

# Korero mai, Whakarongo mai: Lessons from *Growing Up in New Zealand*

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[www.growingup.co.nz](http://www.growingup.co.nz)



# Overarching aim of *Growing Up in New Zealand*

To provide **robust evidence** about what shapes development and wellbeing for all the children growing up in New Zealand today in the context of their families.



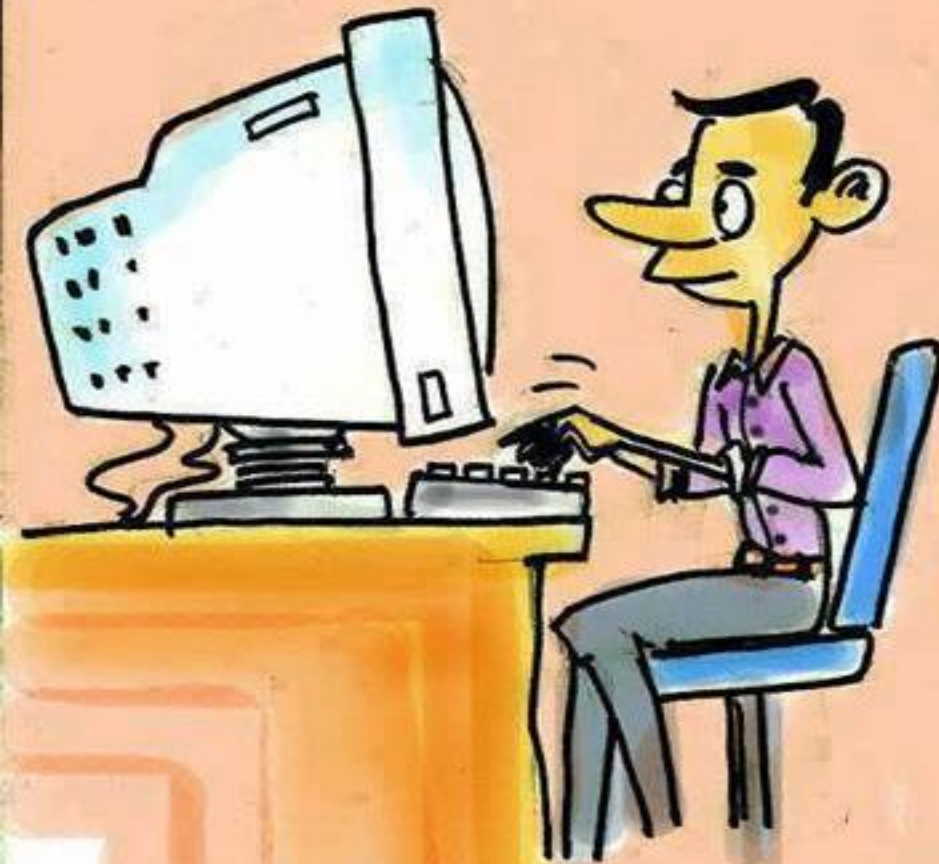
