

Regional Snapshot: Wellington



New Zealand Council Of
Christian Social Services

89,200 people in Wellington (16.7%) experience poverty after housing costs are paid

10,000 adults over 65 years old in Wellington (12.36%) experience poverty after housing costs
22,600 children in Wellington (16.3%) live in households experiencing poverty after housing costs

44,100 people in Wellington (8.3%) are unable to afford essential items

2,000 adults over 65 years old in Wellington (2.47%) are unable to afford the essentials
16,000 children in Wellington (14.5%) live in households that are unable to afford the essentials



Housing

Roughly 40% of Wellington houses are rented. While rental costs as a proportion of income have reduced, rent still makes up 34% of the average income

The 2023 census estimated 240 people in Wellington were living without shelter, while 4,773 were in houses which were uninhabitable, for example lacking basic amenities like cooking facilities or a toilet

Downtown Community Ministries reported supporting 332 people experiencing homelessness between January and March 2026

Health

39.4% of people in Wellington had unmet dental treatment due to costs, with this disproportionately impacting 25-34 year olds (52.7%), Māori (56.1%) and Pacific people (51.9%)

1 in 4 adults aged 25-34 (25%) were unable to access a doctor due to cost

32% of people in Wellington experienced food insecurity in the past year

Employment

6.3% of working aged people in Wellington are unemployed, above the national unemployment rate (5.3%)

Income adequacy

The Jobseeker support is estimated to be \$89.94/week short of covering essential living costs like food, housing and power for single adult recipients in Wellington

In the year to June 2026 32,829 special needs grants were approved in Wellington, for households unable to cover their everyday expenses such as food, medical costs and utilities

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

