NEW ZEALAND RETIREMENT EXPENDITURE GUIDELINES

MASSEY UNIVERSITY
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The NZ Fin-Ed Centre aims to empower New Zealanders to make more financially savvy decisions – to give peopleg5 the tools they need for the life-long process of managing their finances. Key projects include a 20-year longitudinal study that follows 300 New Zealanders to understand their needs for financial knowledge at different life stages, a multi-level certification programme for personal financial educators and the New Zealand Retirement Expenditure Guidelines Report to establish guidelines for 'modest' and 'comfortable' retirement.

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FOREWORD

The transition into retirement is one of life's defining moments.

For the many Kiwis who are at this life stage, the critical question is not so much what they are retiring from, but what they are retiring to. To help inform and guide the decision-making of both financial advisers and their clients, Financial Advice New Zealand is proud to continue to support the latest edition of Massey Fin-Ed Centre's New Zealand Retirement Expenditure Guidelines Report.

The insights provided in this report offer a clear and detailed picture of the expenditure patterns of retirees across various lifestyles and regions. This data not only helps individuals and families to plan more effectively but also supports professional financial advisers in providing tailored, informed advice. The number of people aged 65 years or older in New Zealand is projected to reach one million by 2028. This growing demographic underscores the importance of robust retirement planning.

We are proud to support the Massey Fin-Ed Centre in their ongoing efforts to enhance retirement preparedness in New Zealand. Their rigorous research and dedication to providing accurate, actionable information align perfectly with our mission to empower New Zealanders to achieve financial wellbeing.

I encourage all readers to delve into this report and use its findings to inform their retirement planning strategies. Together, we can ensure a secure and fulfilling retirement for all New Zealanders.

Warm regards,

Nick Hakes
Chief Executive Officer
Financial Advice New Zealand

INTRODUCTION

Although the Inflation rate has fallen over the past twelve months returning to the Reserve Bank of New Zealand's target range, rising prices and the cost of living remain pressing concerns for New Zealanders. The October 2024 Ipsos New Zealand Issues Monitor highlighted inflation as the biggest issue for New Zealanders, although this concern was notably lower among New Zealanders aged 65 and older[1]. As a consequence of the lower inflation rate, interest rates are beginning to fall providing relief for borrowers but reducing income for many older New Zealanders some of whom rely on the interest income from bank deposits to supplement their NZ Superannuation.

Retirement represents a substantial life transition for most New Zealanders, and moving from employment to retirement can be stressful. As discussed in previous reports, most New Zealanders have aspirations about their future retirement, and good preparation and planning are key to achieving these goals. However, the context for that planning is dynamic, with the economic environment constantly evolving, underscoring the important of regularly reviewing retirement plans to adapt to changing conditions.

As noted in the 2023 report, the focus for retirement planning is undergoing a generational shift, with the first of Generation X now facing retirement in the foreseeable future. In 2029, the last of the Baby Boomer generation will reach the traditional retirement age of 65, the age of eligibility for New Zealand Superannuation, with Generation X following from 2030. While Millennials have more time, the first of that cohort are now around 20 years from reaching age 65, making it an opportune moment for them to begin planning for retirement.

A central question for those preparing for retirement is determining the level of financial resources needed to meet their needs in retirement. The 2024 Retirement Expenditure Guidelines presented in this report are the thirteenth edition in a series that began in 2012[2,3], providing pre-retirement New Zealanders with information to assist their financial plans for retirement. The Guidelines offer insights into actual spending levels among retired New Zealanders but do not assess the adequacy of NZ Superannuation. Those planning for retirement can use this information to plan budgets for their desired future retirement lifestyle and provide a foundation from estimating the savings they need to achieve their retirement objectives.

A concern that arises during retirement planning is longevity risk, - the risk of outliving one's savings. This risk is often accompanied by the 'fear of running out', i.e. the concern that retirement savings may be exhausted sooner than anticipated. Longevity risk can lead retirees to limit their spending more than originally planned, potentially sacrificing quality of life to avoid exhausting their funds. Effective planning requires strategies to manage this risk, ensuring that retirees have a sustainable income throughout their lifetime, despite uncertainties about how long they may need their savings to last. As discussed later in the report, strategies to reduce this risk include the allocation of assets between income-generation and capital growth, maintaining a diversified portfolio, and adopting a flexible withdrawal strategy, while the availability of NZ Super is also important.

Expenditure patterns shift over time due to societal changes and the effect of inflation. This report addresses these shifts by moving to the 2022/23 Household Economic Survey (2023 HES) as the data source, with an adjustment for inflation to 30th June 2024. Additionally, we also provide updated information about income for retired households, which complements the expenditure data. In addition, we explore the question of longevity risk.

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[1] Source: https://www.ipsos.com/en-nz/ipsos-nz-issues-monitor-oct-2024
[2] Previous editions can be found on the Fin-Ed Centre website.
[3] The basis for calculating the Retirement Expenditure Guidelines was changed with effect from the 2014 report. Details of the changes are provided in that report.

About This Report

The New Zealand Retirement Expenditure Guidelines as at 30th June 2024 are prepared from the Statistics New Zealand's triennial 2022/23 Household Economic Survey (HES) for the year ended 30 June 2023. The data extracted from the HES are only for 'retired' households, defined as being where one form of income received in the household is New Zealand Superannuation, a war pension or other government pension. However, this does not mean that NZ Superannuation, or other pension, is the only form of income, and the levels of expenditure make it clear that these households are either receiving other income, i.e. likely to indicate the individuals are not actually retired, or drawing down on investments. The sources of income for these households are discussed in more detail in this report.

Two levels of expenditure have been included in the guidelines. The **No Frills** guidelines reflect a basic standard of living that includes few, if any, luxuries. The **Choices** guidelines represent a more comfortable standard of living, which includes some luxuries or treats. The No Frills Guidelines are based on the average expenditure of the second quintile of the HES for retired households, while the Choices Guidelines are based on the average expenditure of the fourth quintile of the HES for retired households.

The second quintile comprises households in the 21st to 40th percentile for household income, while the fourth quintile comprises households in the 61st to 80th percentiles for household income. The decision to use the second and fourth quintiles was based on expert statistical advice and reflects that the first and fifth quintiles will include outlying data that distorts the averages. We acknowledge that there are a group of households in the first quintile, i.e. 20% of retired households, with lower levels of expenditure than reflected in the No Frills guidelines.

KEY FINDINGS IN THIS REPORT

THE NEW ZEALAND RETIREMENT EXPENDITURE GUIDELINES AS AT 30TH JUNE 2024

	One-person households		Two-person households	
Weekly NZ Super rates (after tax)	$519.47		$799.18	
Total Weekly Expenditure	Metro	Provincial	Metro	Provincial
No Frills budget	$687.84	$564.25	$909.90	$1031.85
Choices budget	$768.76	$752.41	$1739.85	$1210.18

- A majority of New Zealanders hope to enjoy a standard of living in retirement that exceeds what NZ Superannuation alone can provide.
- Most households which currently count NZ Superannuation as one of their income sources have successfully achieved this.

