



**He Pūrongo Mate Pukupuku
o Aotearoa 2020**

Tuhinga whakarāpopoto

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E whakarāpopoto ana tēnei pūrongo i te *Pūrongo Mate Pukupuku o Aotearoa 2020*. Ka whakamahia hei paerewa mō te aroturuki i tā mātau anga whakamua kia pai ake te ārai i te mate pukupuku, te whakatau i te mate, te whakamaimoa me te tautoko, ā, ka wero i tō tātau rāngai hauora kia pai ake ana mahi tuku manaaki ōrite, tōtika mō te hunga katoa e pāngia ana e te mate pukupuku. He whakaatu anō hoki i tō mātau kūare ki ētahi mea; ngā wāhi me nui ake te rangahau me te arotahi.

E wātea ana te pūrongo whānui i:
teaho.govt.nz/reports/cancer-state

Te Aho o Te Kahu

Ka ārahi mātau me te whakakotahi i ngā mahi hei whakarato i ngā putanga mate pukupuku pai ake mō Aotearoa.

E tohu ana tō mātau ingoa me te moko i tō mātau pūmau ki ngā mātāpono o Te Tiriti o Waitangi, te ūritetanga me te whakakotahi i te hunga whai pānga i runga i te ara mate pukupuku.

Kaupapa o te whakahaere

- Te ārahi ā-motu me te whakahaere i te mate pukupuku.
- Te tuku tohutohu kaupapahere tōtika ki te Kāwanatanga mō te whakahaere i te mate pukupuku.
- Kia noho haepapa mō te whakarite kei te pūrangiaho te anga whakamua ki ngā whāinga me ngā putanga o te Mahere Mahi Mate Pukupuku.

Kia iti iho te mate pukupuku

Kia nui ake te whakaoratanga mai

Kia whai mana ōrite te katoa

teaho.govt.nz



HE AHA NGĀ MEA KA KITEA I ROTO I TĒNEI WHAKARĀPOPOPOTONGA

Te Mate Pukupuku i Aotearoa

He whakarāngi i ngā mate pukupuku e tino pā mai i Aotearoa, e tirotiro ana i ngā ia o te pā mai, te whakaora me te matenga.

Ngā rerekētanga i roto i te mate pukupuku

He aro ki ngā rerekētanga mō ngā rōpū rerekē i Aotearoa. Kei roto i tēnei ko ngā iwi Māori, Te Moana-nui-a-Kiwa, Āhia, me rātau e noho ana ki ngā wāhi takaonge, tuawhenua hoki, te hunga hauā me ngā tangata kanorau-SOGIESC.

Te hunga e whakarato ana i ngā manaakitanga mate pukupuku

E aro ana ki te hunga me ngā ohu mate e manaaki ana puta noa i te ara manaaki mate pukupuku.



Te ara mate pukupuku

Kei roto i te Ārai mate ko te whai whakaaro ki te whai pānga o te tangata ki ētahi o ngā tino pūtake o te mate pukupuku, pērā i te tupeka, te waipiro, me ētahi whakapokenga, tikākā hoki.

Ko te Tātari mate tētahi tikanga o te ārai i ngā mate pukupuku mai i te tipu mai, te wawe o te whakamaimoa hoki/rānei. E toru ngā kaupapa tātari mate pukupuku i Aotearoa: mō te ū, waha whare tangata me te whēkau.

Ko te whakatau i te mate koinā te ara e whakatauhia ai he aha te mate, me te wā.

Te whakamaimoa me te rangahau

E matapaki ana te Whakamaimoa i ngā tūmomo ara o te whakamaimoa e wātea ana i Aotearoa. **E whai ana te Rangahau** i te āhua o te rangahau i te mate pukupuku i Aotearoa.

Te ora me te āta tirotiro haere

E kōrero ana mō ngā wāhangā o ngā manaaki mate pukupuku i tua atu o te whakatau tuatahi me ngā wāhangā whakamaimoa

Ngā manaaki whakamauru mamae me ngā manaaki whakamate

Ka neke te aronga mai i te whakamaimoa mate pukupuku ki te whakamaimoa tohumate me te kounga o te āhua noho; tae atu ki te tuku i ngā ratonga me te tautoko i ngā hiahia ā-tinana, ā-whatumanawa, ā-pāpori, ā-wairua hoki o te tangata i a ia e whakamate ana.

Ka kitea e koe ētahi taipitopito atu anō mō te āhua o te mate pukupuku i Aotearoa: **He Pūrongo Mate Pukupuku o Aotearoa 2020**

E wātea ana tēnei whakarāpopotonga i roto i te reo Māori i: teaho.govt.nz/reports/cancer-state

Te Mate Pukupuku i Aotearoa

Tata ki te 26,000 ngā tāngata o Aotearoa kua whakatauhia kei te mate pukupuku i ia tau.

Ko ngā mate pukupuku e tino pā mai ana: ko te ū, pūkahukahu, kōpiro me te repe tātea.

Ngā whakatau kei te mate pukupuku

Te maha o ngā mate pukupuku hou i whakatauhia i roto i tētahi wā

3,572 ngā tāngata o Aotearoa i whakatauhia kei te mate, tae atu ki ngā tāngata Māori e **485**, 273 ngā tāngata o Āhia me ngā tāngata **163** o Te Moana-nui-a-Kiwa

2,381 ngā tāngata o Aotearoa i whakatauhia kei te mate, tae atu ki ngā tāngata Māori e **507**, 125 ngā tāngata o Āhia me ngā tāngata **122** o Te Moana-nui-a-Kiwa

3,189 ngā tāngata o Aotearoa i whakatauhia kei te mate, tae atu ki ngā tāngata Māori e **230**, 132 ngā tāngata o Āhia me ngā tāngata e **77** o Te Moana-nui-a-Kiwa

4,176 ngā tāngata o Aotearoa i whakatauhia kei te mate, tae atu ki ngā tāngata Māori e **311**, 123 ngā tāngata o Āhia me ngā tāngata **130** o Te Moana-nui-a-Kiwa



Pūkahukahu



Kōpiro



Repe tātea



Ngā matenga mate pukupuku

Te maha o ngā mate pukupuku i roto i tētahi wā

680 ngā tāngata o Aotearoa i mate, tae atu ki ngā tāngata Māori e **76**, 32 ngā tāngata o Āhia me ngā tāngata e **44** o Te Moana-nui-a-Kiwa

1,781 ngā tāngata o Aotearoa i mate, tae atu ki ngā tāngata Māori e **368**, 68 ngā tāngata o Āhia me ngā tāngata e **95** o Te Moana-nui-a-Kiwa

1,214 ngā tāngata o Aotearoa i mate, tae atu ki ngā tāngata Māori e **76**, 34 ngā tāngata o Āhia me ngā tāngata e **30** o Te Moana-nui-a-Kiwa

695 ngā tāngata o Aotearoa i mate, tae atu ki ngā tāngata Māori e **62**, 15 ngā tāngata o Āhia me ngā tāngata **19** o Te Moana-nui-a-Kiwa



Ngā tamariki, taiohi, me ngā rangatahi

I te tau 2019 **150** ngā tamariki (0–14 tau) i whakatauhia kei te mate pukupuku i Aotearoa.

I te tau 2018 **176** ngā taiohi me ngā rangatahi (12–24 tau) i whakatauhia kei te mate pukupuku i Aotearoa.