# 6853 children recruited before birth





## Context matters .....

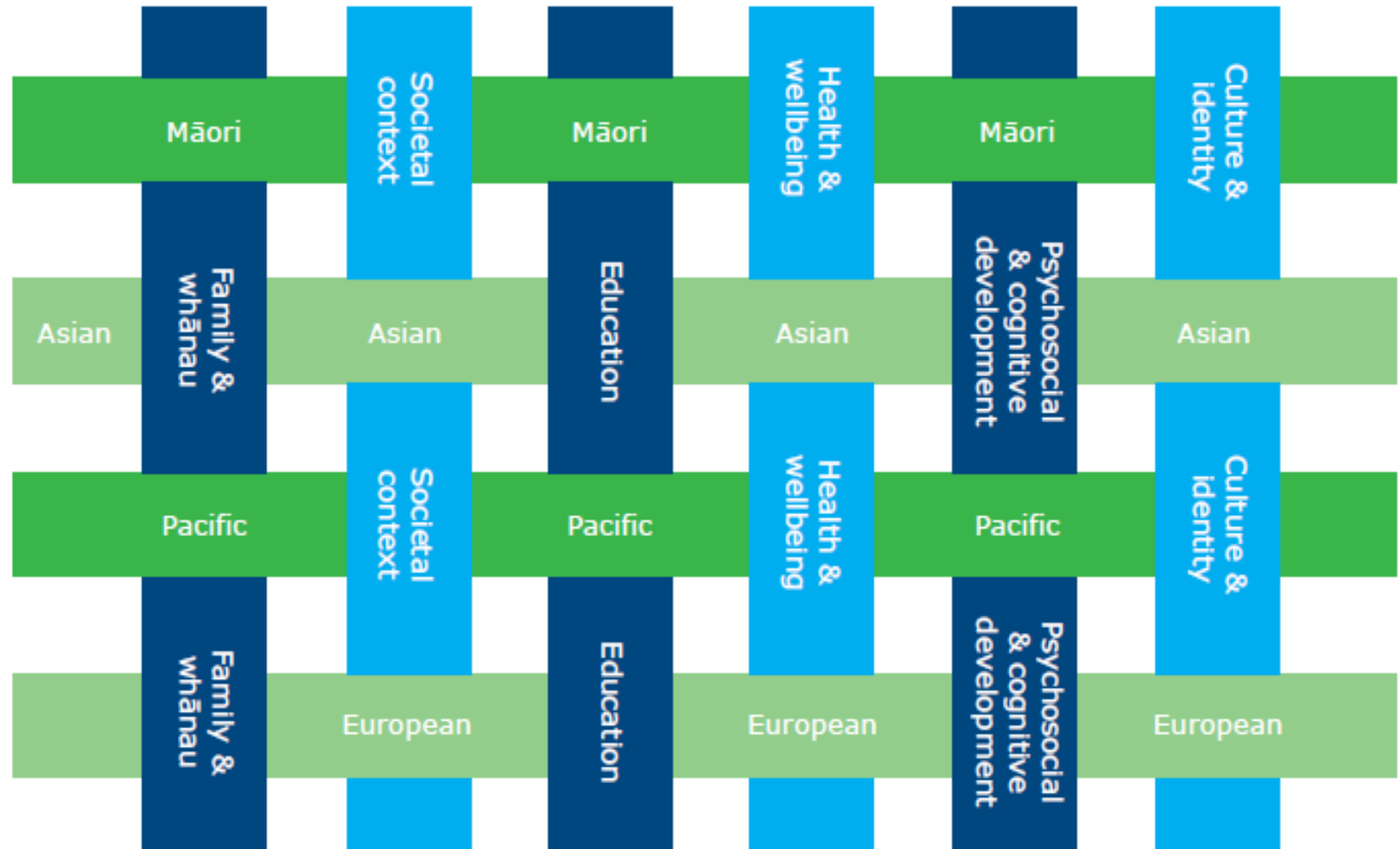
1980



2013



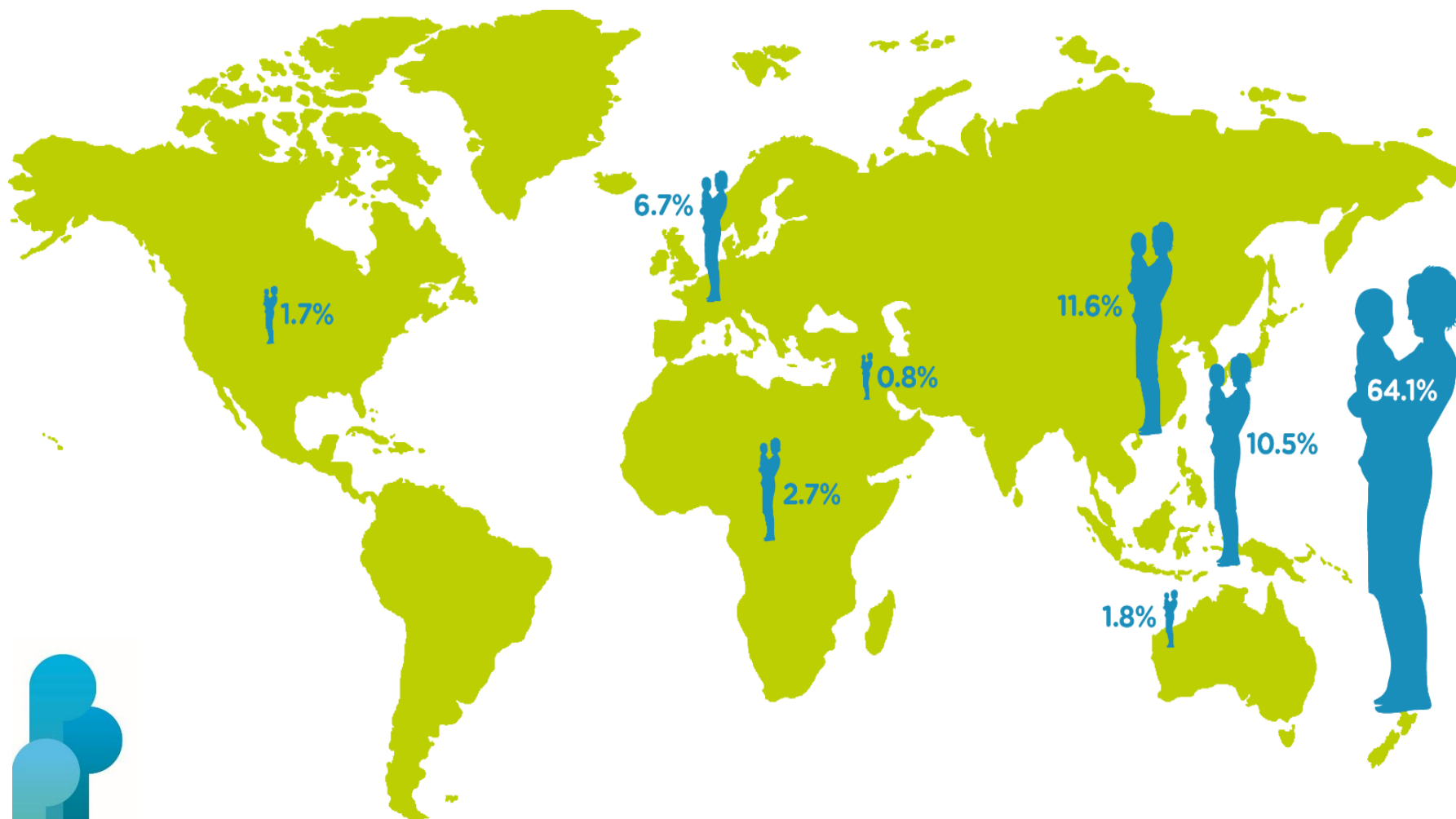
# Multidisciplinary longitudinal information