Expenditure changes from 2023 to 2024

- The effect of inflation on expenditure for each of the household groups was in the range 1.80% to 3.46% with only two household groups having an effective inflation rate above the CPI rate of 3.30% for the same period.
- The key drivers for increased costs for superannuants for the twelve months ended 30th June 2024 were Housing and household utilities, Transport and Insurance for all our household groups.
- The household groups considered in this report are spending more than is received from NZ Superannuation, reflecting access to other income and/or savings.

Life expectancy

- In retirement planning, ‘fear of running out’ (FORO) may lead to over-saving thereby reducing one’s quality of life, while in retirement it may cause under-spending even when sufficient funds are available.
- Underpinning this FORO is the uncertainty around life span —essentially, the question of life expectancy or simply, “How long will I live?”, which is a question that no-one can answer with certainty,
- Life expectancy changes as one ages, and varies over time across different cohorts.
- Individual life expectancy is influenced by several factors: genetics, lifestyle, gender, ethnicity, and socioeconomic factors.
- New Zealanders are fortunate to have access to a guaranteed lifetime annuity in the form of NZ Superannuation, which protects people from longevity risk.

EXPENDITURE CHANGES IN 2024[4]

The expenditure changes noted from the 2023 report have two sources – the change of base data to the 2023 HES and inflation for the twelve months ended 30th June 2024. We begin by looking at how expenditure has been impacted by inflation between June 2023 and June 2024.

Table 1: Changes in Total Weekly Expenditure by Household Group 2023 - 2024

		Total Weekly Expenditure		Change 2023 – 2024	
		2023	2024	$	%
One-person households	No Frills – Metro	665.90	687.84	21.94	3.29%
	No Frills – Provincial	545.40	564.25	18.85	3.46%
	Choices – Metro	744.80	768.76	23.96	3.22%
	Choices – Provincial	739.10	752.41	13.31	1.80%
Two-person households	No Frills – Metro	880.50	909.90	29.40	3.34%
	No Frills – Provincial	1003.60	1031.85	28.25	2.81%
	Choices – Metro	1686.60	1739.85	53.25	3.16%
	Choices – Provincial	1173.70	1210.18	36.48	3.11%
				CPI	**3.30%**

Table 1, above, shows the inflation-adjusted change in total expenditure for each of our household groups from 2023 to 2024. Most of our household groups experienced expenditure increases below the Consumer Price Index (CPI) inflation rate, with the No-Frills-Provincial One-Person Household and No-Frills-Metro Two-Person Household each having an increase above the CPI. Notably, the Choices-Provincial One-Person Household had an increase substantially lower than the CPI, as it did in 2023.

These differing inflation rates between household groups are expected, resulting from the unique expenditure patterns for each group. The CPI uses a standard basket of goods and services to measure inflation, which does not exactly reflect the spending of individual households. For example, the inflation rate for individual expenditure groups within the CPI varies widely from -13.6% for Fruit and vegetables to 14.2% for Telecommunication equipment[5] –it is interesting to note that in 2023, Telecommunication Equipment had the lowest inflation rate. Differences in spending patterns between our household groups combined with the varying inflation rates for the expenditure classes, result in distinct overall changes in expenditure for each group.

The three largest expenditure classes for all household groups include Housing and household utilities (15-35%) and Food (14-23%). The third category varies: for five groups it is Transport (12-24%); for two groups it is Recreation and culture (5-24%); and for the remaining group it is Miscellaneous (9-14%). When comparing the proportional expenditure of our household groups to the CPI weightings, we observe that Food expenditure is proportionally higher for four groups. This, coupled with the relatively low inflation rate for the Food expenditure class contributes to a lower inflation rate for those groups. Similarly, half our households spend proportionally more on Recreation and culture, an expenditure

[4] The detailed Retirement Expenditure Guidelines are in Appendix 1.
[5] The breakdown of the CPI by group and sub-group can be found at https://www.stats.govt.nz/information-releases/consumers-price-index-june-2024-quarter/

class with an inflation rate below the overall CPI. Additionally, all our household groups spend notably less on Alcoholic beverages, tobacco and illicit drugs – an expenditure class with a much higher inflation rate than the overall CPI – compared to its the weighting in the CPI (see Table 2 below).

Another factor of note is the lower expenditure of the No-Frills-Metro Two-Person Household compared to that of the No-Frills-Provincial Two-Person Household. The key contributors are the lower level of expenditure on recreation and culture, and, to a lesser extent, transport.

Table 2: Comparison of Proportional Expenditure in Selected Classes & Subclasses

		Food	Alcoholic beverages, tobacco and illicit drugs	Housing & household utilities	Transport	Recreation & culture	Insurance (subclass)
One-person households	No Frills – Metro	19.20%	1.20%	26.40%	24.30%	10.70%	11.80%
	No Frills – Provincial	17.00%	3.10%	34.50%	12.20%	7.20%	8.90%
	Choices – Metro	16.60%	1.00%	27.60%	13.30%	14.20%	10.80%
	Choices – Provincial	14.00%	1.70%	30.40%	21.00%	4.50%	8.80%
Two-person households	No Frills – Metro	22.80%	2.10%	26.30%	13.30%	11.10%	11.80%
	No Frills – Provincial	20.80%	1.80%	15.90%	13.40%	24.20%	7.90%
	Choices – Metro	18.30%	2.30%	15.40%	24.40%	9.70%	9.30%
	Choices – Provincial	19.10%	2.10%	28.10%	15.10%	7.20%	7.00%
CPI Basket		18.80%	7.06%	27.78%	13.45%	9.72%	2.90%
CPI increase for 12m to 30/06/24		0.20%	6.90%	4.40%	3.50%	2.40%	14.00%

Offsetting these items which contribute to the lower inflation rates for our households is Insurance. The inflation rate for the Insurance subclass, within Miscellaneous goods and Services, was more than four times the overall CPI and all our household groups spend proportionally more on Insurance.

DATA SPECIFICATION FOR 2024

Table 3: Changes in Total Weekly Expenditure by Household Group from New Data Specification

	One-person households				Two-person households			
	No Frills		Choices		No Frills		Choices	
	Metro	Provincial	Metro	Provincial	Metro	Provincial	Metro	Provincial
2023 REG	$826.26	$689.54	$1,163.09	$1,263.35	$982.02	$849.82	$1,665.85	$1,330.30
2023 HES Original	$711.80	$621.10	$1,224.20	$962.10	$899.20	$971.80	$1,728.20	$1,210.50
2023 HES Revised	$665.90	$545.40	$744.80	$739.10	$880.50	$1,003.60	$1,686.60	$1,173.70

With the shift to the 2023 HES for this report, the opportunity was taken to review the data specifications and slight revisions have been made. Table 3 illustrates the impact of these changes. The first row (2023 REG) shows the total weekly expenditure figures from the 2023 Retirement Expenditure Guidelines report. The second row (2023 HES Original) shows the total weekly expenditure figures from the 2023 HES using the original specifications. The final row (2023 HES Revised) presents the total weekly expenditure figures based on the revised specifications.

The comparison reveals that three of the One-Person Households had a reduction in expenditure under the original specifications from the 2023 HES, and all had a reduction under the revised specifications. Among the Two-Person Households, two had a reduction under both the former and revised specification from the 2023 HES, while the other two had an increase in both cases. In the periods between HES data sets, the only adjustment made to the expenditure figures is for inflation as we have no information about changes in expenditure patterns. The reduction in expenditure levels for several household groups in the latest HES reflects that in practice, households adjust their spending as a result of rising prices and therefore avoid some of the inflationary impact.

