

Regional Snapshot: Auckland



New Zealand Council Of
Christian Social Services

307,400 Aucklanders (17.3%) experience poverty after housing costs are paid

30,000 adults over 65 years old in Auckland (13.65%) experience poverty after housing costs
94,300 children in Auckland (23.1%) live in households experiencing poverty after housing costs

174,200 Aucklanders (9.8%) are unable to afford essential items

8,000 adults over 65 years old in Auckland (3.64%) are unable to afford the essentials
60,000 children in Auckland (14.7%) are living in households that are unable to afford the essentials



32% of Aucklanders experienced food insecurity in the past year

Employment

6.6% of working aged Aucklanders are unemployed, above the national unemployment rate (5.3%)

14% of working adults in Auckland reported they would like, or are able, to work more hours than they currently were (compared to 13.8% nationally)

The number of Aucklanders experiencing homelessness has more than doubled from 426 to 940

Income adequacy

The Jobseeker support is estimated to be \$109.71/week short of covering essential living costs like food, housing and power for single adult recipients in Auckland

In the year to June 2026 74,031 food special needs grants were approved in Auckland, for households unable to cover their food expenses

Housing

In the year to March 2026 more than half (54%) of emergency housing applications were declined

40.5% Aucklanders live in a house they do not own, with average rent (\$691/week) making up 41% average weekly earnings

Home ownership is inaccessible, with a 20% deposit for a house in Auckland estimated to take 24 years to save for the average earner

Health

49.7% Aucklanders had unmet dental treatment due to costs, with this disproportionately impacting 25-34 year olds (60.1%), Māori (59.3%) and Pacific people (60.3%)

Visit our website for more information on steps we recommend to help free New Zealanders from poverty
nzccss.org.nz

