

Ageing and Spirituality Mini Conference  
6<sup>th</sup> September 2013

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Te Puāwaitanga o Ngā Tapuāe  
Kia Ora Tonu

Life and Living in Advanced  
Age: a Cohort Study in New  
Zealand

**LiLACS NZ**



**An exploration of  
faith in advanced  
age**



# LILACS NZ

- HRC funded
- Longitudinal cohort study
- Bay of Plenty and Rotorua
- Successful Ageing
  - Physical, psychological, health, cultural, social, health services, environmental, financial
- 2010 > on-going

LILACS NZ





# Religion and spirituality

- Protective via:
  - enhanced personal control
  - receiving spiritual support from a divine being or social support from congregation members
  - avenue for meaning-making
  - improvements in lifestyle and health behaviours
- 2006 NZ census
  - Largest Christian denominations: Anglican, Catholic, Presbyterian, Christian not further defined, Methodist
  - No religion: NZ (35%); aged 85+ (8%)
  - 11% of Māori identified with a Māori religion
- Spirituality less evident in research



# Question development

- Te Rangi (heavens)
- Te Wairua (gods and spirits)
- Te Whenua (land)
- Te Tangata (people)



# DATA: the questions

- What is your religion/denomination?  
(2006 NZ census)
- During the last 4 weeks how often have you .....? attended any religious meetings?  
(PANT questionnaire)
- How important is faith to your wellbeing?  
(LiLACS NZ)



# 2010

## The LiLACS participant: Māori

Mean (sd) or n (%) as indicated	Men	Women	Total	
All participants	176 (42%)	241 (58%)	417	
Completed full questionnaire	102 (40%)	155 (60%)	255	
Age	82.5 (2.8)	82.8 (2.7)	82.7 (2.8)	
Country of birth	Born in NZ	173 (99%)	239 (99%)	412 (99%)
	Born Overseas	2 (1%)	2 (1%)	4 (1%)
Marital status	Widowed	72 (42%)	176 (74%)	257 (50%)
	Never married/separated/divorced	10 (11%)	13 (5%)	49 (9.6%)
	Married/ partnered	80 (47%)	50 (21%)	120 (32%)
Education	Tertiary	10 (6%)	27 (11%)	37 (9%)
	Trade	5 (3%)	12 (5%)	17 (4%)
	Any secondary	99 (59%)	138 (59%)	237 (59%)
	Primary only or none	56 (33%)	59 (25%)	115 (28%)
Functional status, NEADL, higher is better	17.0 (4.3)	17.4 (4.8)	17.2 (4.6)	
Physical health related Quality of Life (SF-12)	44.9 (10.8)	42.4 (11.5)	43.4 (11.3)	
Mental health related Quality of Life (SF-12)	53 (8.8)	53.6 (8.7)	53.4 (8.7)	
Living arrangement n (%)	Alone	29 (27%)	81 (51%)	110 (41%)
	With spouse	40 (37%)	30 (19%)	70 (26%)
	With other	38 (36%)	49 (31%)	87 (33%)



# 2010

## The LiLACS participant: non-Māori

Mean (sd) or n (%) as indicated		Men	Women	Total
<i>All participants</i>		237 (46%)	278 (54%)	515
<i>Completed full questionnaire</i>		189 (47%)	214 (53%)	403
<i>Age</i>		84.6 (0.5)	84.6 (0.5)	84.6 (0.5)
<i>Country of birth</i>	Born in NZ	185 (78%)	229 (82%)	414 (80%)
	Born Overseas	52 (22%)	49 (18%)	101 (20%)
<i>Marital status</i>	Widowed	73 (31%)	184 (67%)	257 (50%)
	Never married/separated/divorced	24 (10%)	25 (9%)	49 (10%)
	Married/ partnered	137 (59%)	67 (24%)	204 (40%)
<i>Education</i>	Tertiary	38 (16%)	30 (11%)	68 (13%)
	Trade	26 (11%)	34 (13%)	60 (12%)
	Any secondary	125 (54%)	170 (62%)	295 (58%)
	Primary only or none	44 (19%)	39 (14%)	83 (16%)
<i>Functional status, NEADL, higher is better</i>		17.7 (3.7)	17.6 (4.3)	17.6 (4.0)
<i>Physical health related Quality of Life (SF-12)</i>		43.0 (11.9)	39.7 (12.0)	41.3 (12.0)
<i>Mental health related Quality of Life (SF-12)</i>		55.2 (7.9)	54.9 (8.7)	55.1 (8.3)
<i>Living arrangement</i> n (%)	Alone	61 (32%)	134 (63%)	195 (48%)
	With spouse	106 (56%)	48 (22%)	154 (38%)
	With other	23 (12%)	32 (15%)	55 (14%)



# Religious affiliation

- No Religion (12%)