EXPENDITURE RELATIVE TO NZ SUPERANNUATION IN 2024

On 1st April 2024, the two key rates of New Zealand Superannuation rates increased to[6]:

Table 4: NZ Superannuation Rates from 1 April 2024[7]

Single, living alone	$519.47 per week	after tax at the M rate
Couples, both qualify	$799.18 per week	after tax at the M rate

The CPI rate for the year ended 31 March 2024 was 4.00%, while the increase in New Zealand Superannuation from 1 April was slightly more at 4.66%. This reflects the legislated adjustment methodology, which uses the annual CPI (for the 12 months ended 31 December of the previous year), while also maintaining relativity with the net average wage. The government paper[8] on the annual adjustment noted that no further adjustment beyond the CPI adjustment was needed, as this was sufficient to keep NZ Superannuation above the minimum level of wage relativity.

Table 5: The Difference Between Total Expenditure and Current Rates Of NZ Superannuation[9]

		Total Weekly Expenditure	NZ Super	Difference in 2024	Difference in 2023	Change in Difference 2023 – 2024
One-person households	No Frills – Metro	$687.84	$519.47	($168.37)	($329.89)	$161.52 (49%)
	No Frills – Provincial	$564.25		($44.78)	($193.17)	$148.39 (77%)
	Choices – Metro	$768.76		($249.29)	($666.72)	$417.43 (63%)
	Choices – Provincial	$752.41		($232.94)	($766.98)	$534.04 (70%)
Two-person households	No Frills – Metro	$909.90	$799.18	($110.72)	($218.38)	$107.66 (49%)
	No Frills – Provincial	$1031.85		($232.67)	($86.18)	($146.49) (-170%)
	Choices – Metro	$1739.85		($940.67)	($902.21)	($38.46) (-4%)
	Choices – Provincial	$1210.18		($411.00)	($566.66)	$155.66 (28%)

For all household groups, the average household spends more than they receive from NZ Superannuation, which reflects that these households are receiving other income and/or drawing down on investments, i.e. they are not relying solely on NZ Super – the next section discusses household income and shows the level of other income for each of these household groups. In 2024 the difference

[6] Source: https://www.workandincome.govt.nz/products/benefit-rates/benefit-rates-april-2024.html
[7] NZ Superannuation rates increased again in August 2024 as a result of changes announced in the 2024 budget, to $521.62 and $803.48 for the equivalent single and married rates respectively.
[8] https://www.msd.govt.nz/documents/about-msd-and-our-work/publications-resources/information-releases/cabinet-papers/2024/annual-general-adjustment-2024/paper-annual-general-adjustment-2024.pdf
[9] In the two-person households, part of the difference may reflect that one person is not yet eligible for NZ Super, so may be working and earning a higher income than would be provided by NZ Super.

between NZ Superannuation and weekly expenditure has reduced for most households reflecting the adjustment to the data set. However, for two groups (the Choices Metro and the No Frills Provincial Two-Person Household groups) had increases.

We have estimated the lump sum required at retirement to fund the additional spending over NZ Superannuation for each group (see Table 6), with the assumption that there is no other income. In addition, the table shows the weekly savings required to achieve that lump sum, with saving starting at either 25 or 50 years of age. Starting retirement savings at a younger age means the regular amount of savings required is smaller. We have continued with the addition to Table 6, begun in the 2022 report, of the per person split of the lump sum and savings required for the two-person household groups, to reinforce that these figures are for two people. This assumes an even split of the savings between the two people.

Table 6: Estimated Savings Requirement to Fund the Differences Between Expenditure and NZ Superannuation[10]

		Weekly Difference	Lump Sum Required[11]	Weekly Savings		Per person	
				from age 50[12]	From age 25[13]	Lump sum	Savings from age 50
One-person households	No Frills – Metro	($168.37)	$183,000	$201	$51	n/a	
	No Frills – Provincial	($44.78)	$48,000	$46	$10		
	Choices – Metro	($249.29)	$271,000	$302	$79		
	Choices – Provincial	($232.94)	$252,000	$280	$73		
Two-person households	No Frills – Metro	($110.72)	$120,000	$129	$31	$60,000	$65
	No Frills – Provincial	($232.67)	$252,000	$280	$73	$126,000	$140
	Choices – Metro	($940.67)	$1,142,000	$1,303	$358	$571,000	$652
	Choices – Provincial	($411.00)	$446,000	$503	$135	$223,000	$252

Although these lump sums and the savings needed to achieve them may seem daunting, there are ways to make them more manageable, as discussed in our previous reports. Two main strategies to reduce the required lump sum are supplementing retirement income, such as by working part-time, or delaying retirement to shorten the time the lump sum needs to support.

To lower the savings needed to reach a target lump sum, one option is to select a fund with a greater allocation to growth assets, as these are generally expected to produce higher returns over the long term. However, growth funds may not be suitable for all investors due to the increased volatility associated with the higher proportion of growth assets. For this reason, we use a balanced fund to estimate the required savings. Additionally, the savings shown in Table 6 assume no existing retirement savings, yet most New Zealanders have a KiwiSaver account, with an average balance of $28,800 as of March 31, 2023[14].

[10] The lump sums in Table 6 were calculated using the Sorted retirement calculator available at https://sorted.org.nz/tools/retirement-calculator while the savings required to achieve the lump sums were calculated using KiwiSaver calculator at the https://sorted.org.nz/tools/kiwisaver-calculator. The actual length of retirement to be planned for will vary for each person, depending on the age of retirement and life expectancy. To help work this out, use the retirement planner at sorted.org.nz. We have assumed retirement at age 65 with a life expectancy of 90 (for both in couples), and investment in a balanced fund.

[11] The Total Savings Required is rounded to the nearest $000

[12] For a 50-year old individual/couple.

[13] For a 25-year old individual/couple.

[14] From the Melville Jessup Weaver KiwiSaver Market Review (October 2023) available from https://mjw.co.nz/wp-content/uploads/2023/10/2023-MJW-KiwiSaver-Market-Review.pdf

In Table 7 below, we compare the savings rate required for two of our household groups under different scenarios. As a base for comparison, we use the savings targets from Table 6 and consider how those savings targets change if funds are instead invested in a growth fund or if the household already has some savings towards retirement in a KiwiSaver account. In both scenarios there is a reduction in the required savings.

Table 7: Effect on Weekly Savings for Different Scenarios

	Lump sum required	Base savings – age 25 (From Table 6)	Growth fund	Current KiwiSaver balance of $9000 (each for couple)	Base savings – age 50 (From Table 6)	Growth fund	Current KiwiSaver balance of $45000 (each for couple)
One-person household No Frills – Metro	$183,000	$51	$38	$45	$201	$185	$132
Two-person household Choices – Provincial	$446,000	$135	$104	$123	$503	$464	$365

INCOME IN RETIREMENT

Following similar data requests in 2017 and 2020, the data provided by Statistics New Zealand from the 2023 HES includes information about the income being received by the households. The updated data set for this report provides an opportunity to revisit the sources of income for retired households.

