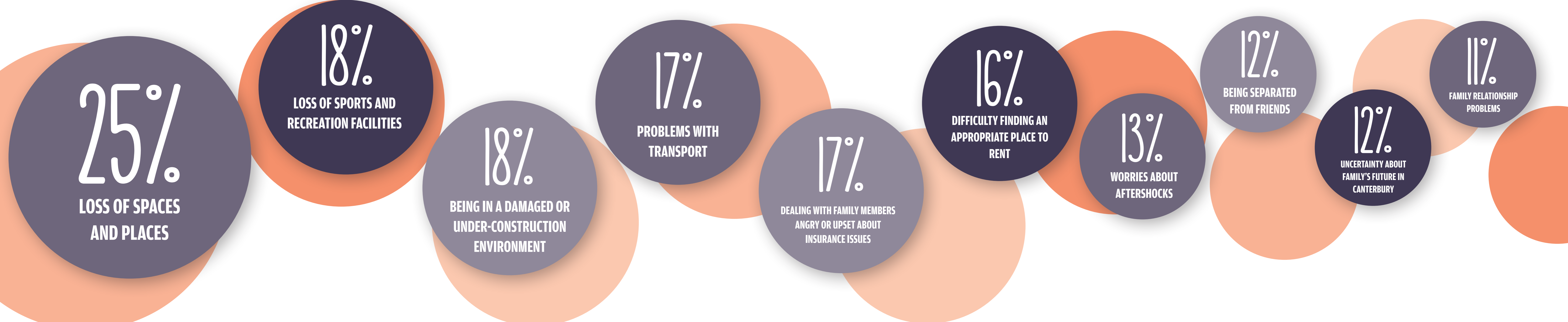
73% HAVE AN IMPROVED ABILITY TO COPE



59% HAVE SPENT MORE TIME TOGETHER AS A FAMILY



CONTINUING ISSUES THAT HAVE A NEGATIVE EFFECT ON EVERYDAY LIVES