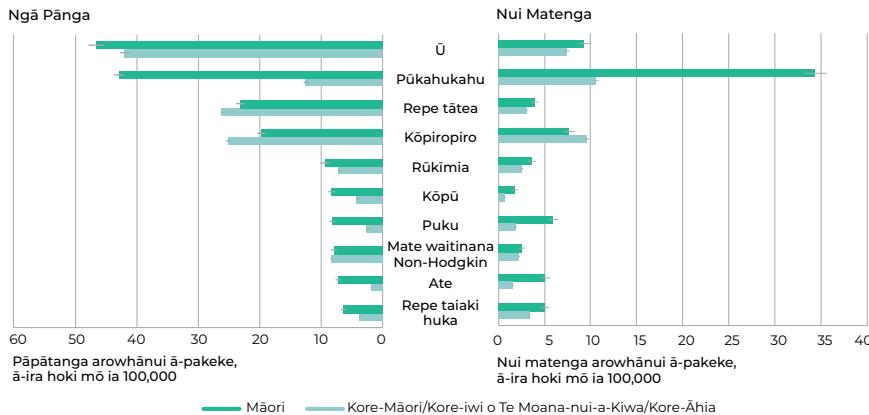
Ngā rerekētanga i roto i te mate pukupuku

Kāore e ūrite te whai pānga o te mate pukupuku ki ngā rōpū katoa i roto i tō tātau taupori. He rerekētanga kei roto i tēnā, i tēnā wāhanga o te ara mate pukupuku.

Māori

- He 20% te nui ake ka tūpono pā mai te mate pukupuku ki te Māori tēnā i a tauiwi, engari he rearua ake te tūponotanga ka mate rātau.
- Ko ngā mate e tino pā mai ana ki te Māori ko ērā ka taea te ārai, ā, he kaha te matapaetanga mate.
- Kei te pai haere ngā tatau whakaoranga mai mō te katoa, engari he nui tonu te wehenga o ngā tatau whakaoranga i waenga i te Māori me tauiwi.
- Ina whakatauhia he mate pukupuku, he tino iti ake te rahinga whakaoranga o te Māori i ngā tauiwi mō te nuinga o ngā mate pukupuku e tino e pā mai ana.
- Ko te take pea he iti ake te whakaoranga mai mō te Māori he kino ake te whai wāhi atu ki te whakatau tōmua, te tātari me te whakamaimoa me etahi atu mate i te taha o te mate pukupuku.

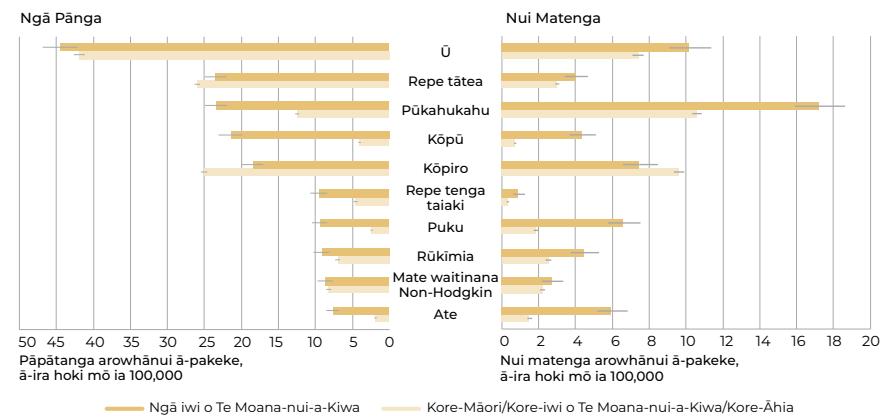
Ngā raraunga o te pā mai me te matenga mō te Māori (2007-2017)



Ngā iwi o Te Moana-nui-a-Kiwa

- He tino nui te pā mai o te mate pukupuku ki ngā iwi o Te Moana-nui-a-Kiwa me te matenga mō ngā tūmomo mate pukupuku tēnā i ētahi atu iwi, otirā he nui te pā mai o te mate pukupuku ā-whare tangata.
- He tino kino ake te whakaoranga o ngā iwi o Te Moana-nui-a-Kiwa i Aotearoa tēnā i ētahi atu iwi.
- He kino ake ngā otinga o ngā kaupapa tātari mō ngā iwi o Te Moana-nui-a-Kiwa, ā, he iti iho tō rātau whakauru atu.

Ngā raraunga o te pā mai me te matenga mō ngā iwi o Te Moana-nui-a-Kiwa (2007-2017)



Ngā rerekētanga i roto i te mate pukupuku

Ētahi atu rōpū

Ngā iwi o Āhia

- Ko ngā mate pukupuku e tino pā mai ana ki ngā iwi o Āhia ko te mate pukupuku ki te ū, kōpiro, pūkahukahu me te repe tātea.
- Ko te mate pukupuku ki ngā pūkahukahu te tino pūtake take o te mate pukupuku mō ngā iwi o Āhia, whai muri mai ko ngā mate pukupuku ki te ū me te kōpiro.
- He nui ake te pā mai o te mate pukupuku ki te tengā ki ngā iwi o Āhia tēnā i ētahi atu rōpū mātāwaka.
- He kino ake ngā otinga o ngā kaupapa tātari mō ngā iwi o Āhia, ā, he iti iho tō rātau whakauru atu.

Te hunga noho tuawhenua

- Kei te takiwā o te 25% te iti iho o ngā rahinga mate pukupuku i ngā wāhi tuawhenua i Aotearoa tēnā i te hunga noho tāone matua.
- Me kī he uaua ake mō te hunga noho tuawhenua ki te whai wāhi atu ki ngā ratonga kimi mate me te whakamaimoa mō ō rātau mate pukupuku i te mea he tawhiti atu rātau i te nuinga o ngā ratonga mate pukupuku.

Te hunga hauā

- He nui ake te pā mai o ngā mōrea hauora ki te hunga hauā, ā, he nui ngā tauārai ki ngā ratonga hauora, tae atu ki ngā ratonga ikiiki, ngā raruraru whakawhitihiti me te āhei atu ki ngā ratonga.
- Kua kitea e ngā rangahau he kino ake ngā otinga o ngā kaupapa tātari mō te hunga hauā, ā, he iti iho tō rātau whakauru atu.

Te hunga e noho ana i ngā wāhi takaonge

- Ko te hunga e noho ana i ngā wāhi takaonge he iti iho te whai wāhi atu ki ngā momo mea e mōhio atu ana he ārai i te pā mai o ētahi mate pukupuku pērā i ngā kai tōtika, me ngā wāhi wātea mā, kākāriki mō te korikori tinana.
- He nui ake te tūponotanga ka whai wāhi atu te hunga e noho ana i ngā wāhi takaonge ki ngā mea e pā mai ai ngā mate pukupuku, pērā i te tupeka, ngā kai haumaru kore me ngā inu kāore i te pai, me ētahi mate maunoa e tino kitea ana i ngā wāhi noho apiapi, kāore i te tino pai.
- He nui ake te pā mai o te mate pukupuku ki te hunga e noho ana i ngā wāhi takaonge.
- He nui ake te pā mai o ngā mate pukupuku ki te puku me ngā pūkahukahu i te nuinga o ngā wāhi takaonge i Aotearoa tēnā i ngā wāhi pai ake te noho.



Ngā rerekētanga i roto i te mate pukupuku

Te hunga he mate hinengaro me ngā raruraru waranga

- He poto ake ngā rā ki tēnei ao o te hunga mate hinengaro me ngā raruraru waranga tēnā i ētahi atu rōpū, ko te tino take peā he tere mate nā ētahi atu mate, pērā i te mate manawa me te mate pukupuku.
- E ai ki ngā rangahau i Aotearoa kua kitea, i roto i te hunga he mate pukupuku, kōpiro rānei, he iti iho te whakaoranga mai mō te hunga i whai wāhi atu i nā tata nei ki ngā ratonga hauora mate hinengaro mātanga.
- Ko te tōmuri o te whakatau i te mate tētahi āhuatanga hira he tino hē te whakaoranga mai o te hunga he mate hinengaro ō rātau i te mea nā ō rātau mate hinengaro kua kore e kitea ētahi atu o ō rātau mate.