Table 8: Average Income For All Reporting Households in Group by Source

			Wages & salaries	Self-employment	Investments	Pension and superannuation	Other government transfers[15]	Private superannuation[16]	All other regular income	Total regular income[17]	Proportion of Total regular income from Pension & Superannuation	Proportion of Total regular income from Pension & Superannuation (2019)
One-person household	No Frills	Metropolitan		..	13.9	531.0	14.9		..	555.3	95.6%	61.4%
		Provincial	..		19.4	528.1	24.4		..	563.2	93.8%	66.9%
	Choices	Metropolitan	692.2	..	254.4	510.5	33.5	402.1	..	984.7	51.8%	21.7%
		Provincial	346.4	292.9	172.9	528.0	46.6	289.6	199.7	905.4	58.3%	27.3%
Two-person household	No Frills	Metropolitan	129.4	202.8	108.7	754.3	95.3	..	96.3	978	77.1%	81.8%
		Provincial	147.9		30.2	792.6	35.4	..	..	873.5	90.7%	92.0%
	Choices	Metropolitan	1039.2	969.6	486.9	692.5	17.1	707.4	403.0	2097.7	33.0%	28.4%
		Provincial	920.6	710.3	122.4	596.8	51.6	609.9	92.6	1644.8	36.3%	37.0%

The table above shows the average income received from various sources[18] for each household group[19]. As previously noted in the 2017 and 2020 reports, a key observation is the much greater proportion of regular income derived from Pensions and superannuation for the No Frills households (77-97%) compared to the Choices households (33-58%). This is not surprising given the higher spending of the Choices households, which necessitates additional income. In addition, the previous observation that Provincial households receive a larger share of their regular income from Pension and Superannuation, than their Metro counterparts still holds, with the exception of the No Frills One-person households.

[15] The Accommodation Supplement is classified as an Other Government Transfer

[16] Income from KiwiSaver is included as Private Superannuation.

[17] Some households also reported irregular income, but this was a relatively small amount for almost all household groups on average, so is ignored in this discussion.

[18] A definition of the income sources is provided in Appendix 3

[19] The average is only for the households that report receiving that form of income, and not all households receive any or all of the types of income shown.

Table 9: Comparison of Estimated Proportion of Households in Each Group Receiving Type of Income[20]

			Wages & salaries		Self-employment		Investments		Other govt transfers		Private superannuation		All other regular income	
			2023	2019	2023	2019	2023	2019	2023	2019	2023	2019	2023	2019
One-person household	No Frills	Metropolitan		27.0%			56.1%	82.0%	100.0%	96.0%				23.0%
		Provincial		21.4%			45.4%	73.6%	98.4%	89.4%				22.4%
	Choices	Metropolitan	19.4%	58.1%			67.3%	68.4%	98.5%	94.1%	27.2%			42.7%
		Provincial	31.0%	41.9%	8.1%		60.6%	76.8%	100.0%	93.0%	14.6%		26.3%	36.5%
Two-person household	No Frills	Metropolitan	12.7%	18.9%	9.5%		56.8%	51.0%	100.0%	93.9%			13.7%	18.1%
		Provincial	14.1%	8.0%			65.6%	52.2%	100.0%	96.2%				12.2%
	Choices	Metropolitan	64.7%	66.9%	24.2%	15.3%	70.4%	65.2%	100.0%	100.0%	10.7%	16.0%	15.5%	43.9%
		Provincial	77.3%	54.5%	9.3%	24.2%	49.3%	59.0%	98.4%	96.3%	23.7%	17.0%	15.9%	36.0%

In Table 9 we see that almost all households (98-100%) now report income from Other Government Transfers, which reflects the Winter Energy Payment introduced in 2018. Also of note is the greater prevalence of two-person households reporting income from Wages and Salaries, which likely reflects that one person has retired and the other is continuing to work. We continue to see that more than 50% of most household groups report income from Investments, with the highest being the $C2PH_{Metro}$ at 70%.

[20] Pensions and superannuation are excluded from this table, because all households receive at least NZ Superannuation.

LIFE EXPECTANCY

Since their initial publication in 2012, these guidelines have garnered considerable interest due to their relevance to a fundamental retirement concern: how much one should save to ensure financial security. This concern is based on the ‘fear of running out’ (FORO), i.e. eventually reaching a point in retirement when their savings are exhausted, leaving them reliant on New Zealand Super and with more limited flexibility in spending.

In retirement planning, FORO may lead to over-saving thereby reducing one’s quality of life, while in retirement it may cause under-spending even when sufficient funds are available. A recent report from Vanguard[21] is interesting in what it found about FORO among Australians, as similar results would likely be found in New Zealand. Key findings from that report included:

- Running out of money in retirement was very or somewhat concerning for 83% of working age Australians and 58% of retired Australians, which was the 3rd highest fear or concern for both groups. However, it is somewhat reassuring to see the substantial reduction for retirees.
- Despite this concern, many Australians haven’t thought how old they will live to (58%) and don’t know long they should plan their retirement for (67%).
- The likelihood of outliving their savings in retirement is believed to be 40% or greater by 4 in 5 working-age Australians, while nearly 60% of retirees believe they have a similar likelihood of outliving their retirement savings.
- Nearly 20% of retirees believe they face a significant risk of outliving their retirement savings (with a perceived 90% or greater likelihood), while a similar proportion believe the risk is greater now than when they first retired.
- Half of retirees did not know how much they could spend each year to not outlive their savings.

Underpinning this FORO is the uncertainty around life span –essentially, the question of life expectancy or simply, “How long will I live?” This is a question that no-one can answer with certainty, and I often use my late mother as a personal case study to illustrate life expectancy’s variability. She was the eldest of six siblings, whose parents died at 58 and 64 from health issues. So far, she has been the only one to make it into her 80s, dying at the age of 83, with her siblings dying at 44, 58, 67, and 75 respectively. She had her own health issues, and she never expected to live as long as she did. In contrast, on my paternal side, my grandparents, father, and his siblings all made it into their 80s, with two aunts still going strong. So, in planning for my retirement, the question is which side of the family I am going to take after.

At this point it is helpful to unpick what life expectancy means, because it can be confusing. Life expectancy is the average number of years remaining at a given age, which means it changes as one ages. It also varies over time across different cohorts. This is illustrated in the following graphs.