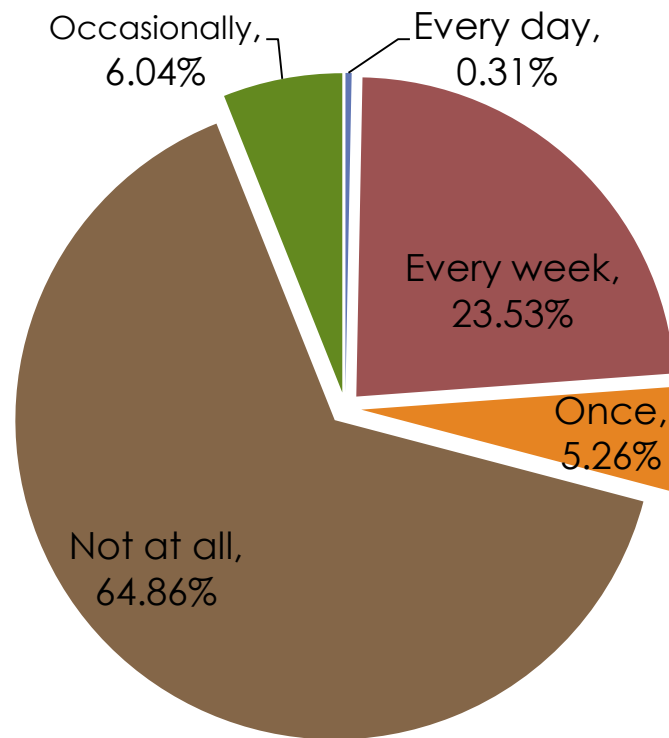
## Religious affiliation

	MĀORI			NON-MĀORI		
	Men	Women	Total	Men	Women	Total
<b>Anglican</b>	52 (53%)	67 (44%)	119 (47%)	59 (41%)	78 (42%)	137 (41%)
<b>Catholic</b>	18 (18%)	36 (24%)	54 (22%)	14 (10%)	19 (10%)	33 (10%)
<b>Prebyterian</b>	6 (6%)	11 (7%)	17 (7%)	43 (30%)	53 (28%)	96 (29%)
<b>Methodist</b>	2 (2%)	3 (2%)	5 (2%)	6 (4%)	12 (6%)	18 (5%)
<b>Other</b>	4 (4%)	17 (11%)	21 (8%)	22 (15%)	26 (14%)	48 (15%)
<b>Ratana/ Paimarire</b>	7 (7%)	10 (7%)	17 (7%)	0	0	0
<b>Ringatu</b>	8 (8%)	5 (3%)	13 (5%)	0	0	0
<b>Destiny/LDS</b>	2 (2%)	3 (2%)	5 (2%)	0	0	0



