

2022 Quality of Life Survey

Snapshot Infographics

The biennial Quality of Life Survey measures how people living in New Zealand's larger urban areas feel about their wellbeing.

The 2022 survey questioned 6906 New Zealanders, including 708 people in Christchurch about their perceptions of life in our main urban areas: Auckland, Christchurch, Dunedin, Hamilton, Hutt City, Porirua, Tauranga and Wellington. The survey ran March–June 2022.

The results feed into Christchurch City Council's Community Outcomes monitoring programme and are used to inform Long Term Plan decisions, Council strategies and policy processes.

Read the full results at

ccc.govt.nz/qualityoflife



Quality of life, health and wellbeing

81%



of Christchurch respondents rate their quality of life as good, very good or extremely good, a decrease from 87% in 2020 and similar to the 8 cities average.

34%



said their quality of life had decreased in the last 12 months, up on 2020 (24%) and tripling since 2018 (11%) but similar to the 8 cities average.

More than half (53%) of these respondents mentioned a range of financial wellbeing issues as a reason.

The main reasons for quality of life increasing for just under one in five (19%) were:

- Work related
- Financial wellbeing
- Good health and wellbeing

73%



of Christchurch respondents rated their physical health as good, very good or excellent, very similar to the 8 cities average. However, 38% of Christchurch respondents said COVID-19 had negatively impacted their physical health, lower than the 8 cities average.

Mental health is becoming more of a challenge.

68%



rated their mental health positively, down from 72% in 2020 and very similar to the 8 cities average. 58% of Christchurch respondents said COVID-19 has had a negative impact on their mental health, lower than the 8 cities average.

46%



of those with children said the pandemic had negatively impacted their children's overall wellbeing, similar to the 8 cities average.

Housing and economic wellbeing

46%



of Christchurch respondents found their housing costs affordable, down from 59% in 2020. This was higher than the 8 cities average.

80%



said their house was suitable for their needs and for the needs of others who live with them. This was slightly higher than the 8 cities average.

Some are struggling to afford everyday needs.

15%



said they don't have enough money and 36% said they have just enough (similar rates to 2020 and similar to the 8 cities average).

40% said COVID-19 has had a negative impact on their finances, slightly lower than the 8 cities average.

63%



of those in paid employment were satisfied with their work/life balance, very similar to 2020 (62%) and higher than the 8 cities average.

However 39% of those in paid employment said COVID-19 has had a negative impact on their work/life balance, lower than the 8 cities average. 29% said the pandemic has had a negative impact on their job security, very similar to the 8 cities average.

COVID-19 has also impacted businesses, with...

42%



of those who owned businesses saying they had reduced overhead costs (lower than the 8 cities average) and 35% saying they had reduced staff numbers and hours as a result of the pandemic (very similar to the 8 cities average).

Community wellbeing

Loneliness and isolation is an increasing challenge.

10%



said they felt lonely or isolated most or all of the time and 53% rarely or never felt lonely (very similar to 2020: 54%). These rates were similar to the 8 cities averages.

Just over a third (34%) said COVID-19 has had a negative impact on their relationships, slightly lower than the 8 cities average.

Crime and safety continue to be issues in Christchurch, with only...

36%



of Christchurch respondents saying they felt safe in the central city after dark (down from 44% in 2020), similar to the 8 cities average.

71%



said racism or discrimination toward particular groups of people was a problem in Christchurch.

This was significantly higher than the 8 cities average.

The main reasons for discrimination were related to:

- COVID-19 vaccination status
- Gender
- Ethnicity

29%



of Christchurch respondents had confidence that the Council makes decisions in the best interests of the city, the same as in 2020 and similar to the cities average.

Public transport and the environment (natural and built)

81%



of Christchurch respondents said the city is a great place to live, similar to 2020 (83% and higher than the 8 cities average). 32% said it was better or slightly better than 12 months ago, much higher than the 8 cities average. Building developments and renovations continue to be cited as the main reason.

The top city issues causing problems for Christchurch respondents were also the most common in 2020:

- Water pollution (71% vs 67% in 2020 and higher than the 8 cities average)
- Traffic congestion (69% vs 77% in 2020 and lower than the 8 cities average)
- Limited parking in the city centre (65% vs 71% in 2020, higher than the 8 cities average)

28%



Just over a quarter were using a private vehicle more because of the pandemic (lower than the 8 cities average), while one in five (20%) were walking more often (the same as the 8 cities average) and 11% were cycling more often (higher than the 8 cities average).

8%



were using public transport at least once a week (much lower than the 8 cities average).

41%



Fewer Christchurch respondents were worried about climate change than they were two years ago (46% in 2020, very similar to the 8 cities average).

A range of actions are being taken by Christchurch respondents to combat climate change:

65%



are managing their waste (higher than the 8 cities average), 59% are taking purchasing actions such as buying fewer products and using less plastics (similar to the 8 cities average), and 52% were taking food related actions such as eating more plant based foods, growing their own and shopping locally and seasonally (similar to the 8 cities average).