

# Waikato Region Quality of Life

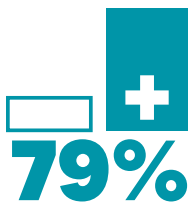
## Key highlights 2024

The 2024 Quality of life survey measures people's perceptions of several aspects related to quality of life.

A random selection of residents were invited to participate either online or via hardcopy questionnaire.

The Waikato Survey was completed by 1,257 people aged 18 years and over between April and August 2024.

### Quality of life



Rate their overall quality of life positively



Say their quality of life has changed compared with 12 months ago

#### Top 3 reasons for improvement

- ♥ Health and wellbeing
- ♥ Lifestyle
- ♥ Financial wellbeing

#### Top 3 reasons for decline

- ✕ Financial situation
- ✕ Health and wellbeing
- ✕ Work situation

### Built and natural environment



**76%**

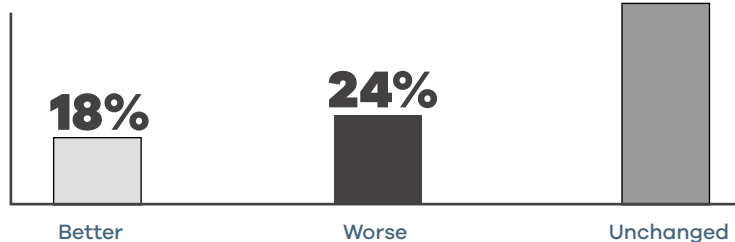
Think their city or local area is a great place to live



**63%**

Are really happy with how their city/local area looks and feels

Compared to 12 months ago, the city/local area has become



### Housing

Perceptions of housing (% strongly agree or agree)



**79%**

Home suits the need of the household



**81%**

Live in suitable area



**36%**

Home is affordable

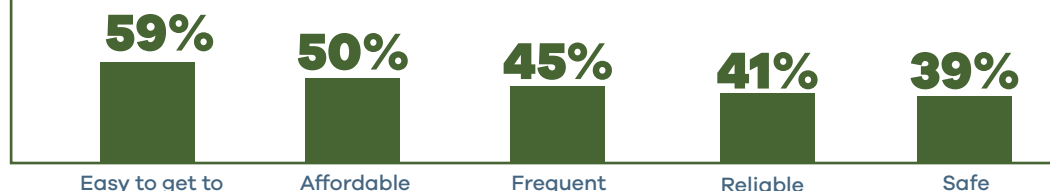
### Transport



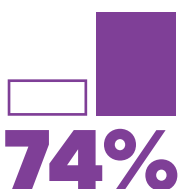
**9%**

Use public transport weekly (or more often)

Perceptions of public transport in local area (% strongly agree or agree) (of those that have public transport in their area)



### Health & Wellbeing



Rate their overall health positively



**31%**

Were physically active on 5 or more days in the past week



**25%**

Always/most of the time experience stress with a negative effect

Have someone to rely on during a difficult time for Practical support

**88%**

Emotional support

**86%**

#### Top 3 barriers to seeking healthcare

- + Long wait time
- + Financial concerns
- + Appointment time didn't suit

# Waikato Region Quality of Life Key highlights 2024

