

# The CERA Wellbeing Survey 2012 Report: Summary



## SOCIAL RECOVERY

**CERA and its partner agencies undertook the Wellbeing Survey to measure earthquake recovery progress across greater Christchurch. It provides timely feedback to social and other agencies as trends in community wellbeing emerge.**

- Self-reported wellbeing data identifies the prevalence and causes of stress, quality of life impacts, barriers and opportunities, impacts on social connectedness, satisfaction with the recovery and any positive impacts people are experiencing as a result of the earthquakes.
- 2,381 residents completed questionnaires. 1,156 were from Christchurch, 618 from the Selwyn district and 607 from the Waimakariri district.
- Residents of Christchurch rate their quality of life less positively than residents of Selwyn and Waimakariri districts.
- Higher proportions of Christchurch residents have experienced a strong negative impact on their everyday lives as a result of the earthquakes.
- Nearly three-quarters of greater Christchurch residents rate their quality of life positively, and 7% believe it to be poor. However more than half believe that their quality of life has deteriorated since the earthquakes.
- 97% of residents have experienced stress at least some time in the past year. Nearly a quarter indicate they have been living with this type of stress for most or all of the time over the past year.
- The three most prevalent negative impacts experienced as a result of the earthquake were identified as: loss of recreational, cultural and leisure time activities; distress and anxiety associated with on-going aftershocks; and dealing with EQC or insurance issues.
- The four most positive impacts as a result of the earthquakes were: pride in ability to cope under difficult circumstances; family's increased resilience; renewed appreciation of life; and a heightened sense of community.
- Residents' opinions were polarised as to whether or not they have confidence in the decisions being made by the agencies involved in the recovery, as were their views on the communications and information received.

Survey findings are available in full at <http://cera.govt.nz/wellbeing-survey>