Ngā tāngata kanorau- SOGIESC* (LGBTQI+/Rainbow)

- He iti iho te haere atu o te hunga nō te hapori LGBTQI+ ki te kite i tētahi rata i runga i tō rātau māharahara kāore rātau e manaakitia, ka whakaitihia rānei mō tō rātau hōkakatanga, tuakiri ira tangata me tō rātau āhua, ngā āhuatanga ira tangata rānei.
- He nui ake te tūponotanga ka pā mai te mate pukupuku ki te hunga he mate HIV tēnā i ētahi atu o te iwi.

*SOGIESC – sexual orientation, gender identity and expression, and sex characteristics



Te hunga whakarato i ngā manaaki mate pukupuku

He maha ngā tūmomo ngaio kei te mahi ki te ārai, te tātari, te whakatau me te manaaki i te hunga mate pukupuku. Mahi ai ēnei tāngata i roto i tō tātau hapori me ngā wāhi o te hōhipera.

Ngā tāngata e mahi ana i te mahi kaitiaki mate pukupuku

Tiakanga hauora mātāmua

Te tiakanga hauora e whakaratoa ana i te hapori, tae atu ki te tākuta ahuwāhānui (GP), nēhi mahi, nēhi mātanga, kaikēmehi, ētahi atu mātanga hauora rānei

Ngā kaipoka

hei tauira, kōpiropiro, tarāuma, taihemahema, whare tangata

Ngā kairangahau mate

hei tauira, hanganga tinana, whānui, matū, kairangahau take mate

Ētahi atu mātanga hōhipera

hei tauira, tiakatanga whakamauru, mate arahau, mate manawa, mate puku whānui

Ngā huinga mātanga hauora

hei tauira, mātanga kai, whakaahua rongoā (oro ikeike, kaihihi), kaihaumanu ā-mahi, kaihaumanu tinana, kaikēmehi, kaimātai hinengaro, kaihaumanu hihi, kaitauwhiro



Ngā nēhi tiaki mate pukupuku, mate toto me te whakamauru

Ko te rōpū nui rawa o ngā mātanga tiakanga hauora i te rāngai tiaki mate pukupuku i Aotearoa

Ngā mātanga tiaki mate pukupuku tamariki me te taiohi (tākuta mate pukupuku tamariki)

Ngā kaiwhakaahua tinana

Ngā kaiwhakaahua tinana kohuratanga, me te wawaonga

Ngā tākuta mātanga mate pukupuku, me te mate toto

Ngā tākuta hihi mate pukupuku, rongoā mate pukupuku, tākuta toto hoki

Ngā kaiwhakarato Kaupapa Māori

He huarahi 'nā te Māori mā te Māori' ki ngā ratonga hauora, i poua i runga i te whakaaro kia whai mana te Māori ki te whakatau i tōna ake hauoratanga mai i tō rātou ake pūnaha tikanga

Ko ētahi o ngā raruraru kei te pā ki te hunga ohu mahi mate pukupuku

- He wāhanga nui tonu o te nuinga o ngā ohu mahi ko te tikanga kā tae ki te taipakeke ahungarua hei te 20 tau e whai ake.
- Kāore te ohu mahi onāianei i te whakaata i te taupori onāianei o Aotearoa, hei tauira, ko te mea nui rawa, he 4% ngā ngaio o ngā ohu mahi mātanga mate pukupuku he Māori engari he 16.5% o te taupori he Māori.
- I ētahi wā ka pā ngā raruraru whakawhitihitī kōrero me te tuari mōhiohio i waenga i ngā ratonga hōhipera me ngā ratonga hauora matua (hei tauira, rata, ngā ratonga hapori).

Ngā whakahaere kāwanatanga-kore (ngā NGO)

- He wāhanga hira tō ngā NGO ki te hāpai i te mōhio me te māramatanga ki te mate pukupuku. Ko tā rātau he tuku tohutohu me te tautoko ki te hunga mate pukupuku me ō rātau whānau.
- E 218 ngā pokapū mate pukupuku kei Aotearoa – e 6 ngā kaupapa aroha mō ia 1,000 tāngata i Aotearoa tēnā i te 2.5 ngā kaupapa aroha mō ia 1,000 tāngata i Piritana Nui. Ka tāparaparatia ngā rātonga i tēnei, ā, ko te mutunga atu peā ko ngā uauatanga me ngā rerekētanga i te mea ka whakataetae ngā kaupapa aroha rerekē mō taua pūtea kotahi.



Te ara mate pukupuku

Te hīkoi a te tangata mai i te tātari i te mate, te whakatau, te whakamaimoa me te noho pai me te mate pukupuku, ā, me tua atu hoki.

Te ārai i ngā mate pukupuku

Atu ki te haurua o ngā mate pukupuku katoa i Aotearoa ka taea te ārai mēnā ka whakaitihia tō tātau whai wāhi atu ki ngā āhuatanga mōrea mate pukupuku.

He pai ake te ārai i te mate pukupuku mō te tangata, ngā whānau me te pūnaha hauora.

He mahi ngā tāngata o Aotearoa he noho, he mahi, he pārekareka rānei i ngā wāhi e nui ake ai tō rātau tūponotanga ki ngā āhuatanga mōrea mate pukupuku.

He nui ake te tūponotanga ka whai wāhi atu te Māori, ngā iwi o Te Moana-nui-a-Kiwa me te hunga iti te moni whiwhi ki ngā wāhi kāore i te pai, ā, kāore tēnei i te tika, kei te hē hoki. Hei tauira, he nui ake ngā toa e hoko ana i ngā tupeka, waipiro me ngā kai kino i roto i ngā hapori rawakore.

Kua whāia ētahi tūmomo mahi ki te whakaiti i te whai wāhi atu ki ngā āhuatanga mōrea mate pukupuku. He pai ngā mahi kua oti ki te whakaiti i te rahinga o te hunga kai paipa me te ārai i ngā mate pukupuku mai i te tupeka, engari kāore i tino eke te pai o ā mātau mahi mō te Māori, ngā iwi o Te Moana-nui-a-Kiwa me te hunga iti te moni whiwhi. Kua whakaitihia e te kano ārai mate ngā mate ate kakā B me ngā whakapokenga HPV.

Mō te 30–50% o ngā mate pukupuku katoa ka taea ērā te ārai.

Ngā mea e mōhio ana tātau he pūtake mate pukupuku:

- tupeka
- waipiro
- ngā kai kore i te pai
- he iti rawa te korikori tinana
- he taumaha rawa
- hīkākā
- he whai wāhi atu ki ngā matū pūtake mate pukupuku i te mahi
- ngā whakapokenga, pērā i te mate ate kakā B me C me te HPV.