[21] Vanguard(2024). *How Australia Retires* (https://www.vanguard.com.au/adviser/learn/insights/wealth-management/how-australia-retires-2024)

Figure 1: Life expectancy changes over time (New Zealand)

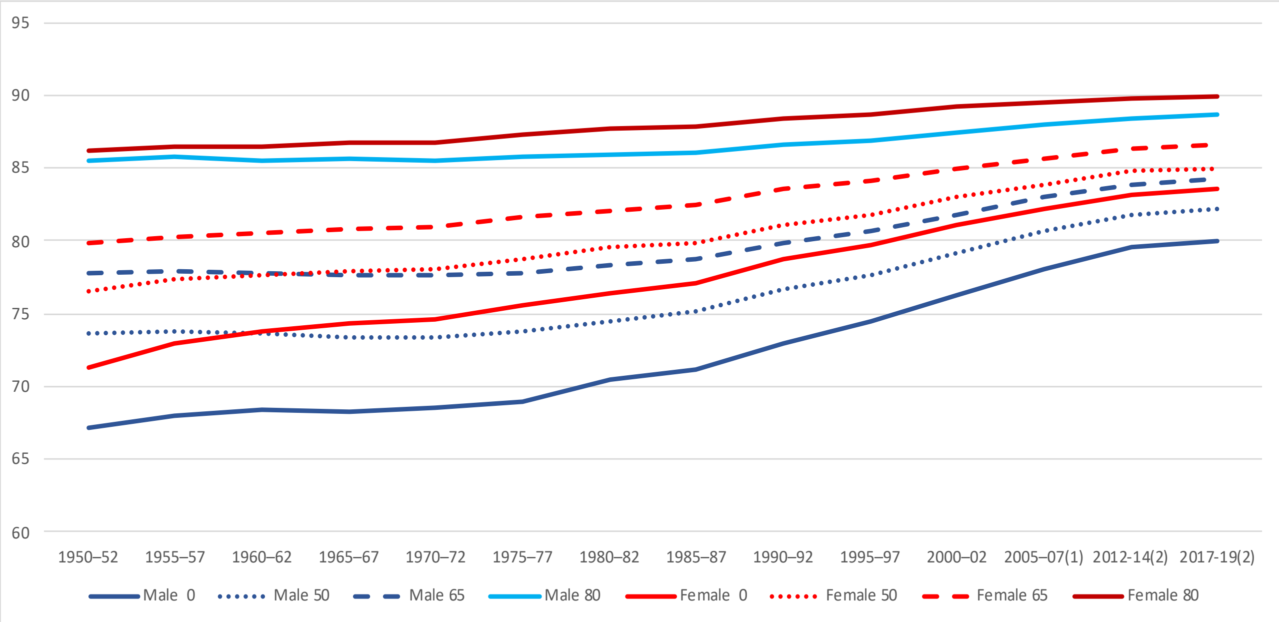


Figure 1 shows how life expectancy has changed for New Zealanders over time, with each line showing how the life expectancy at a particular age (birth, 50, 65 and 80) has changed between 1950 and 2019. Life expectancy for a male at birth in 1950-52 was 67.2 but had increased to 80.0 in 2017-19 (the equivalent numbers for females was 71.3 and 83.5). However, life expectancy for those who reach age 50 has also increased: a male aged 50 had a life expectancy of 73.7 in 1950-52, but this had increased to 82.2 in 2017-19 (76.5 and 85.0 respectively for females). Globally, life expectancy trends reflect similar increases, with OECD data showing that between 1970 and 2020 life expectancy at the average age of retirement has increased from 12 to 20 years for men and 16 to 24 years for women[22].

[22] Source: The Economist (2023). Retirement has become much longer across the rich world.

