Real lives. Real voices.

Arthritis NZ
Mateponapona
Aotearoa

There's more to arthritis than joint pain.



58%

of 2025 survey respondents said arthritis affected their mental wellbeing.

Your experience can help shape change.

Tell us what living with arthritis is really like and help Arthritis NZ understand where more support is needed.

TAKE THE 2026 SURVEY

Scan here

Scan the QR code to share your experience of living with arthritis.

tinyurl.com/z4r98p4y

Complete the survey for your chance to win a supermarket voucher each week. Open for 5 weeks from World Arthritis Day **12 October.**

Arthritis Confidence Index 2026