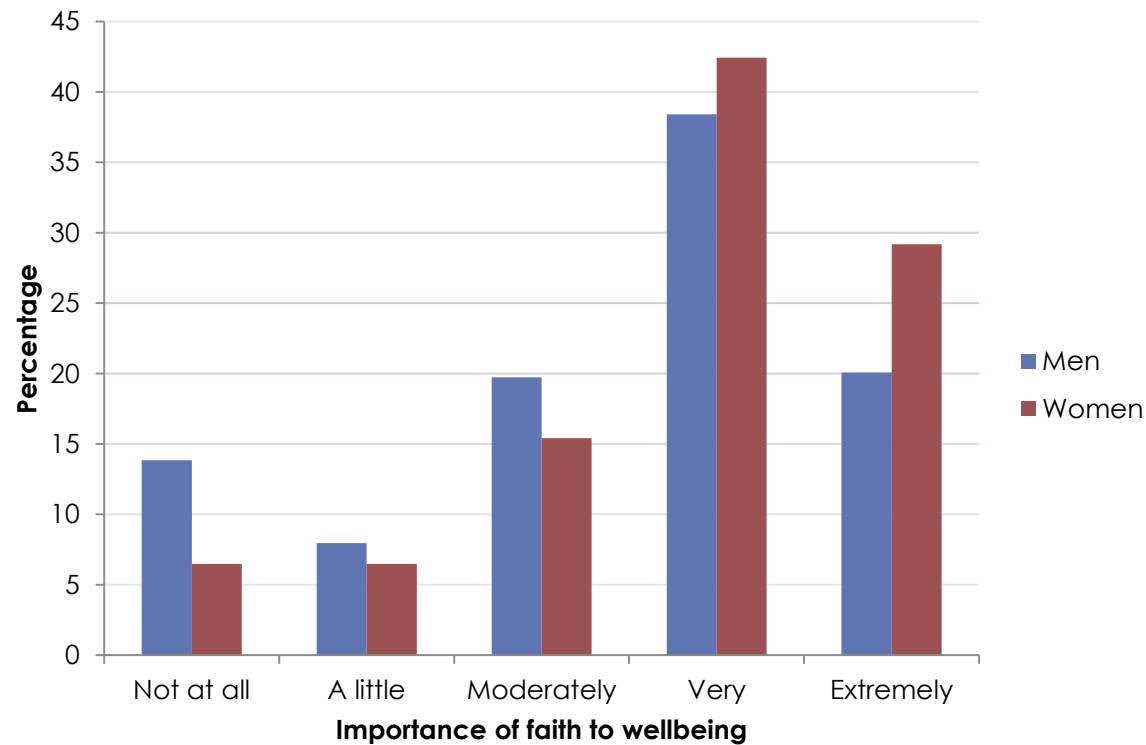


# Attended a religious meeting during the last 4 weeks



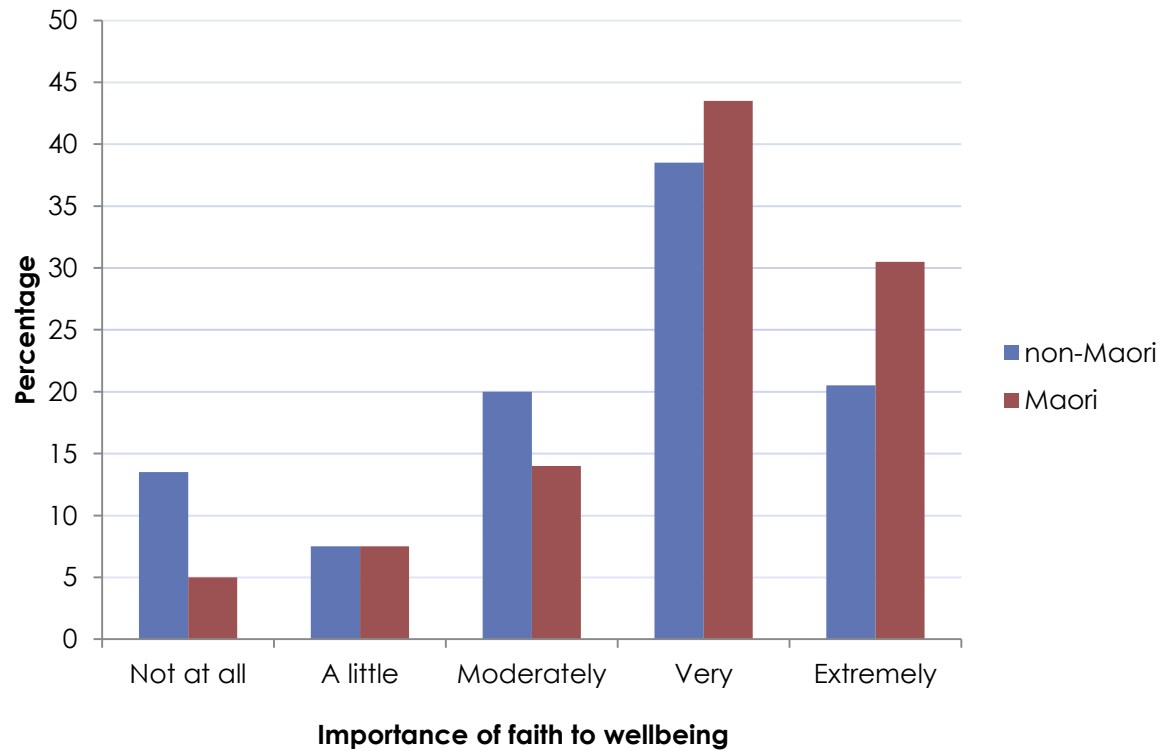


# Importance of faith to wellbeing





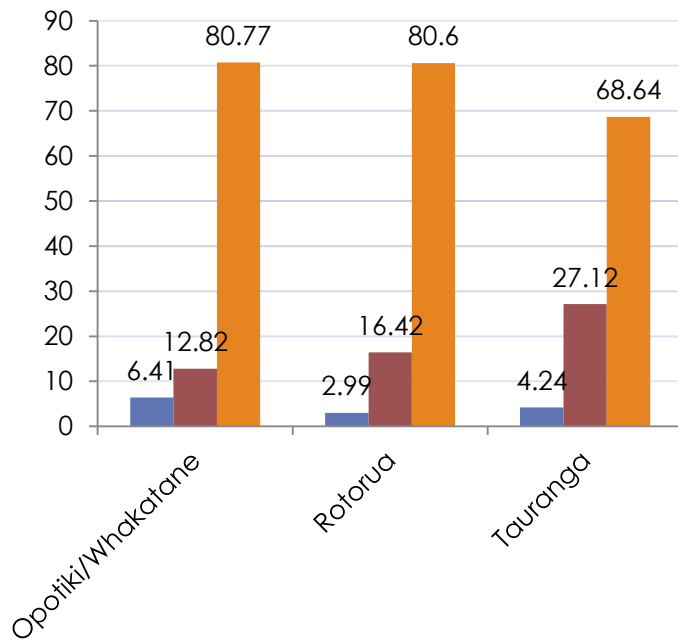
# Importance of faith to wellbeing: ethnicity