Figure 2: Life expectancy changes for a cohort born in 1950-52

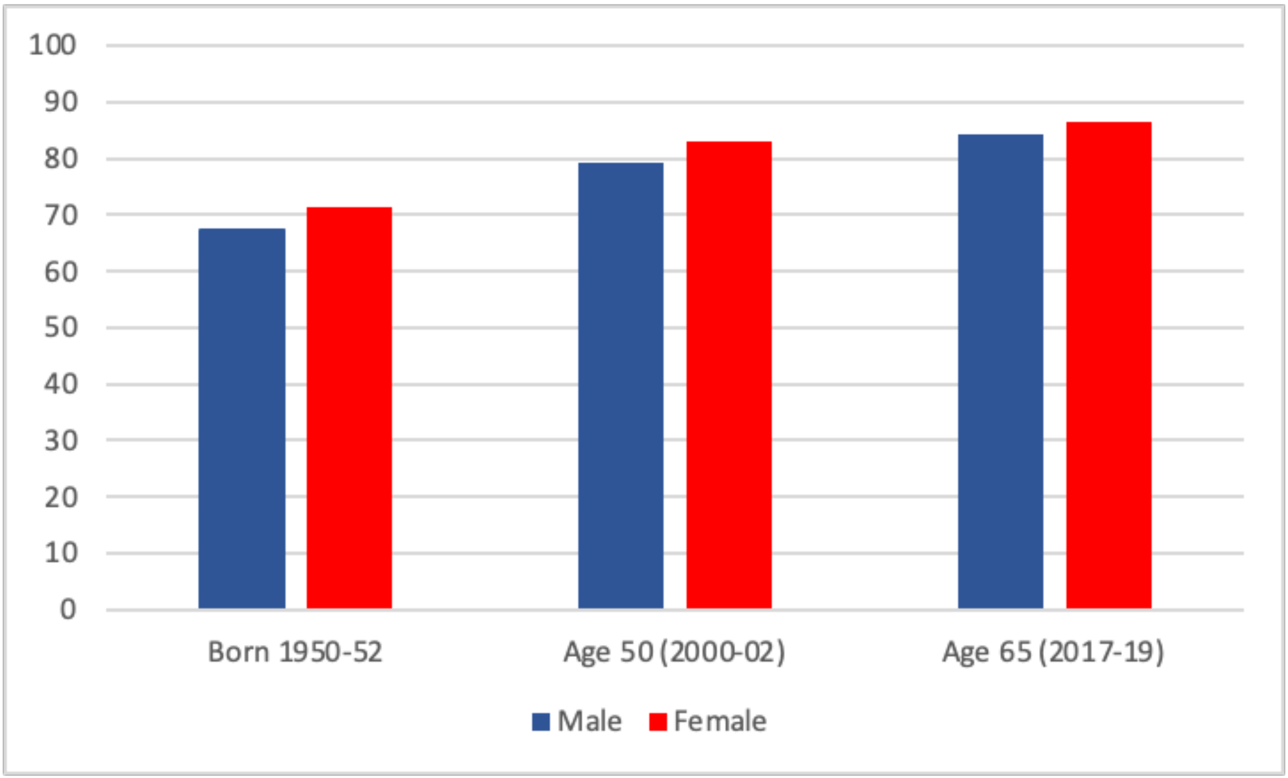


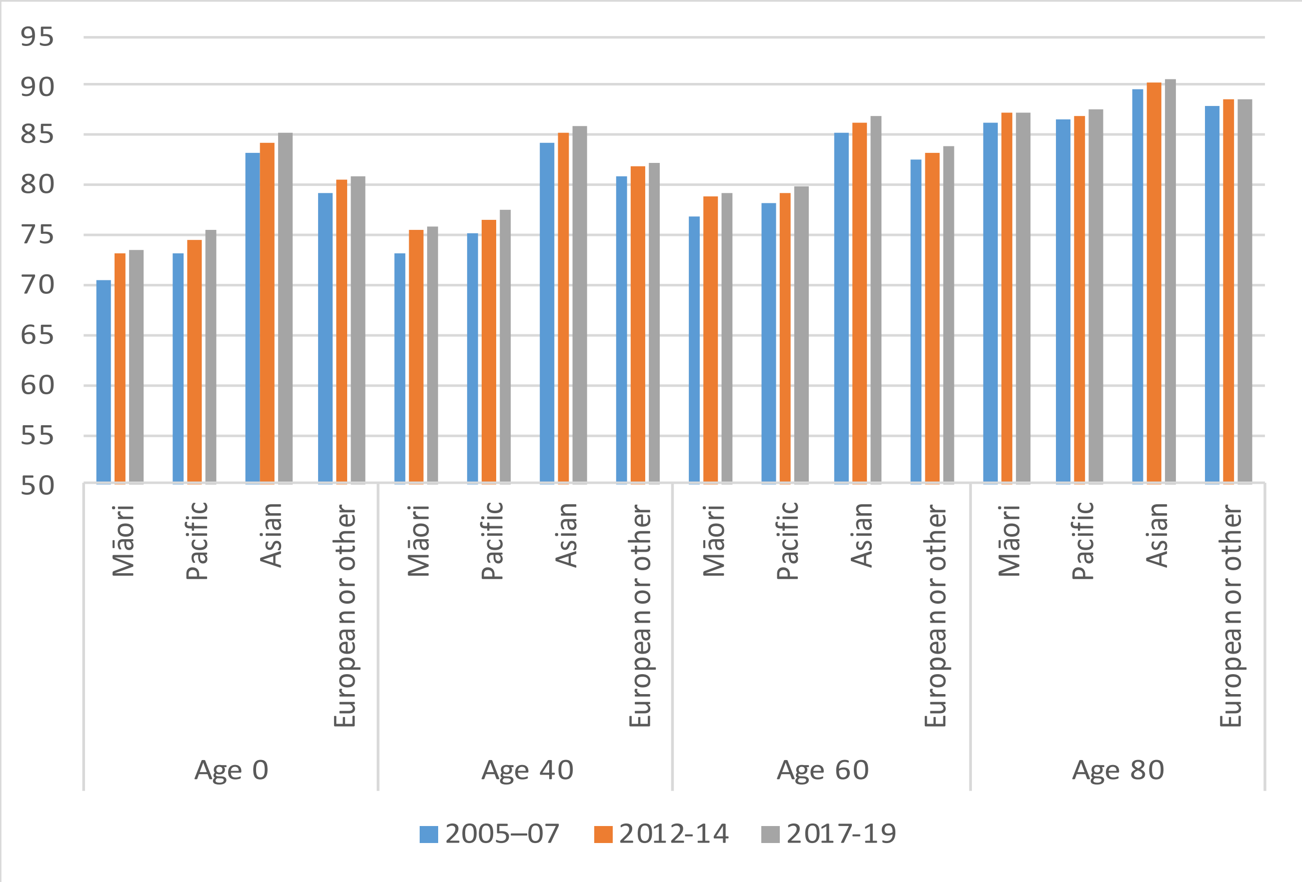
Figure 2 shows how life expectancy for a particular cohort changes as they age. In this example, we have used birth in 1950-52 as the starting point, and then considered the life expectancy of this cohort at ages 50 and 65. The increase reflects that at each of the later ages some of the cohort have died so the average for those remaining is greater.

People tend to underestimate their life expectancy[23]. In addition, the situation is more complicated for couples because they have separate life expectancies, and they need to plan for their life expectancy as a couple, which is not simply the longer life expectancy of the two. For interested readers, some of the maths behind life expectancy is explained by Ezra (2017)[24].

The discussion of life expectancy above focusses on cohort life expectancy, but individual life expectancy is influenced by several factors: genetics, lifestyle, gender, ethnicity, and socioeconomic factors. Genetics, to some extent, is a matter of chance at conception as reflected in my earlier question regarding which side of the family I might take after. Closely related to genetics are gender and ethnicity. For example, the graphs above show that at all ages, females have a greater life expectancy than males, while the graph below illustrates the variation in life expectancy across ethnicities[25].

[23] A link to a life expectancy calculator is available in Appendix 4.
[24] Ezra, D. (2017). Three crucial mistakes about life expectancy. https://www.firstlinks.com.au/life-expectancy-mean
[25] The graph uses males for the illustration, but similar results apply for females.

Figure 3: Life expectancy comparison by ethnicity (male)



Lifestyle comprises a range of things, including exercise, diet, sleep, smoking, alcohol consumption and environmental factors – this is where an individual has the greatest ability to influence their life expectancy, although outcomes are not guaranteed. Socioeconomic factors such as income, education, and employment status also play important roles, and while these can sometimes be influenced by individual choices, they are often shaped by broader societal factors.

The question of life expectancy is something we've had to give some thought to for this report, because we have had to make a judgement as to what time frame we use for calculating the lump sums. A key variable in the calculation is the 'planned' end point for the savings, i.e. the term over which we expect the funds to be used. We've used age 90, with the expectation that savings would be exhausted by that age. For most people, this is probably more than sufficient; in fact, they are likely to have some funds left over when they die.

But what if you're one of those fortunate people who live beyond age 90? Do you simply accept that, at 90, you've used up all your money and are left with only NZ Super for your remaining years, or do you save more to plan for reaching an older age such as 100, in order to have greater certainty that you won't run out of funds? It's a balancing act because the money you're saving for your retirement is money you can't spend today. If your retirement turns out to be shorter than you're planning for, is it worthwhile living less comfortably now in anticipation of a better retirement?

In practice, this means that when looking at the lump sum you need to save, you need to consider whether age 90, as used in this report, is right for you. Are you prepared for your lump sum to run out earlier, so that you don't have such a large savings target? Or do you feel you need a larger lump sum for greater certainty around life expectancy?

We are fortunate in New Zealand that we have NZ Super which "is a guaranteed lifetime annuity, and as such, it protects people from longevity risk (the risk of running out of money before you die)." as Te Ara Ahunga Ora Retirement Commission[26] pointed out recently. However, the uncertainty surrounding life expectancy has implications beyond the amount to save for retirement planning, particularly when it comes to choosing the right investment strategy.

A key challenge is balancing the allocation between income-generating assets and those focused on capital growth. Capital growth is essential for preserving the value of the portfolio over time, while income generation can help cover retirement expenses without needing to draw down the principal. However, there is a trade-off: investments that yield higher income often offer lower capital appreciation, making it a delicate task to find the right balance between the two.

Sequencing risk is another important consideration, as life expectancies increase. Investopedia[27] explains sequencing risk involves the timing dynamics of investing, specifically the risk that the order of withdrawals from a portfolio could negatively impact its overall return. This has a particular relevant for retirees, who are no longer making contributions into the portfolio that could offset the losses. The impact of sequencing risk varies across asset classes. Managing this risk effectively often involves maintaining a diversified portfolio and adopting a flexible withdrawal strategy that can be adjusted in response to market conditions.

It is worth noting that the question of life expectancy is complicated by likely lifestyle changes, particularly for those over the age of 90, and the impact that has on expenditure. Some forms of expenditure are likely to be reduced, as you may no longer have a car and may no longer travel overseas (or even domestically) as you did previously. You may also have downsized into a smaller home (which may have had the advantage of freeing up some of your capital). This means your total expenditure may reduce so that NZ Super becomes sufficient for your needs, and therefore having exhausted your retirement savings does not cause any concerns. Unfortunately, data on the changes in lifestyle and expenditure for those over 90 is very limited.