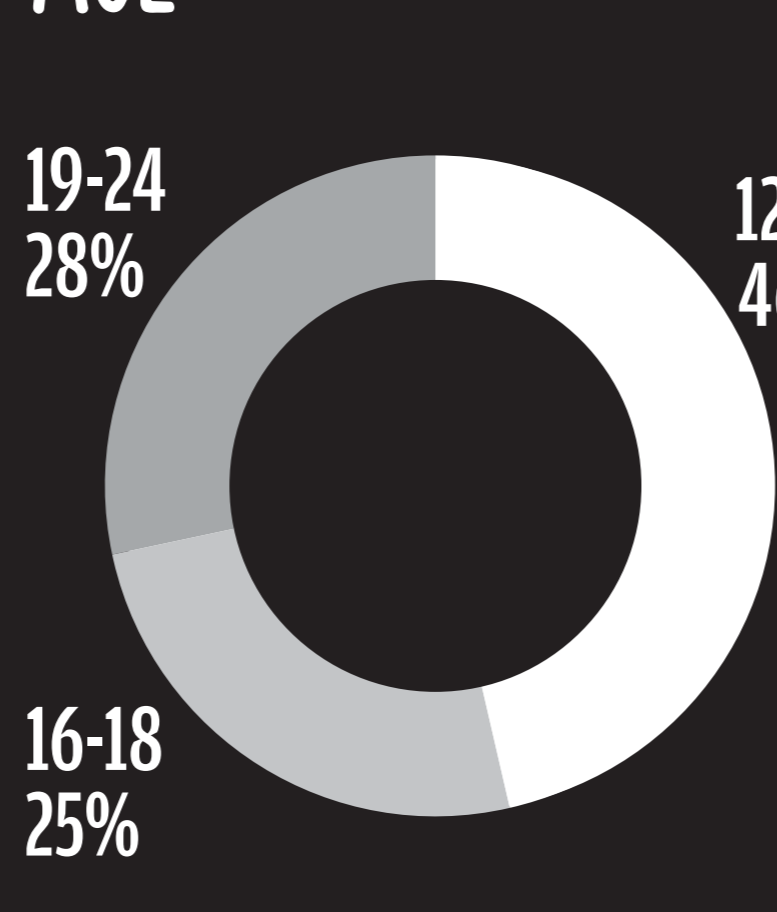


Who completed THE SURVEY

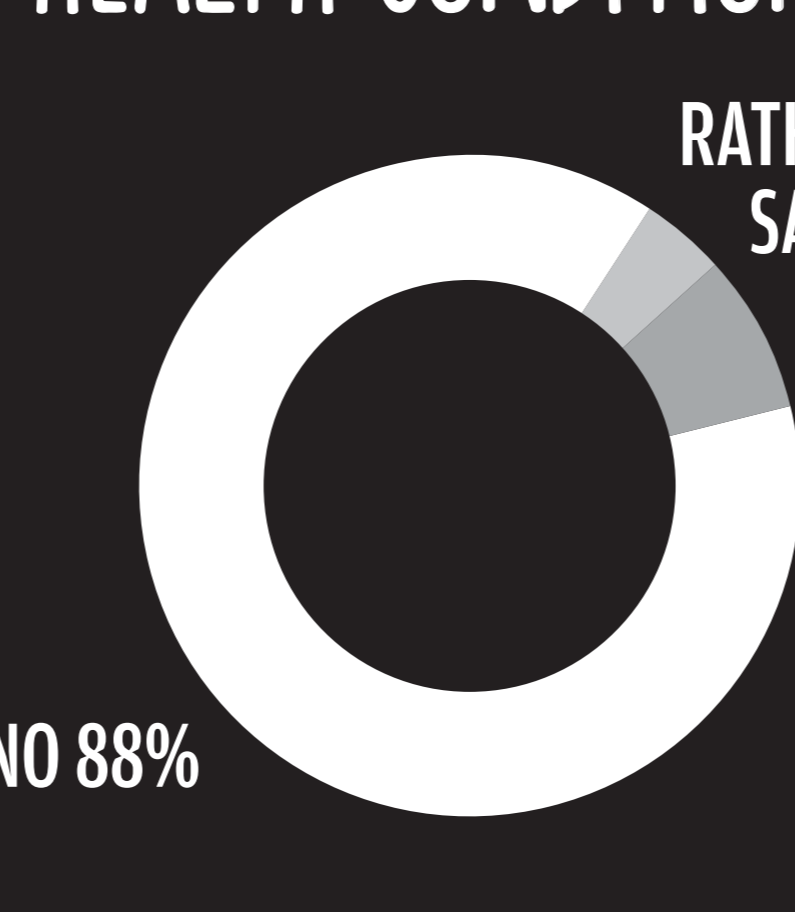
3341 total RESPONDANTS



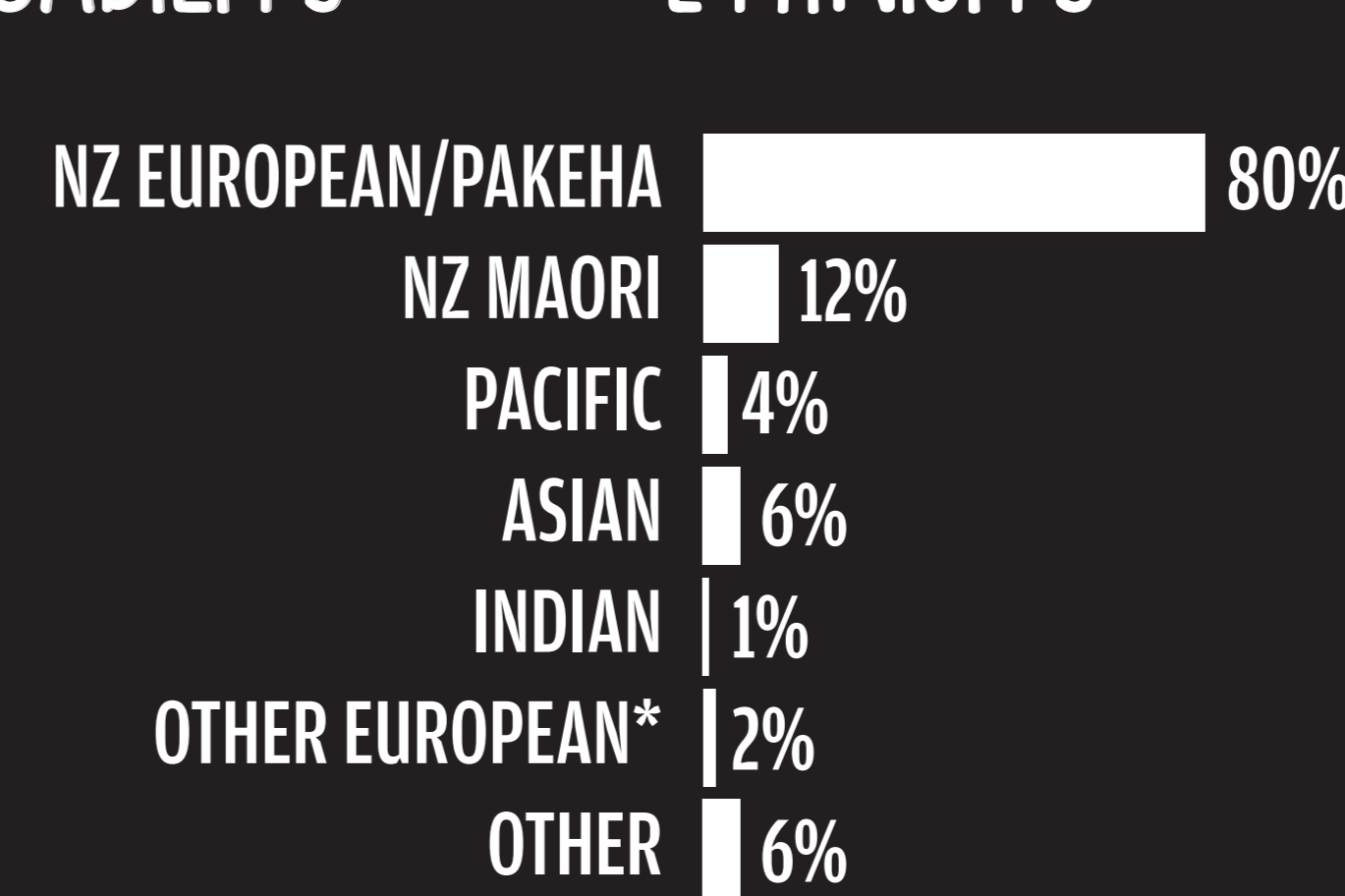