Ngā whakaawenga kei ngā hauora o te tangata

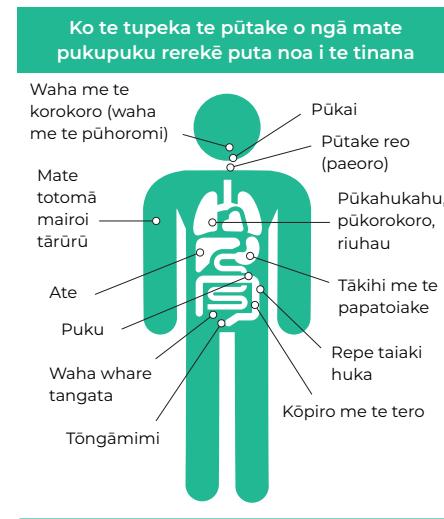
Ina he nui ngā whakaawenga kei ngā hauora o te tangata me te whai wāhi atu ki te mōrea mate pukupuku, kei reira ngā tūmomo ara ārai mō te whakahaere i te mate pukupuku. Me arotahi pea ēnei ara ki ngā tāngata, me arotahi rānei ki ngā hapori me ētahi taupori ake.



Te ara mate pukupuku – Ārai mate

Tupeka

- Neke atu i te 80% o ngā mate pukupuku ki ngā pūkahukahu ka ahu mai i te tupeka, me te ētahi atu o ngā mate pukupuku maha.
- E kaha ana a Aotearoa ki te whakaiti haere i te maha o te hunga e kai ana i ngā hua tupeka.
- Kua heke iho te rahiinga kai paipa mai i te 33% i te tau 1983 ki te 12% i te tau 2019.
- Ko te iwi Māori, Te Moana-nui-a-Kiwa me ngā rōpū iti te moni whiwhi he nui rawa te kai paipa.



Ngā mahinga ārai mate:

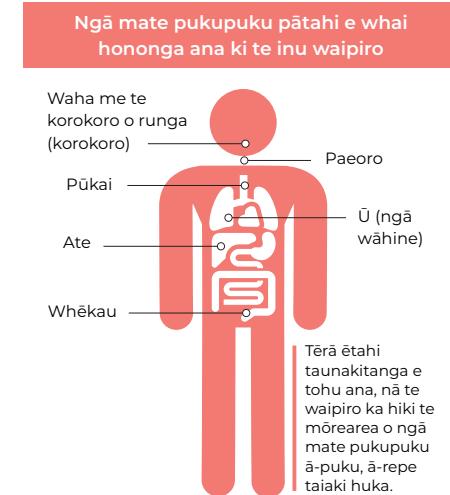
- He maha ngā mahi e aro ana ki te aukati i te tīmata a te hunga taiohi i te kai paipa, e tautoko ana i te hunga kai paipa kia mutu te kai paipa me te ārai i ētahi atu kia kaua e raru i te auahi o te paipa. Kei roto i tēnei ko ngā whakapikinga utu, te rāhui i te kai paipa i rō whare me te ārai i ngā pānui hokohoko, tae atu ki te mātauranga me te whakapiki mōhio. I te tau 2020, i rāhuitia te kai paipa i rō motukā he tamariki i roto, ā, kei te whakaheretia ngā hua rehutupeka e te ture.
- Ina tata nei i mahi Te Manatū Hauora me ngā wāhine rangatahi Māori ki te waihangā tahi i tētahi aratohu tikanga mō ngā ratonga whakamutu i te kai paipa.

Waapiro

- Ko te waapiro te pūtake o ngā tino mate pukupuku maha tae atu ki te mate pukupuku ki te ū me te whēkau.
- He inu waapiro te nuinga o te nuinga o ngā tāngata o Aotearoa, ā, kotahi te tangata i roto i te tokowhā he tino kino te inu.
- Kitea ai ngā tikanga inu tino kino i roto i ngā tāne (ngā taipakeke katoa me ngā mātāwaka katoa), ngā rangatahi (18-24 tau) me ngā pakeke Māori me ō Te Moana-nui-a-Kiwa.
- He rautaki ārai hira te whakaiti i te inu waapiro mō te whakaiti i ngā mate pukupuku maha.

Ngā mahinga ārai mate:

- He nui ngā mahi e aro ana ki te whakaiti i ngā kino o te waapiro tae atu ki ngā ture taraiwa haurangi, ngā tapanga whakatūpato mō te hapūtanga me ngā aratohu inu waapiro haumaru.
- He iti noa te anga whakamua mō te whakaiti i te whaiutu o te waapiro, te wāteatanga, ngā pānui hokohoko rānei, ā, ko te tikanga he tōtika ake tēnei mō te whakaiti i te whānuitanga o te kai waapiro.



E 4 o ia 5 pakeke he inu waapiro



1 o ia 4 kaiinu he kino te inu

Te ara mate pukupuku – Ārai mate

Ngā kai kāore i te pai, te iti rawa o te korikori tinana me te taumaha tinana

- He pānga ō ā tātau kai, te nui o ā tātau korikori tinana me tō tātau taumaha ki te mōrea o te pānga mai o te mate pukupuku. Hei tauira, te nui o te kai mīti me ngā kai tukatuka rawa (pērā i ngā kai rangaranga me te inu he nui te huka) me te iti o ngā huarākau me ngā huawhenua me te weu ka taea te whakapiki tō tūponotanga ki te mate pukupuku ki te whēkau. Kua kitea te hono o te taumaha rawa o tō tinana ki ngā tino mate pukupuku noa tae atu ki te mate pukupuku ki te whēkau me te ū.
- He maha ngā tāngata o Aotearoa he iti rawa te kai huarākau me te huawhenua, ā, he iti rawa te korikori tinana.
- He nui ake te tūponotanga ka taumaha ake ngā tinana o te iwi Māori, Te Moana-nui-a-Kiwa me ngā hapori iti te moni whiwhi.
- Ko te mea pai mā te whakanui haere i te rahinga o tā tātau korikori tinana, ā, mēnā ka pai ake ā tātau kai, ka taea te kaupare atu te pānga mai o ētahi mate pukupuku.



Nga mahinga ārai mate (mō te kai, te korikori tinana me te taumaha o te tinana)

- Kua whakamahia ngā tūmomo rautaki hei whakapai ake i te kai, te korikori tinana me te āwhina i te tangata ki te pai te taumaha o te tinana. I mua, ko te nuinga o ngā mahi i aro kē ki te mātauranga me te whakapiki i te mōhio. Engari, kua kaha ināianei te aro atu ki te waihangā i ngā wāhi hauora ake e māmā ai ake ai te kai i ngā kai tōtika me te korikori tinana. Ko ngā tauira ko te kaupapa 'Healthy Active Learning' i roto i ngā kura me te kaupapa 'Healthy Families' kei roto i ētahi hapori (Te Manatū Hauora 2020e).



Te ara mate pukupuku – Ārai mate

He nui rawa te whitikia e te rā

- Ko te iraruke hihi katikati (UV) mai i te rā, ngā moenga whakaparauri rānei te pūtake o ngā mate pukupuku ki te kiri 90% o te katoa.
- Ko ngā mate pukupuku ki te kiri ngā mate pukupuku e nui ake te pā mai i Aotearoa. E tino pā mai ai ēnei mate pukupuku ki ngā tāne, ā, ka nui haere te mōrea i te pakeketanga haere.
- Tata ki te haurua o ngā pakeke katoa ka tino kino te hīkākātia i te wā kotahi i te iti rawa i roto i ō rātau rā katoa, ā, e noho mōrea ai rātau ki te pānga mai o te mate pukupuku ki te kiri. He iti rawa te whai wāhi atu ki ngā wāhi i waho me ngā papatākarō kei te whakamarumarutia, otirā i ngā takiwā noho pōhara.

Ngā mahinga ārai mate:

E kaha ana a Aotearoa ki te aro atu ki te mātauranga me te whakapiki mōhio mō ngā mahi tika ki te pare atu i te rā. I te tau 2017, i rāhuitia te whakamahi a te hunga i raro i te 18 tau i ngā moenga whakaparauri.