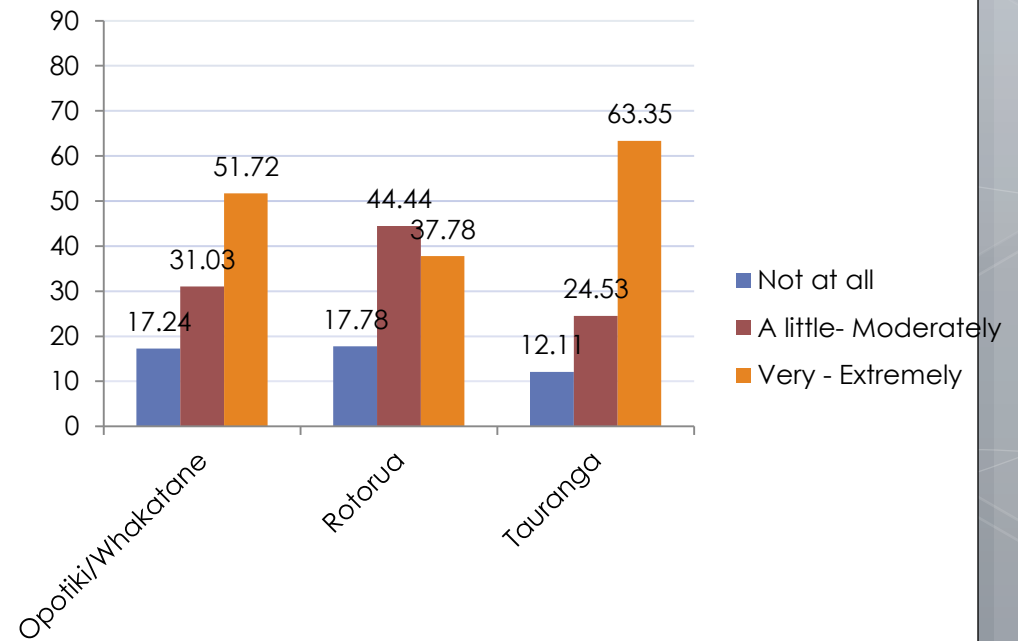


# Importance of faith to wellbeing: region

## Māori

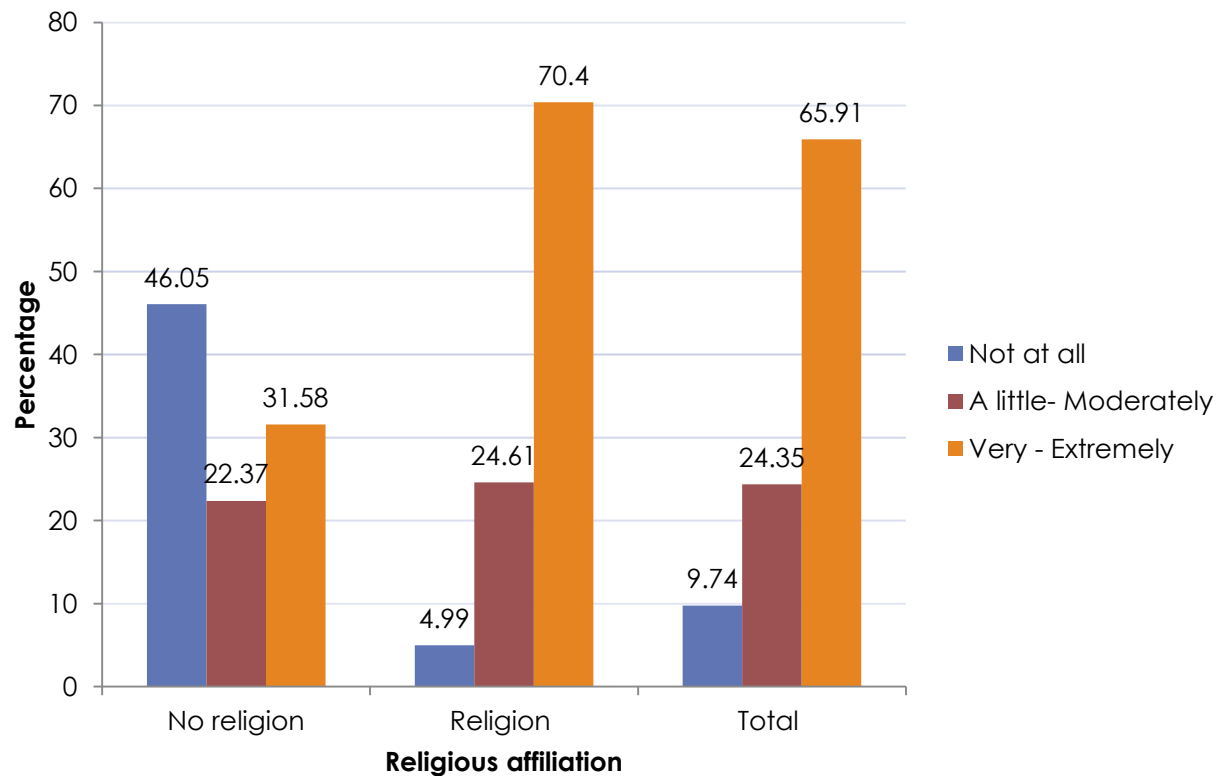


## non-Māori





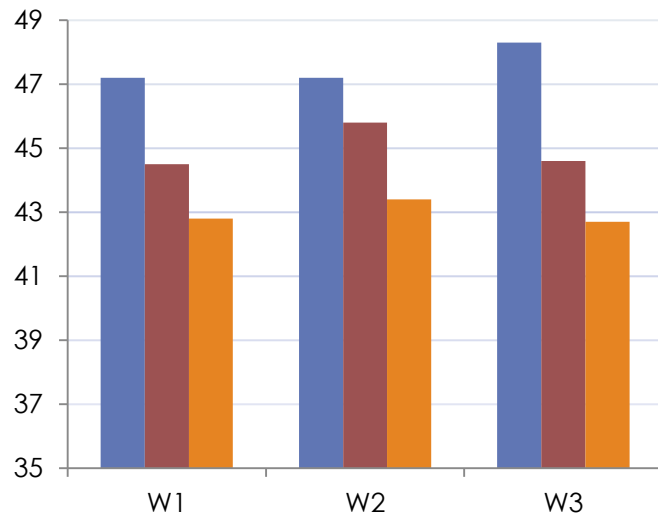
# Relationship between religion and the importance of faith