AGE



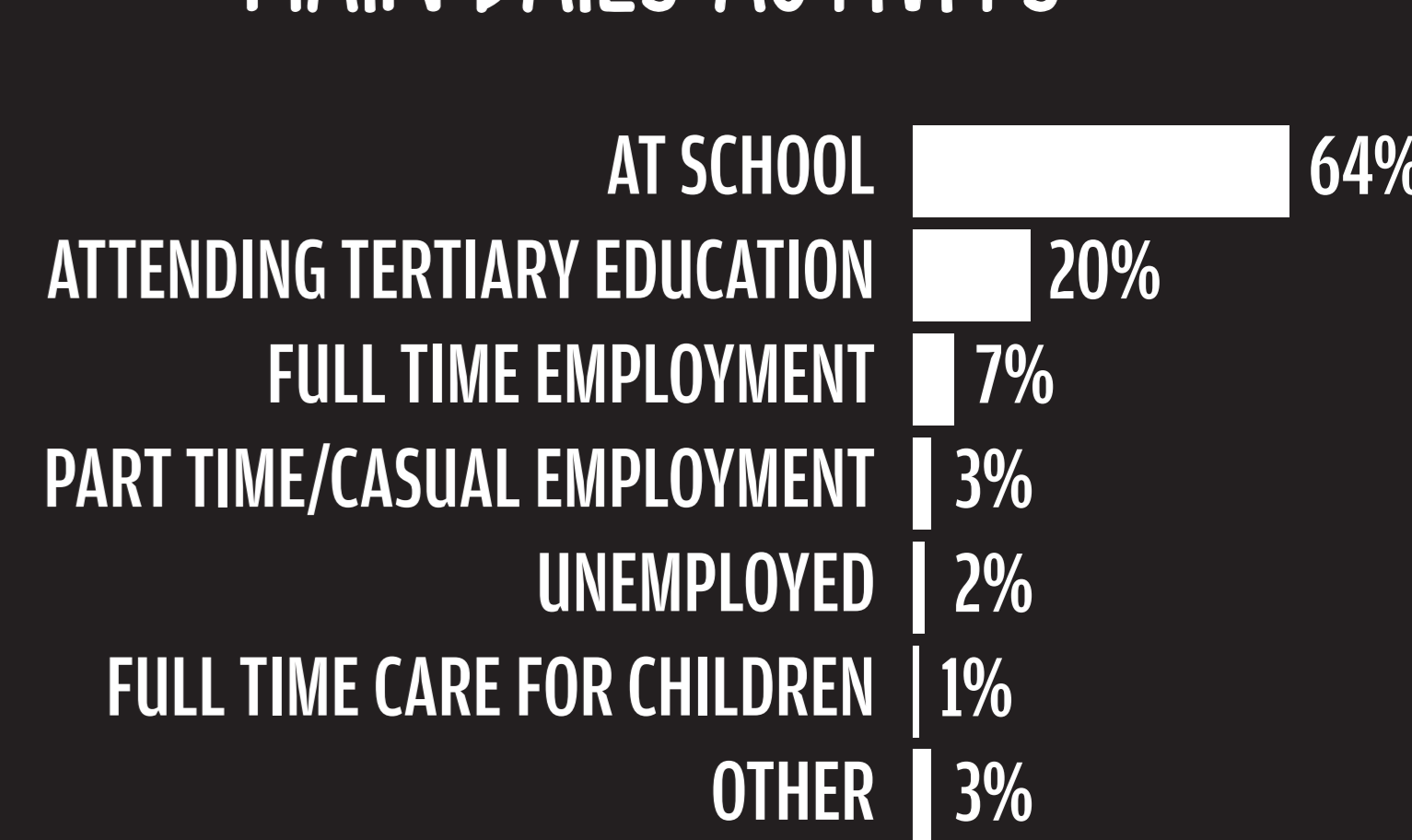
HEALTH CONDITION OR DISABILITY



ETHNICITY



MAIN DAILY ACTIVITY



*E.G. GERMAN, AMERICAN, BRITISH, SOUTH AFRICAN.