E nui haere ana te aro ki te waihanga i ngā wāhi tautoko. Hei tauira, whakaratoa ai e te Cancer Society tētahi kaupapa 'SunSmart Schools', ā, kua hangaia e ētahi kaunihera ngā kaupapahere pare i te rā, whakamarumaru rānei.

Be SunSmart

Being SunSmart is about protecting skin and eyes from damaging UV radiation – especially when outdoors from September to April.

- Slip on a shirt**
Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.
- Slip into the shade**
Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.
- Stop on sunscreen**
Stop on plenty of broad spectrum sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.
- Slap on a hat**
With a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.
- Wrap on sunglasses**
Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for sun protection rating.

sunsmart.org.nz healthymedia

Te whai wāhi atu ki ngā matū pūtake mate pukupuku i te mahi

- Ko te whai wāhi atu ki te kiripaka i mua te pūtake matua o ngā mate pukupuku mai i te wāhi mahi. Pā mai ai i te kiripaka te mate pukupuku ki ngā pūkahukahu me te mesothelium.
- 50% o ngā kaimahi katoa i Aotearoa kei te whai pānga ki ngā matū pūtake mate pukupuku pērā i te puehu rākau (ngā mira), iraruke UV (ngā kaimahi ahuwhenua) me ngā au tīhara (ngā kaimahi ikiiki).
- Ko ngā tāne te hunga ka tino whai pānga ki ngā matū pūtake matenga mate pukupuku i te wāhi mahi, ā, 90% o ngā mate pukupuku nō te mahi he tāne.

Ngā mahinga ārai mate

E whakariteritea ana ngā mahinga ārai mate pukupuku katoa i te wāhi mahi e WorkSafe, te whakahaere a te kāwanatanga mō te hauora me te haumaru i te wāhi mahi i Aotearoa. E herea ana ngā kaitukumahi kia nui te whakapau kaha ki te whakaiti i te mōrea o te whai wāhi atu ki ngā matū pūtake mate pukupuku i te wāhi mahi.



He mate pukupuku te Mesothelioma i pā mai i te whakangā tēpoko. Ka pā nui ki te kiriuhī o ngā pūkahukahu me te puku.

106
ngā tāngata o Aotearoa
i kohuratia me te
mesothelioma
i te tau 2018, tae atu ki te
5 urū Māori.

Pūtake: Raraunga mate pukupuku a te Manatū Hauora (ngā whakapā me te nui mate) me te Manatū Hauora

92
ngā tāngata o Aotearoa
i mate i te mesothelioma
i te tau 2017.

Mesothelioma e hia tau i muri mai i te whakaraeraetanga ki te tēpoko, ā, koinā te take e kite tonu ana tātou i ngā kēhi ahakoa ngā waeture mō te whakahaere i ngā tūraru o te tēpoko.

Te ara mate pukupuku – Ārai mate

Ngā whakapokenga e pā mai ai te mate pukupuku

- E whā ngā whakapokenga matua koia he pūtake o te mate pukupuku. Ko ēnei: *Helicobacter pylori* (*H. pylori*), koinei te pūtake o ngā mate pukupuku ki te puku i te neke atu i te 90%; human papillomaviruses (HPV) koinei te pūtake o ngā mate pukupuku ki te waha whare tangata katoa neke atu i te 90%; me te mate ate kakā B (HBV) me te mate ate kakā C te pūtake o ngā mate pukupuku ki te ate katoa neke atu i te 80%.
- E tino kitea ana ngā whakapokenga e pā mai ai ngā mate pukupuku i roto i te iwi Māori, Te Moana-nui-a-Kiwa me te hunga kei ngā wāhi takaonge e noho ana.

Ngā mahinga ārai mate:

He rerekē ngā rautaki mō tēnā whakapokenga, mō tēnā whakapokenga.



H pylori

Mō te *H pylori*, e aro ana ki te whakamaimoa i te hunga he whakapokenga tohumate.



He wāhangā nui o ngā take mate pukupuku o te puku i hua mai i te pokanga *Helicobacter pylori* i pā i te wā o te tamarikitanga.

408
ngā tāngata o Aotearoa
i kohuratanga me te **mate pukupuku o te puku** i te tau 2018, tae atu ki te **82 uri Māori**.

288
ngā tāngata o Aotearoa i mate i te **mate pukupuku o te puku** i te tau 2017, tae atu ki te **47 uri Māori**.

He take mōrearea mō te ***H. pylori*** te rawakope me te **noho kōpā**.

Pūtake: Raraunga mate pukupuku a te Manatū Hauora (ngā whakapā me te nui mate) me Signal et al 2020b

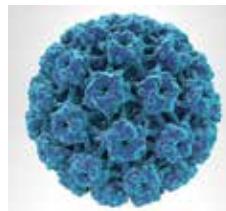
Ko te kano ārai mate mō te HPV me te HBV te mea hira i roto i te rautaki ārai mate.



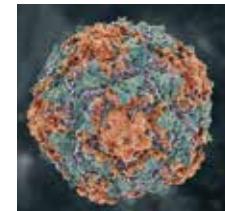
Tata ki te 8/10 tāngata

ka whakaraeraetia ki te HPV i tō rātou oranga

Mō te mate ate kakā C, nā ngā whakamaimoa hou ka taea te mate ate kakā C te whakaora ināianei i roto i te nuinga o ngā tāngata, nō reira he mea nui kia wawe te whakatau me te whakamaimoa i roto i te rautaki ārai mate pukupuku.



Human papillomavirus (mauī)
Mate ate kakā B (matau)



I hua mai te 80% o ngā mate pukupuku ate o Aotearoa i te atekakā B me te C.

366
ngā tāngata o Aotearoa i kohuratanga me te **mate pukupuku ate** i te tau 2017, tae atu ki te **85 uri Māori**.

288
ngā tāngata o Aotearoa i mate i te **mate pukupuku ate** i te tau 2017, tae atu ki te **58 uri Māori**.

Ko te mate pukupuku ate te kohuratanga mate pukupuku pātahi **tuaiva** i waenganui i te Māori, ā, me te mate pukupuku pātahi **rua tekau** i kohuratia i waenganui i te **hunga kore-Māori**.

Pūtake: Raraunga mate pukupuku a te Manatū Hauora (ngā whakapā me te nui mate) me Gurney et al 2020

Te ara mate pukupuku – Tātari mate

Te tātari i te mate pukupuku

Ko te Tātari mate tētahi tikanga o te ārai i ngā mate pukupuku mai i te tipu mai, te wawe o te whakamaimoa hoki/rānei.

- E toru ngā kaupapa tātari mate pukupuku i Aotearoa i tēnei mō te ū, te waha whare tangata me te whēkau.
- He pai te whakahaeere i ngā kaupapa tātari mate e toru nei engari kāore e ūrite ana te pai mō te katoa.
- Ko te tātari mate mō te mate pukupuku ki ngā pūkahukahu tētahi atu kaupapa kei te rangahautia, ā, ka taea pea tēnei ā tōna wā.

Ū

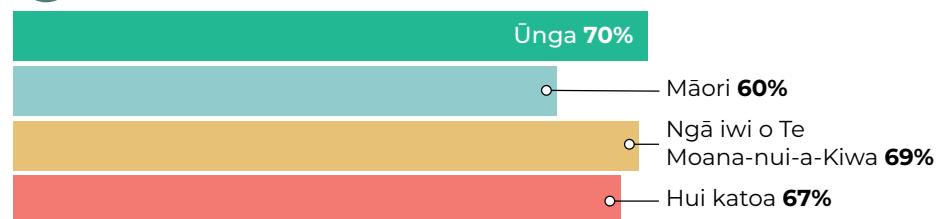
Whakaratoa ai te tātari ū ki ngā wāhine 45–69 tau i ia rua tau 2 tau mā ngā whakaahua roto o te ū (mammogram).