[26] TAAO (2024) *NZ Super Issues and Options*. https://assets.retirement.govt.nz/public/Uploads/Policy/TAAO-RRIP-NZ-Super-issues-paper.pdf

[27] More information on sequencing risk can be found at https://www.investopedia.com/terms/s/sequence-risk.asp

SUMMARY AND CONCLUSIONS

The household groups in this survey (quintiles two and four) continue to spend at levels in excess of NZ Superannuation; however, for most of these groups the excess expenditure has reduced. Most New Zealanders aiming for the standard of living reflected in these spending levels will still need to plan for additional income in retirement to supplement their NZ Superannuation.

The main contributors to the continued rise in costs for retirees for the twelve months ended 30th June 2024 were Housing and household utilities (4.4%), Transport (3.5%) and Insurance (14.0%) for all our household groups. However, the expenditure increases remained below the overall CPI for all but two of our household groups.

A core concern in retirement planning is determining how much to save to ensure financial security, driven by the 'fear of running out' (FORO) — reaching a point in retirement when savings are exhausted. Fortunately, New Zealanders have access to a guaranteed lifetime annuity through NZ Superannuation, which protects against longevity risk. For a proactive approach, financial advisers can assist with investment strategies to further address longevity risk.

The guidelines contained in the report can be used as input to planning for retirement income. For example, the size of the weekly difference between NZ Superannuation and a particular level of expenditure might be multiplied to calculate a "ballpark" savings target for a given length of retirement. Targets derived this way can range from zero to several hundred thousand dollars. However, this crude method does not consider individual factors such as existing savings, time to retirement and life expectancy, nor inflation, fees and interest.

A more sophisticated approach is to feed desired retirement expenditure levels into a retirement planning calculator such as the one found at https://sorted.org.nz/tools/retirement-planner.

Alternatively, those planning their retirement income should seek professional financial advice (see https://financialadvice.nz/ http:/ or /fma.govt.nz/consumers/getting-financial-advice/).

KiwiSaver provides a simple means of achieving a lump sum that can provide that investment income, with help from your employer, via the compulsory employer contribution, and the Government, via the annual Member Tax Credit.

Whatever path is taken, we hope that the guidelines contained in this report will be of assistance to New Zealanders as they plan for their retirements.

APPENDIX 1: THE NEW ZEALAND RETIREMENT EXPENDITURE GUIDELINES

Table 10: One-Person Households, Expenditure per Week

One-person households	No Frills Budget		Choices Budget	
	Metro	**Provincial**	**Metro**	**Provincial**
Food	127.96	92.99	123.95	103.71
Fruit and vegetables	24.11	12.36	14.69	14.52
Meat, poultry and fish	17.76	15.87	17.46	10.42
Grocery food	52.43	45.50	48.05	50.49
Non-alcoholic beverages	14.99	3.12	11.14	6.56
Restaurant meals and ready-to-eat food	16.77	15.51	32.70	21.38
Alcoholic beverages, tobacco and illicit drugs	8.34	18.28	8.12	13.58
Alcoholic beverages	4.91	17.85	7.62	9.50
Cigarettes and tobacco	..		..	..
Clothing and footwear	..	8.42	..	..
Clothing	..	8.42	..	11.86
Footwear				..
Housing and household utilities	183.54	196.59	214.33	234.80
Actual rentals for housing	..	25.99	64.87	83.42
Home ownership	..	..	..	32.24
Property maintenance	10.63	14.92	17.78	17.27
Property rates and related services	60.17	53.48	57.65	51.62
Household energy	28.70	36.40	27.98	37.34
Household contents and services	18.32	21.08	48.17	32.90
Furniture, furnishings and floor coverings	12.65	10.67	12.56	7.08
Household textiles	..	0.77	..	..
Household appliances	1.90	3.51	19.24	11.85
Glassware, tableware and household utensils	..		..	..
Tools and equipment for house and garden	..	0.97	7.95	3.78
Other household supplies and services	2.71	4.72	2.81	7.73
Health	14.58	21.92	25.95	42.39
Medical products, appliances and equipment	..	6.99	..	30.85
Out-patient services	12.47	14.60	22.17	8.42

One-person households	No Frills Budget		Choices Budget	
	Metro	**Provincial**	**Metro**	**Provincial**
Transport	167.15	68.93	102.15	160.63
Purchase of vehicles	..	32.59	..	72.07
Private transport supplies and services	22.63	25.79	31.75	42.00
Passenger transport services	51.35	..	29.98	40.95
Communication (Telecommunication)	23.14	22.93	30.93	23.46
Postal services	..	..	..	..
Telecommunication equipment		..		..
Telecommunication services	22.23	20.36	30.23	20.57
Recreation and culture	72.91	40.24	108.03	33.89
Audio-visual and computing equipment	8.89	2.06	..	..
Other recreational equipment and supplies	11.83	14.18	11.93	11.05
Recreational and cultural services	35.43	14.86	70.44	11.20
Newspapers, books and stationery	3.80	4.83	8.83	5.65
Accommodation services	..	..	16.27	..
Education	..	..	..	..
Miscellaneous goods and services	71.90	65.38	99.62	100.15
Personal care	7.97	9.06	19.82	7.97
Personal effects nec	..	..	0.85	11.45
Insurance	64.07	46.74	79.00	69.20
Credit services	1.20	0.50	0.60	0.50
Other miscellaneous services	..	8.92	..	..
Other expenditure	..	7.50	7.50	6.90
Interest payments	..	7.20	6.40	..
Contributions to savings			..	2.10
Money given to others (excluding donations)		..		
TOTAL	687.84	564.25	768.76	752.41

Table 11: Two-Person Households, Expenditure per Week

Two-person households	No Frills Budget		Choices Budget	
	Metro	Provincial	Metro	Provincial
Food	200.90	209.52	309.12	224.75
Fruit and vegetables	27.48	25.92	33.09	24.88
Meat, poultry and fish	39.98	28.07	50.00	28.07
Grocery food	71.87	94.17	146.39	117.17
Non-alcoholic beverages	9.47	10.62	13.01	10.20
Restaurant meals and ready-to-eat food	51.04	50.41	66.55	44.23
Alcoholic beverages, tobacco and illicit drugs	19.35	18.92	40.73	25.76
Alcoholic beverages	17.54	17.12	35.18	22.55
Cigarettes and tobacco	..	..	..	..
Clothing and footwear	6.69	25.05	31.74	12.07
Clothing	6.69	16.83	30.83	7.40
Footwear	0.00	..	..	4.75
Housing and household utilities	241.79	166.52	270.81	343.79
Actual rentals for housing	62.25	..	13.52	38.67
Home ownership	11.33	6.90	55.72	39.76
Property maintenance	42.00	15.43	58.46	141.55
Property rates and related services	67.40	62.36	94.04	70.91
Household energy	45.97	57.72	49.40	49.40
Household contents and services	17.73	44.92	51.91	54.47
Furniture, furnishings and floor coverings	..	15.58	3.68	19.07
Household textiles	..	..	15.30	3.85
Household appliances	4.17	7.39	7.87	7.20
Glassware, tableware and household utensils	..	3.20	2.48	..
Tools and equipment for house and garden	1.84	4.85	9.22	7.66
Other household supplies and services	4.72	11.24	14.76	10.84
Health	28.95	35.98	118.19	75.90
Medical products, appliances and equipment	8.02	10.81	22.27	15.28
Out-patient services	20.68	24.73	93.70	44.13
Transport	121.20	139.52	425.28	183.09
Purchase of vehicles	..	41.23	..	65.48
Private transport supplies and services	58.33	82.20	95.71	70.15
Passenger transport services	49.38	18.08	133.24	44.13
Communication (Telecommunication)	33.45	36.82	31.88	31.98
Postal services	..	2.42		..
Telecommunication equipment	2.51	2.51	1.48	..
Telecommunication services	28.68	31.79	30.13	29.92
Recreation and culture	100.25	249.04	167.01	86.53
Audio-visual and computing equipment	12.82	8.89	7.39	8.89
Other recreational equipment and supplies	12.13	20.93	28.36	25.23
Recreational and cultural services	54.77	30.42	54.77	32.86
Newspapers, books and stationery	4.95	5.28	8.83	5.60
Accommodation services	11.50	21.98	63.57	9.45
Education	..	..	..	..