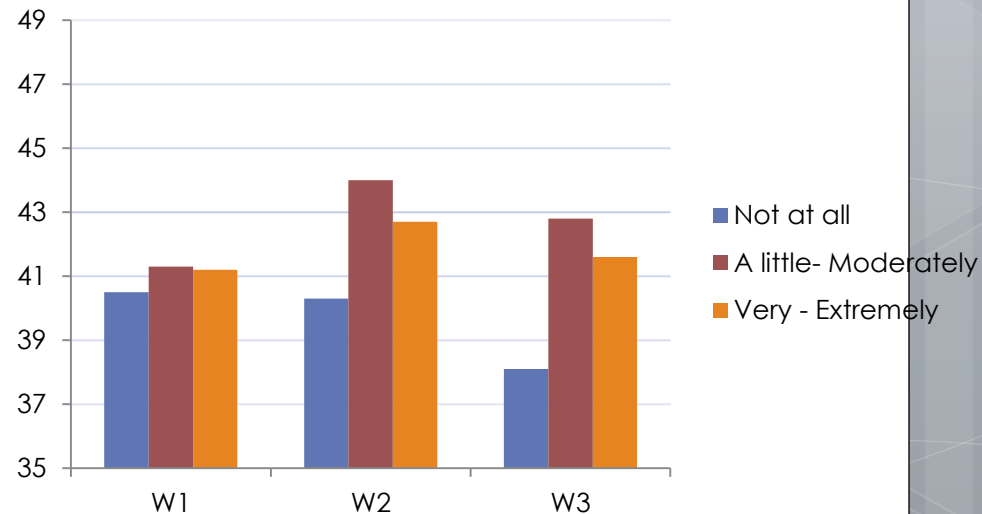


# Importance of faith and mean quality of life score: physical

**Māori**



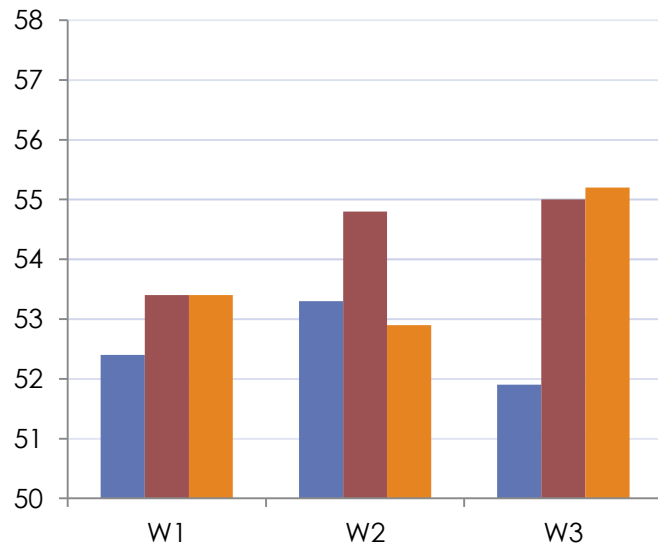
**non-Māori**



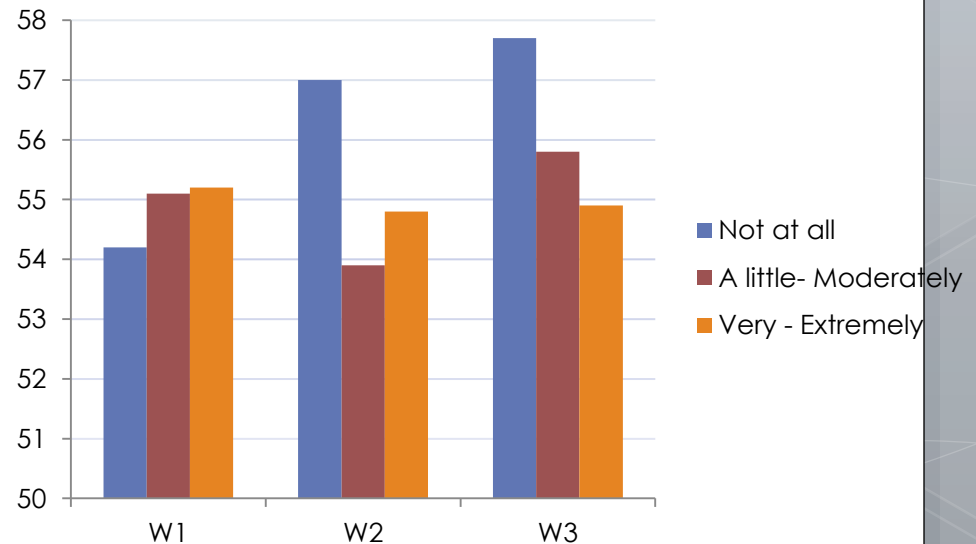


# Importance of faith and mean quality of life score: mental