# *“Snapshots”* from Now We Are Four



# Place of birth of cohort parents



1 in 3 of all cohort children have at least one parent born outside NZ



# Languages understood by children at 2 years

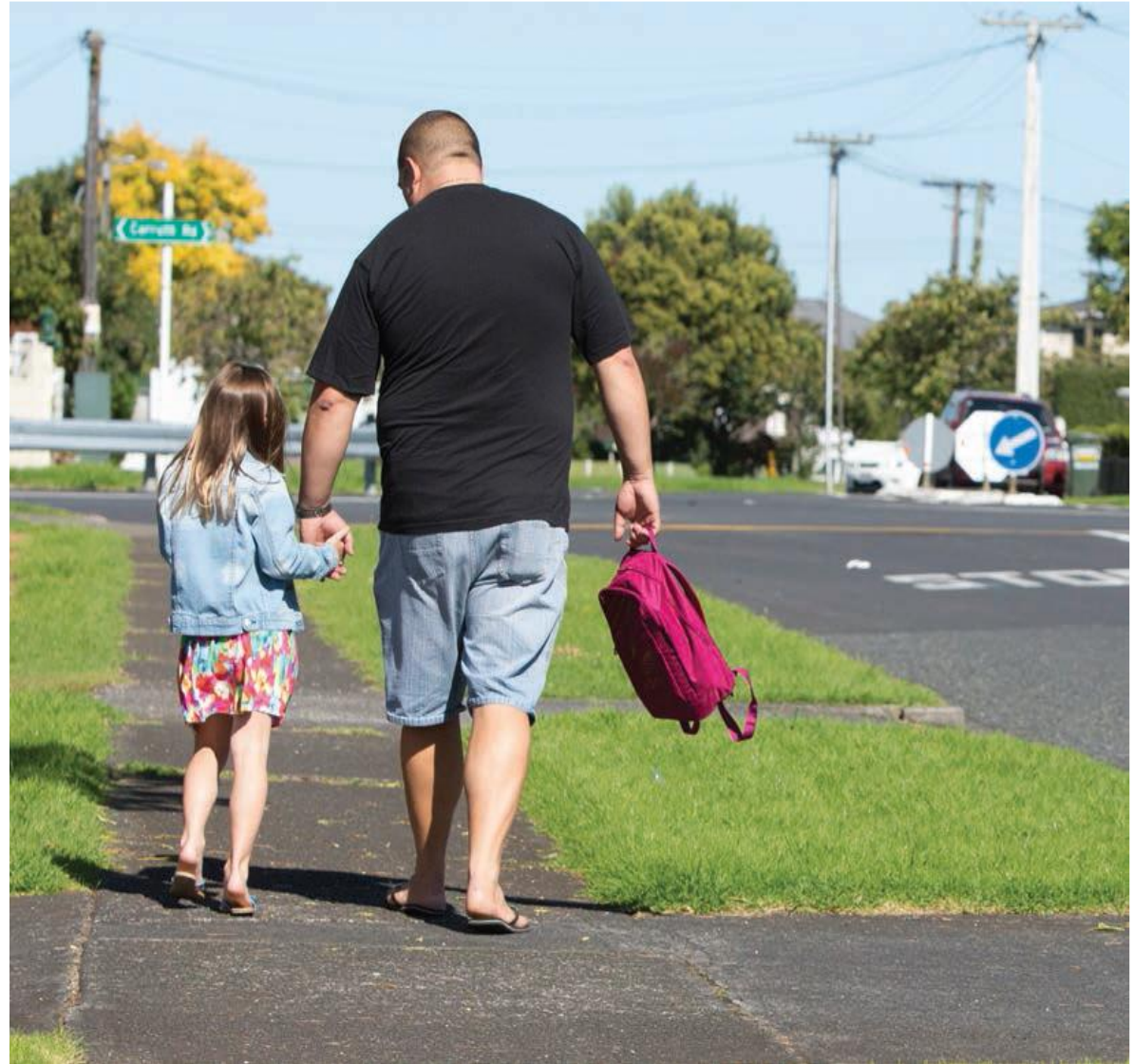
*"That she can speak  
Māori and that that's  
her first language when  
she speaks."*

**Namaste**  
Fakaalofa atu   Sat Sri Akal   Helo   Nēih hōu  
**Talofa**   **Kia Orana**  
Bula Vinaka   As-salam alaykom  
**Kia Ora**   ĭhola  
**Malo e lelei**   **Ni hao**  
Kumusta   Konnichwa

\*English language excluded. Translation of 'Hello' into each relevant language, with font size proportional to frequency understood.



# Ready for school?



When I grow up I

will be a....