Ko te whai a te tātari ū he kimi tōmua i te mate pukupuku ki te ū, i mua i te hōparatanga.



Hōkaitanga mātai ū i te 2020



Waha whare tangata

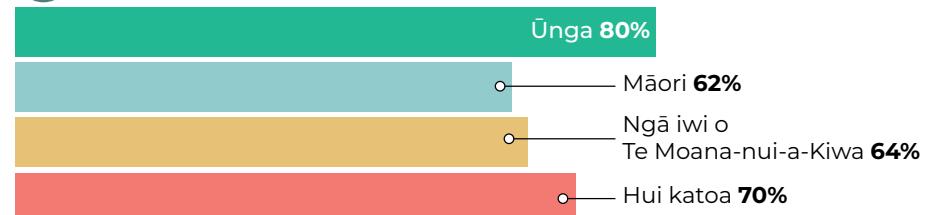
Ka whakaratoa te tātari waha whare tangata ki ngā wāhine 25–69 tau i ia 3 tau mā te tirotiro ki tētahi tauira o ngā pūtau ka tangohia mai i te taha whakararo o te whare tangata.



Ko te whai a te tātari waha whare tangata he kite me te whakamaimoa i ngā huringa ki ngā pūtau i mua i te huri hei mate pukupuku.



Hōkaitanga mātai whare tangata i te 2020



Te ara mate pukupuku – Tātari mate

Whēkau

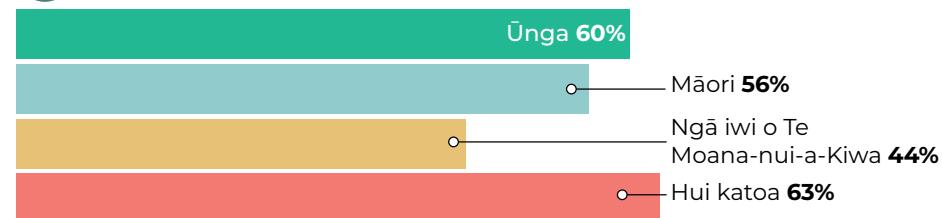
Ka whakaratoa te tātari whēkau ki te hunga 60-74 tau i ia rua tau. Ka kitea e tēnei aromataawai ngā mokenu toto itiiti nei i roto i tētahi tīpakonga hamutū – tērā pea he tohu whakatūpato tōmua tēnei kei te raruraru te whēkau.



Ko te whai a te tātari whēkau he kite me te whakamaimoa i ngā huringa i mua i te huri hei mate pukupuku, te kite rānei i te mate pukupuku i te wāhanga tōmua.

Ko te tūmanako ka puta te kaupapa tātari whēkau ki te motu whānui i mua o te paunga o te tau 2021.

Hōkaitanga mātai whēkau i te 2020



Te ara mate pukupuku – Te whakatau i ngā mate pukupuku

Te whakatau i ngā mate pukupuku

He uua tonu te whakatau i te mate pukupuku. I te nuinga o te wā he maha ngā aromatawai a te tangata e ngā mātanga rerekē i ngā wāhi rerekē.

- Ko te hunga ka tere kitea tō rātau mate pukupuku i te nuinga o te wā ka ora rātau, ā, he pai ake te āhua o tā rātau noho.

Kia ora i te rima tau mā ngā wāhangā i te whakatau mate

Kohuratanga i te whanaketanga tōmua rawa (whanaketanga 1)



Kohuratanga i te whanaketanga tōmuri rawa (whanaketanga 4)



Pūkahukahu

Whēkau

- He rerekē ngā ara o ngā tāngata mō te tae atu ki te whakatau i te mate. Ko te mea pai rawa kia whakatauhia te mate o tangata e tētahi kaupapa tātari mate, ka kitea rānei e tētahi ratonga hauora matua ka tonoa atu ki ngā ratonga hōhipera mō ngā aromatawai mātanga. Engari, kāore e pēnei i ngā wā katoa.
- Ko tētahi pūtake pea kāore e pēnei ana nā te uua o te toro i ngā ratonga hauora matua.
- Kāore e whakatauhia te mate pukupuku o ētahi tāngata kia tino māuiuitia rātau, ā, ka haere ki te tari mate whawhati tata.

- Ko te hunga ka whakatauhia i tētahi tari mate whawhati tata ka nui ake te tūponotanga kua kino rawa te mate pukupuku, ā, tē taea te whakaora.
- I te 2019/20, 15% o ngā pakeke neke atu i te 15 tau kotahi i te iti rawa tō rātau tae haere ki tētahi tari mate whawhati tata i ngā marama 12 kua hipa.

Ka whakatauhia te mate i roto i tētahi tari mate whawhati tata



- Ehara i te mea ka kitea e ngā tāngata ngā tohu me ngā tohumate o te mate pukupuku i ngā wā katoa, ā, nā tēnei pea ka tōmuri te rapu whakamaimoa, ahakoa te wāhi ka uru atu ki ngā ratonga hauora.

Ngā matea tutukitanga kore mai i ngā ratonga tiakanga hauora i Aotearoa, 2019/20



1 o ia 3 tāngata o Aotearoa i whāki i tētahi matea kāore i tutuki mō ngā ratonga tiakanga hauora mātāmuia

He **1.4 whakareanga ake** ngā wā i whāki te **Māori** i te kore-Māori o te **matea kāore i tutuki**

Ko ngā tāngata e noho ana i **ngā wāhi pōhara** he **1.4 whakareanga ake** ngā wā o te whāki pea i tētahi **matea kāore i tutuki**



Te ara mate pukupuku – Te whakatau i ngā mate pukupuku

Te whai wā tika ki ngā ratonga whakatau mate

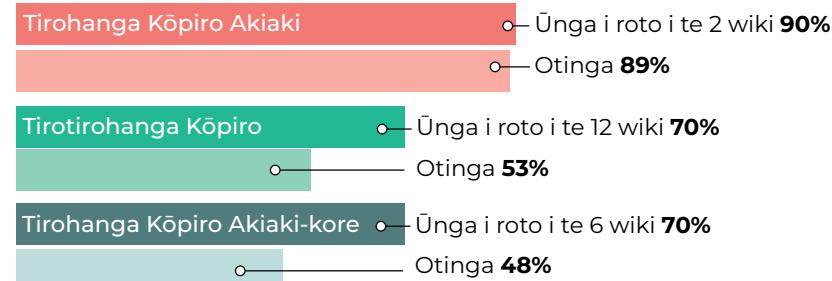
I te tau 2019, i whakahaeretia e te pūnaha hauora tūmatanui ēnei aromatawai whakatau mate mō te mate pukupuku:



Whakamahia ai te colonoscopy (tirotiro kōpiro) hei whakatau i te mate pukupuku ki te whēkau, ā, kei te nui ake te hiahia ki ēnei. Ka inea te wā tatari e ngā DHB, kei roto ko ngā tūroro katoa ka tonoa mō te colonoscopy, ehara ko te hunga mate pukupuku anake.