**Māori**



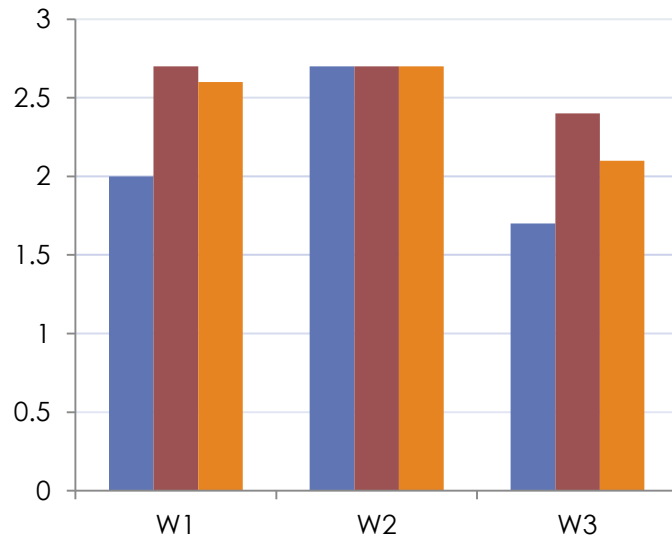
**non-Māori**



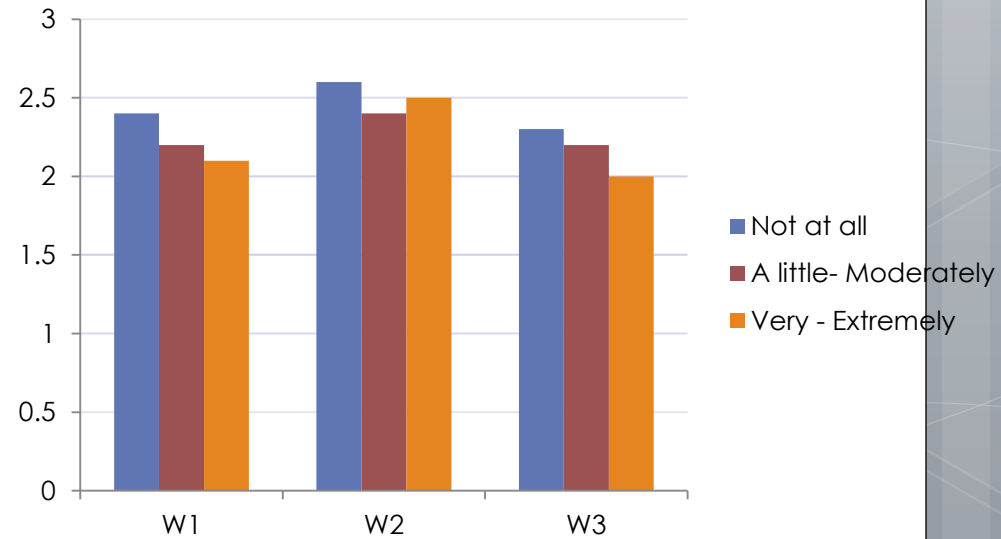


# Importance of faith and mean depression score

## Māori



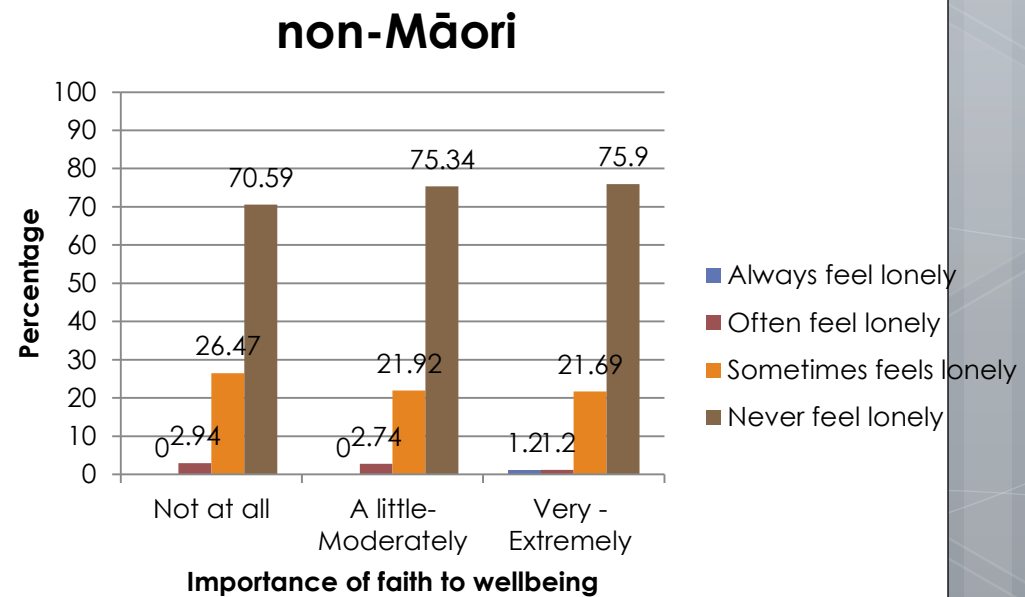
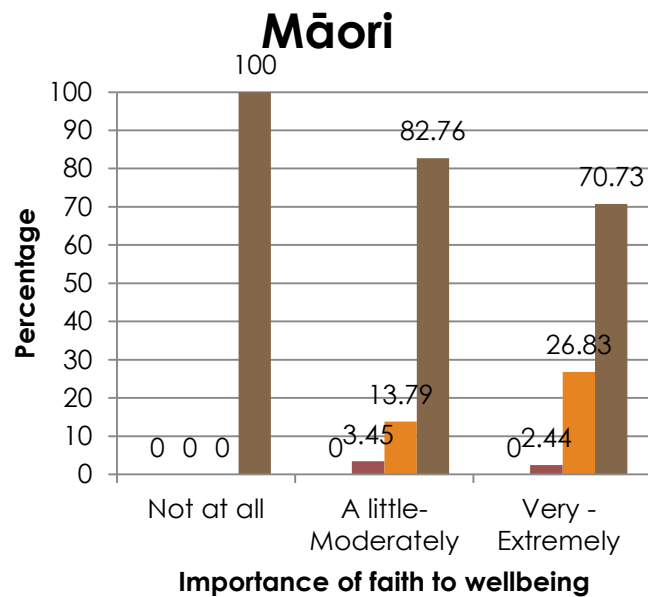
## Non-Māori