Benjamin

Museum Worker

Janisha

Ballet teacher

Ocean

Lego maker

Emily

Mermaid

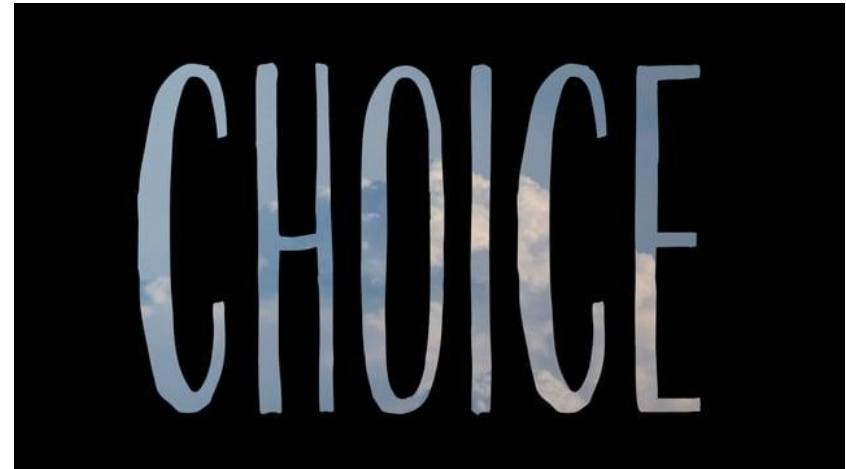
Cooper

Vet

Hearing the children's voices at 8 years



**“Extraordinary things emerge from following ordinary people’s lives”**  
*Helen Pearson (Nature, 2015)*



**CHURN**

*That they feel like that they are part of a ethnically diverse country and part of a community, e.g. school, neighbourhood, friends. Freedom to comfortably come and go as they please*

*We want our child to be happy and healthy, and to finish school. Education is extremely important – as long as she gets an education she can make her own decisions*

*Voice*

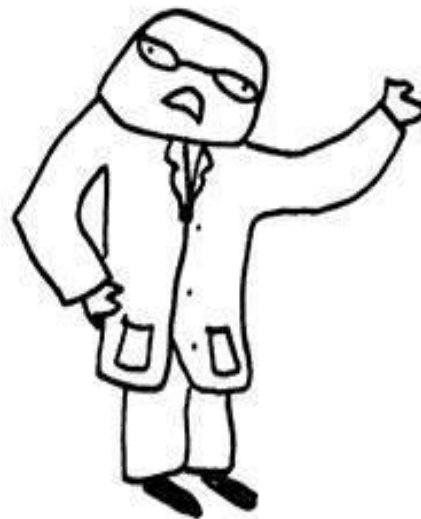
*I hope my child will grow up in a safe neighbourhood, with people who care about them*



# Understanding what works, why, for whom, when?

SCIENCE vs. THE PEOPLE!

correlation is  
not causation!



i dunno what  
those are but  
i disagree  
and i vote!



# Focusing on Vulnerability



## Proximal Family Variables

- *Maternal depression (antenatal using EPDS > 12)*
- Maternal physical wellbeing (poor or fair)
- Maternal smoking in pregnancy (after first trimester)
- Maternal age (teenage pregnancy)

## Distal Family Variables

- Relationship status (no partner/single)
- Maternal education (no secondary school qualification)
- Financial stress (regular money worries)

## Home environment

- Deprivation area (NZDep2006 decile 9 or 10)
- Unemployment (mother not in work or on parental leave)
- *Tenure (public rental)*
- Income tested benefit (yes/no)
- Overcrowding ( $\geq 2$  per bedroom)

# Intervention and Prevention in the first 1000 days

## EFFECT OF HIGH VULNERABILITY ON CHILDREN'S HEALTH AND BEHAVIOUR BY AGE TWO





# Acknowledgements

- **Children and their families**
- *UoA Growing Up* team
- Superu (lead agency)
- Ministry of Social Development
- Multiple government agencies
- Policy Forum
- Advisory and Stakeholder groups
- All funders (government)



*Dame Whina Cooper*