Wā tatari mō te tirohanga kōpiro 2019/2020

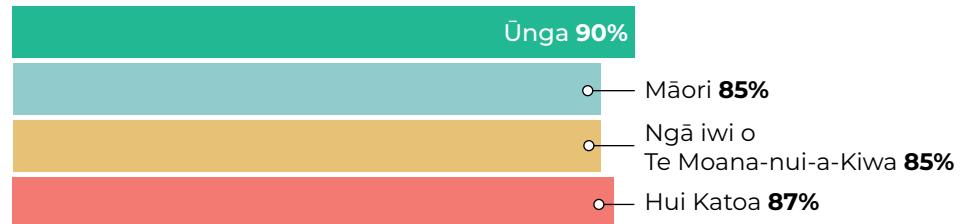


Whakamaimoa Mate Pukupuku Tere Ake (FCT)

Ko ngā whakamaimoa katoa ka whiwhi i ngā tāngata i runga i tō rātau ara whakatau mate me te whakamaimoa me whakahaere i roto i te wā tika. Ko te tūmanako ko te hunga ka tonoa ki ngā ratonga hōhipera, ā, ko te whakapae kei te mate pukupuku (kia tirotirohia i roto i te rua wiki) ka whiwhi ngā aromatawai whakatau mate atu anō me te tīmata i tā rātau aromatawai tuatahi (ētahi atu whakahaere rānei) i roto i te 62 rā o te tae atu o te tono ki te hōhipera.

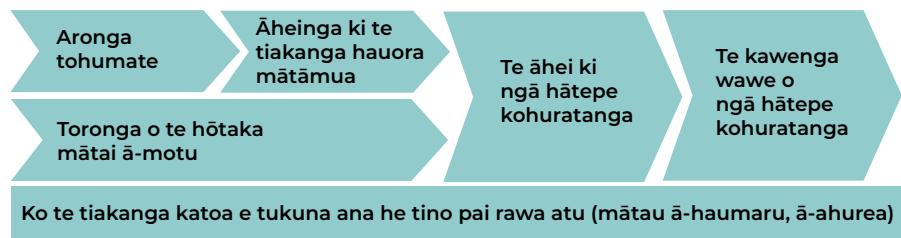


Ūnga FCT 2019/2020



Hei tautoko i ngā whakatau mate tōmua o te mate pukupuku me pai te mahi a te ara whakatau mate pukupuku katoa.

Ngā wāhangā o tētahi ara whakatau mate tōtika



Te ara mate pukupuku – Te whakamaimoa i ngā mate pukupuku

Te whakamaimoa mate pukupuku

Ko ngā whakamaimoa mate pukupuku hira e toru i Aotearoa ko: te hāparapara, haumanu iraruke me ngā rongoā mate pukupuku.

Hāparapara



Ko te hāparapara te momo whakamaimoa mate pukupuku e tino whakamahia ana i Aotearoa. Whakahaeretia ai ngā hāparapara mate pukupuku i ngā whakaurunga tūmatanui me te tūmataitī e ngā rata kokoti (mō ngā hāparapara nui), e ngā rata kiri rānei, e ngā rata noa rānei (mō ngā hāparapara kiri iti).

Haumanu iraruke



Whakamahia ai e te haumanu iraruke te iraruke katotetanga hei patu, hei wāwāhi rānei i ngā pūtau mate pukupuku kia kore ai e huatini, e tipu. E ono ngā pokapū mate pukupuku tūmatanui, ā, e whā ngā pokapū mate pukupuku tūmatanui he whakarato iraruke i Aotearoa.

Haumanu hahau/ārai mate pukupuku



Kei roto i te haumanu ārai mate pukupuku pūnahanaha ko ngā rongoā ka hōrapa puta noa i te tinana hei whakamaimoa i ngā pūtau mate pukupuku ahakoa kei hea. Kei roto i tēnei ko te hahau, te haumanu taiaki, haumanu ārai mate me ngā haumanu hāngai.

Whakahuihuitia ai e te National Child Cancer Network (NCCN) ngā ngaio hauora, ngā kaimanaaki me ngā whakahaere whai pānga kia mahi tahi me te ārahi i te whakawhanake ratonga puta noa i ngā ratonga mate pukupuku tamariki i Aotearoa. E rua ngā pokapū whakamaimoa mō ngā mate pukupuku tamariki i Aotearoa:



Starship Blood and Cancer Centre, Tāmaki Makaurau, me te Children's Haematology Oncology Centre, Ōtautahi.

I whakatūria te Adolescent and Young Adult (AYA) Cancer Network Aotearoa i te tau 2013 hei whakatakoto i te aronga rautaki me te ārahi ā-haumanu i ngā manaakitanga mate pukupuku AYA i Aotearoa. He whakahaere ā-mema te Kōtuinga tūhono ana i ngā ngaio hauora kei te mahi me te tautoko i ngā kaiwhakarato mō ngā peka me ngā whakahaere maha. Ko te whai a te kōtuinga he rapu i ngā ara hou me te auaha o te manaaki ki ngā AYA katoa kei te mate pukupuku, ā, me te whakapai ake i ngā putanga.



Te ara mate pukupuku – Te whakamaimoa i ngā mate pukupuku

Rongoā

He pūnaha whakaora tūturu te rongoā Māori mō te Māori. Tuku kirimana ai Te Manatū Hauora ki ngā kaiwhakarato 20 e whakarato ana i ngā rongoā Māori puta noa i Aotearoa.

Tikanga ā-Rongoā



1:Tino Rangatiratanga – ko te tūroro kei te iho o te ratonga.



2:Te Pāharakeke o te Rongoā – he tino kounga, he tino haumaru ngā whakamaimoa rongoā katoa.



3:Rongoā Taonga Tuku Iho – whakaratoa ai ngā ratonga rongoā i raro i ngā tikanga.



4:Te Mauri o te Rongoā – whakatairanga ai ngā ratonga rongoā me te pupuri i ngā paerewa haumaru tiketike.



5:Te Kahukiwi Rongoā – mā ngā rohe e tautuhi, e whakatau, e aroturuki i ngā tikanga rongoā.

Pūtake: Te Manatū Hauora 2014

Ngā rongoā mate pukupuku

He tari kāwanatanga Te Pātaka Whaioranga (e mōhiotia ana ko PHARMAC) e whiriwhiri ana ko ēhea ngā rongoā hei utu, tae atu ki ngā rongoā katoa e whakamahia ana i roto i te whakamaimoa mate pukupuku.

- I whakaetia e te Te Pātaka Whaioranga ngā rongoā mate pukupuku hou e ono kia utua i te tau pūtea 2019/20. Ka āwhina ēnei rongoā:
 - i ngā tāngata o Aotearoa neke atu i te 2,000 i te tau tuatahi ka utua
 - atu ki te 950 ngā tāngata o Aotearoa atu anō i ia tau o muri mai.
- He nui ngā ārai kei mua i te Māori me ngā iwi o Te Moana-nui-a-Kiwa me rātau e noho ana i ngā takiwā noho takaonge ki te toro me te whakamahi i ngā rongoā e utua ana.

Telehealth

Nā te KOWHEORI-19 i pā mai ai ngā huringa nui rawa mō te āhua o te whakarato i ngā ratonga mate pukupuku i Aotearoa. I mate ngā ngaio hauora ki te neke wawe i ngā whakawhitihitī kōrero me ngā tūroro me ō rātau whānau mai i te hōhipera ki runga waea, otirā i ētahi wā i runga ataata (e mōhiotia ana ko te telehealth).



Te ara mate pukupuku – Te whakamaimoa i ngā mate pukupuku

Te aromatawai huingaira

Whakamahia ai te aromatawai huingaira hei kimi i ngā huringa i roto i ngā pūtau mate pukupuku, i roto rānei i te pītauria o te tangata. Ka āwhina pea tēnei ki te whakaū i tētahi whakatau, te matapae i te pākaha o te mate pukupuku, te matapae i te tūponotanga ka urupare te mate pukupuku ki ētahi rongoā ake, te tautuhi rānei i tētahi mate e pā mai ki te tangata, ki tōna whānau rānei, ki ētahi atu mate pukupuku.