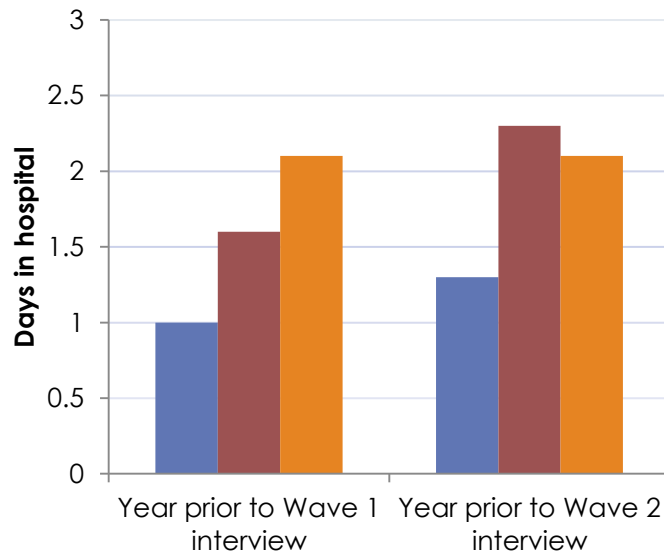
# Importance of faith and loneliness



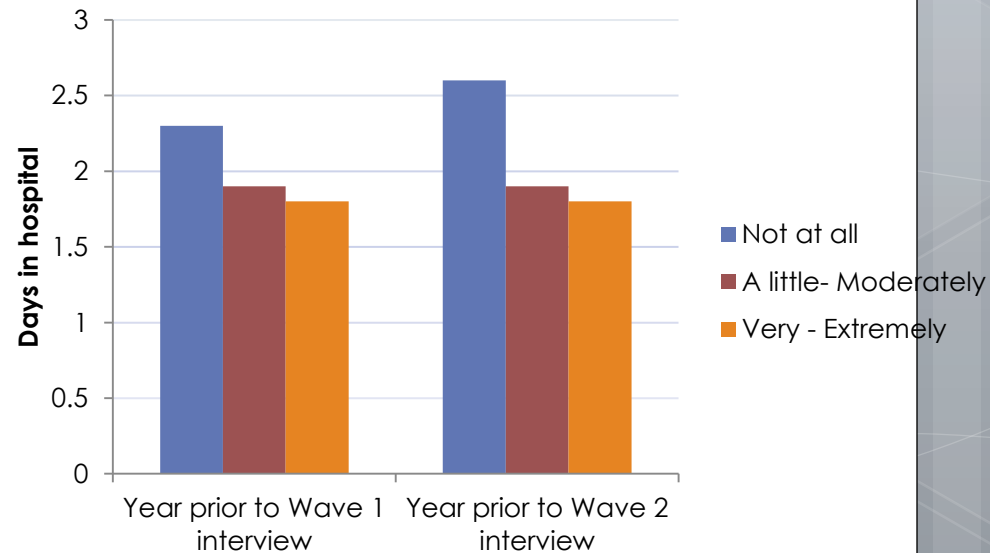


# Importance of faith and mean length of hospital stay

## Māori



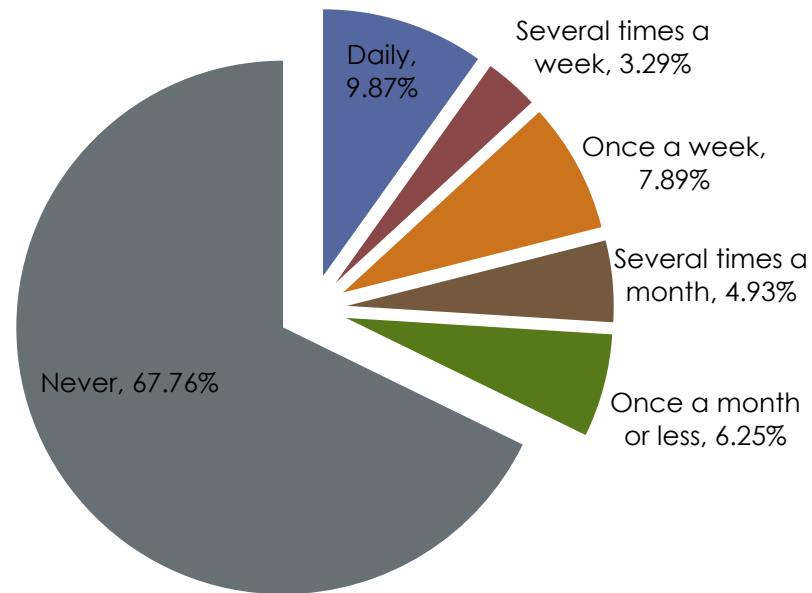
## non-Māori





# Carers

*How often have you provided spiritual Support for example praying with the older person, saying a prayer for the person, taking the person to church/a sacred place, being with the person, in the past 3 months?*





# Take home messages

- 88% of older people identified with a religion, but most didn't go to church regularly
- Faith holds a high level of importance to many older people, even those identifying with no religion
  - Women thought faith was more important to their wellbeing than did men
  - Doesn't seem to buffer against depression or loneliness
- Spiritual needs may be seen as a personal responsibility



# Take home messages: QoL

- Mental QoL was better than physical QoL
- Difference between mental and physical QoL and their relationships with the importance of faith
- Different patterns for Maori and non-Maori



## LiLACS and religion: on-going

- Importance of faith to wellbeing
- Attending religious meetings
- Continue to ask carers what support they provide
- Impact of faith on individual resilience



# Longitudinal studies of ageing

Study	Country	Age	Religious affiliation	Importance of faith	Frequency of participating in religious activities
<b>LiLACS NZ</b>	<b>NZ</b>	<b>85 +</b>	✓	✓	✓
NZLSA	NZ	70 +	✓	✓	✓
BASE	Berlin	70 +	✓	✓	
ALSA	Australia	70 +	✓	✓	
