

Regional Snapshot: Nelson



New Zealand Council Of
Christian Social Services

29,400

people in people in Nelson/Marlborough/
Tasman/West Coast (15.2%) experience poverty
after housing costs are paid

2,000 adults over 65 years old in Nelson (17.6%) experience poverty after housing costs
9,000 children in the Nelson/Marlborough/Tasman/West Coast region (21.7%) live in
households experiencing poverty after housing costs

15,600

people in Nelson/Marlborough/Tasman/
West Coast (8.1%) are unable to afford
essential items

6,200 children in the Nelson/Marlborough/Tasman/West Coast region (15%) are
living in households that are unable to afford the essentials



Income adequacy

In the year to June 2026 14,127 special needs grants
were approved in Nelson, for households unable to
cover their everyday expenses such as food,
medical costs and utilities

Employment

14.1% of working adults reported they would like, or
are able, to work more hours than they currently
were (compared to 13.8% nationally)

31% of people in Nelson experienced food
insecurity in the past year

Housing

While average incomes increased 26% in the past
10 years, average rental costs increased 59%

More than 1 in 4 adults over the age of 65 in Nelson
lived in a house they did not own (26.41%
compared to 17.25% nationally)

Average rent (\$593/week) makes up 41% average
weekly earnings (above the 40% national average)

Health

More than half (52.4%) people in Nelson had unmet
dental treatment due to costs, with this
disproportionately impacting 25-34 year olds
(72.3%), 35-44 year olds (68.4%) and Māori (61.4%)

Roughly 1 in 4 people in Nelson (24%) were unable to
access a doctor due to cost, with this most
common in 25-34 year olds (38.5%)

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information on steps we
recommend to help free New
Zealanders from poverty
nzccss.org.nz