He whakapātaritari nui ngā rerekētanga o te whai wāhi atu ki ngā aromatawai huingaira. Ka māmā pea ki ngā tūroro i ētahi DHB te whai wāhi atu ki tētahi aromatawai ake, engari ko ngā tūroro i ētahi DHB he iti noa pea te whai wāhi atu, ka mate pea hoki/rānei rātau ki te utu.

Rangahau

He mea nui ngā rangahau mate pukupuku hei whakaatu me pēhea tā tātau ārai, whakatau, whakamaimoa me te manaaki mō te hunga mate pukupuku.

Ko te mate pukupuku te pūtake o ngā mate me ngā whakamamae nui rawa tēnā i ētahi atu mate, nō reira koinā i whiwhi ai i te nuinga o ngā pūtea, e tino nui rawa ai te rangahautia. Me pai ake tātau ki te whakarite ka haere ngā pūtea rangahau mate pukupuku ki te wāhi e tino hiahiatia ana me ngā rerekētanga.

Mā te whai wāhi ki ngā whakamātautau haumanu ka taea pea e ngā tūroro te āhei atu ki ngā rongoā kāore pea i te utua tūmatanuitia. Engari, ka uua pea mō te hunga e noho tawhiti ana mai i ngā pokapū mate pukupuku nui ake te whai wāhi atu me te whakauru ki ngā whakamātautau haumanu.



Te ara mate pukupuku – Te ora me te āta tirotiro haere

Te ora me te āta tirotiro haere

He nui ake ngā tāngata kei te puta i ō rātau mate pukupuku ināianei tēnā i mua, engari kei te takamuri a Aotearoa i ētahi atu whenua whai rawa i roto i ngā rahinga whakaoranga mate pukupuku.

I waenga i te 1995 me te 2014 i pā mai ngā rerekētanga ūrite i Aotearoa ki ngā rahinga mate pukupuku me ngā matenga mate pukupuku pērā i ētahi atu whenua whai rawa. Engari, he pōturi ake te whakapai ake i ngā rahinga whakaoranga mate pukupuku i Aotearoa tēnā i ētahi atu whenua.

Kei te pai haere ngā rahinga whakaoranga mō te nuinga o ngā mate pukupuku i Aotearoa. Engari he tino rerekē ngā whakaoranga mate pukupuku e ai ki te momo mate pukupuku.

Neke atu i te 80% kei te ora i te rima tau

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Repe tātea
Tonapuku
Tenga
Raho
Hodgkin's lymphoma

Iti iho i te 30% kei te ora i te rima tau

Pūkahukahu
Repe taiaki huka
Puku
Ate
Pūkai
Roro

E matapaetia ana ka tino nui ake te pikī o te hunga ka pāngia e te mate pukupuku, ka ora mai rānei i te mate pukupuku i te mea:

- kei te tipu haere tō tātau taupori me te pakeke haere
- e pūmau ana te whakapai ake i te āhua o tā tātau whakatau mate me te whakamaimoa i ngā mate pukupuku rerekē.

Te mataara mō te hoki mai me te pā mai o ngā mate pukupuku hou

He ratonga kei reira e āwhina ana ki te tirotiro mēnā ka hoki mai ngā mate pukupuku me ngā pānga kino tōmuri o te whakamaimoa. Hei tauira, i whakatūria te Late Effects Assessment Programme (LEAP) i te tau 2006. E aro ana te LEAP ki ngā tamariki me ngā taiohi, i te nuinga o te wā he rua ki te rima tau i muri i te mutunga o te whakamaimoa mate pukupuku, ā, ina mutu te kaupapa aroturuki mate. Ka whakarite te kaupapa i ngā putanga o te whakamaimoa e hiahia ana hei rongoā i te mate pukupuku.

I Aotearoa i tēnei wā, he iti noa ngā aratohu e wātea ana mō ngā tikanga pai e pā ana ki te aroturuki i muri i te mate pukupuku, ā, he rerekē te aroturuki a ngā wāhi rerekē o te motu.



Ngā manaaki whakamauru mamae me te whakamate

Me whai wāhi ngā tāngata katoa o Aotearoa ki ngā manaaki whakamauru mamae me te whakamate tino kounga i te wā tika ahakoa kei hea e noho ana, tō rātau taipakeke, mātāwaka hoki.

I te pakeketanga haere o tō tātau taupori, he nui ake te whakarato i ngā manaaki whakamauru mamae i roto i ngā ratonga whare manaaki kaumātua me te hapori.

- E whakaatu ana ngā tauira, hei te 2038, ka piki te maha o te hunga e hiahia ana i ngā manaaki whakamauru mamae mā te 50% e ai ki ngā rahinga o te 2015, me tētahi pikitanga o te 90% hei te 2068.
- E whakaratoa ana ngā manaaki whakamauru mamae e ngā ratonga hauora matua, ngā ratonga hapori, ngā ratonga mātanga, ko te nuinga nā ngā pūtea a te DHB, me ngā mahi moni kaupapa aroha e tautoko ana i ngā ratonga whare tiaki tūroro.
- I tēnei wā, kāore i te ōrite te whai wāhi atu, te uru tōmua rānei a ngā tāngata katoa o Aotearoa ki ngā manaaki whakamauru mamae.
- Ko te matapae 78% o ngā tāngata ka mate i te mate pukupuku ka whakamahi i ngā whare tiaki tūroro i tētahi wāhanga o tō rātau mate. I te nuinga o te wā ka tōmua te tono i te hunga mate pukupuku ki te whare tiaki tūroro; engari, he hauwhā ka tonoa atu i ūrātau wiki whakamutunga e whā.



- Ka mana te The End of Life Choice Act hei te Noema 2021. Tukuna ai e tēnei Ture hou te kōwhiringa ki ngā tāngata whai mate tuamatangi te kōwhiringa kia tono āwhina ki te whakamate.
- E whirinaki ana ngā manaakitanga whakamate tino kounga i waenga i ngā kaiwhakarato manaaki hauora matua, tuarua hoki, ngā manaaki whakamauru mamae mātanga, ngā whare manaaki kaumātua me te whare tiaki tūroro.
- Kei te tūranga tuatoru a Aotearoa i te Rārangi Kounga Mate 2015 – he rārangi e whakaraupapa ana i te wāteatanga, te whaiutu me te kounga o ngā manaaki whakamate i ngā whenua 80.

Hopuāhua o ngā ratonga whare manaaki ā-motu mō te tau 2019

19,677 ngā tāngata me ūrātau whānau i tautokona e tētahi whare manaaki. Ka aro nui te tiakanga whare manaaki ki te tangata e hemohemo ana, engari e wātea ana ngā ratonga mā te whānau, i mua, i muri hoki i te matenga o te tangata e arohatia ana.

E tautokona e te whare manaaki te

1 o ia 3
tāngata i mate
i Aotearoa i roto i te tau.

54% Ko te 54% o ngā Māori e whakamahi ana i ngā ratonga whare manaaki, i mate mai i te kāinga.

74% Ko te 74% o ngā tāngata e whakamahi ana i ngā ratonga whare manaaki i kohuratia me te mate pukupuku.

78% Ko te 78% o ngā tāngata e whakamahi ana i ngā ratonga whare manaaki i manaakitia i te kāinga – kāore i whakauruhia ki tētahi whare tūroro.