KLoSA	Korea	45 +	✓		
LASA	Netherlands	55 +	✓	✓	
CALAS	Israel	75 +	✓		✓
CLSA	Canada	45 - 85			
ELSA	England	65 +			
Newcastle 85+	England	85 +			
Leiden 85+	Netherlands	85 +			



# From inside: ..... Delia, Shirley, Charlie, Jim

- Advice
  - Learn forgiveness
  - Listen to your body
  - Keep brain and body active
  - No animosity/ positive thinking
  - Warnings and teaching younger generation
- Old age
  - Best time of life
  - Look forward to each day
  - Enjoy every moment
- Being part of the LiLACS study
  - Give wisdom and advice to others
  - Part of something good, something quality
  - Gives you a view to your own life, going right back





# THANKS TO:

- Rōpu Kaitiaki
  - Paea Smith (Ngāti Apa)
  - Hone Kameta (Te Arawa, Whakatōhea)
  - Florence Kameta (Ngāi Tai)
  - Betty McPherson (Te Rarawa)
  - Leiana Reynolds (Ngāpuhi, Ngāti Tūhwharetoa)
  - Waiora Port (Te Rarawa)
- Research partners
  - Te Runanga o Ngāti Irapuaia, Opotiki
  - Ngāti Awa Research & Archives Trust, Whakatane
  - Te Runanga o Ngāti Pikiao Trust, Rotorua
  - Te Korowai Aroha Trust, Rotorua
  - Rotorua Area Primary Health Services, Rotorua
  - Ngā Mataapuna Oranga Kaupapa Māori Primary Health Organisation, Tauranga
  - Western Bay of Plenty Primary Health Organisation, Tauranga
- Funders
  - Health Research Council of New Zealand
  - Nga Pae o Te Maramatanga
  - Oakley Mental Health Research Foundation
  - National Heart Foundation
  - Rotorua Energy Charitable Trust
  - Auckland Medical Research Foundation
  - Ministry of Health
- LiLACS participants