Two-person households	No Frills Budget				Choices Budget			
	Metro		Provincial		Metro		Provincial	
Miscellaneous goods and services		132.79		97.37		232.19		126.05
Personal care	17.43		24.60		69.72		13.84	
Personal effects nec	3.82		1.70		4.56		13.04	
Insurance	113.43		72.62		156.41		91.20	
Credit services	1.00		0.90		1.10		0.80	
Other miscellaneous services	..		..		4.72		11.22	
Other expenditure		6.80		8.20		61.00		45.80
Interest payments	3.10		2.80		28.10		9.80	
Contributions to savings	..		..		18.90		35.60	
Money given to others (excluding donations)	..		..		..		..	
TOTAL		909.90		1031.85		1739.85		1210.18

APPENDIX 2: ABOUT THE RETIREMENT EXPENDITURE GUIDELINES

The Data

The data used to prepare the 2024 Retirement Expenditure Guidelines are from the Statistics New Zealand's triennial[28] 2022/23 HES[29] for the year ended 30 June 2023. The HES does not include the entire New Zealand population; rather it targets New Zealanders aged 15 years or older that are usually resident in New Zealand and that live in private homes. The sample for the HES comprised approximately 5500 households, an increase over the previous iteration. HES expenditure data was collected in different ways dependent on the nature of the expenditure: large or irregular expenditure types (eg health) were collected on the basis of three-month recall; twelve-month recall was used for housing-related costs and recreation and culture; regular commitments such as electricity, telephone and rates were collected via the latest payment; and a seven-day diary was used for smaller, more regular expenditure types.

Although data from the HES is published on the Statistics New Zealand website, it is not in a form that is helpful to a person interested in retirement expenditure. For this report, Statistics New Zealand extracted expenditure data from the HES using specifications we supplied, which we have then adjusted annually for inflation for the 12-month period ending 30th June 2024. The data extracted are only for retired households, defined as being where one form of income received in the household is New Zealand Superannuation, a war pension or other government pension, and grouped according to the number of people in the household and geographic region.

The Retirement Expenditure Guidelines

The New Zealand Retirement Expenditure Guidelines comprise a set of eight expenditure guidelines, with each guideline reflecting a different group of retirees. The retirement groups represent specific combinations of geographic location, household size and budget type. It is important to note that the guidelines do not represent suggested or recommended levels of expenditure – they reflect actual levels of expenditure in retired households, as defined above, as determined from the HES.

The guidelines have been produced for two geographic-related groupings based on a household's location. The first is the **Metro** budget, based on data for the Auckland and Wellington Regional Council areas and Christchurch City. The second is the **Provincial** budget for the rest of New Zealand.

Two types of households have been included in the guidelines: the first is the **one-person household**; and the other is a **two-person household**[30]. While it is true that retired households can comprise a range of living arrangements, including households of three or more people, these guidelines cannot cater for every situation. Approximately 80% of all people aged 65+ live in households of one and two persons according to data from the 2013 census[31].

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[28] While the HES is described as a triennial survey, the most recent iteration (originally due 2021/22) was delayed for twelve months due to the COVID-19 restrictions.

[29] The description of the HES in this section is adapted from information on the Statistics New Zealand website. Information about the triennial Household Economic Survey can be found at https://www.stats.govt.nz/information-releases/household-expenditure-statistics-year-ended-june-2023 and https://datainfoplus.stats.govt.nz/item/nz.govt.stats/bb33039e-f49f-4d5d-90f1-d30d91fdadeb

[30] In the two-person households, only one of the two persons may be receiving NZ Super.

[31] Source: 2013 Census Quick Stats about people aged 65 and over. Statistics NZ (available from http://archive.stats.govt.nz/Census/2013-census/profile-and-summary-reports/quickstats-65-plus.aspx)

Finally, two levels of expenditure have been included in the guidelines. The **No Frills** guidelines reflect a basic standard of living that includes few, if any, luxuries. The **Choices** guidelines represent a more comfortable standard of living, which includes some luxuries or treats. The No Frills Guidelines are based on the average expenditure of the second quintile of the HES for retired households, while the Choices Guidelines are based on the average expenditure of the fourth quintile of the HES for retired households. The second quintile comprises households in the 21st to 40th percentile for household income, while the fourth quintile comprises households in the 61st to 80th percentiles for household income. The income ranges for the five quintiles, in 2023 figures, are shown below:

Table 12: Quintile income ranges

Quintile	One-Person Households		Two-Person Households		Retirement Expenditure Guideline
	Metro	Provincial	Metro	Provincial	
First	Under $28100	Under $28400	Under $45200	Under $43100	
Second	$28100 to $29799	$28400 to $30099	$45200 to $63399	$43100 to $50099	No Frills
Third	$29800 to $35899	$30100 to $37299	$63400 to $85099	$50100 to $69899	
Fourth	$35900 to $72399	$37300 to $59399	$85100 to $145899	$69900 to $114099	Choices
Fifth	$72400 and over	$59400 and over	$145900 and over	$114100 and over	

Data for the HES is collected over a 12-month period and can include expenditure that overlaps two calendar years – no adjustment is made for that difference in coverage. For this report the HES data have been adjusted for the effect of inflation[32] between the June 2023 quarter and the June 2024 quarter.

Explanatory Notes

These guidelines do not represent recommended levels of expenditure.
The levels of expenditure shown in the guidelines may be used to assist in the development of projected retirement budgets, by providing information about actual levels of expenditure in retired households in standard expenditure categories.
The guidelines are based on averages for quintiles.
There are too few responses for spending in some expenditure sub-classes to permit reliable estimation; however, these responses can be included in the class estimation where there are more responses. As a result, the classes are not always the totals of the sub-classes.
The HES, on which the guidelines are based, relies on participants to accurately record their expenditure, and is only for a two-week period, which may not represent a typical fortnight for that household.
The guidelines should not be used as a substitute for professional advice specific to individual circumstances.
There is no retirement age in New Zealand, but the age of eligibility for NZ Superannuation (currently 65) is commonly used as a proxy for this. The definition of a retired household follows from this, as being a household where one form of income is New Zealand Superannuation, a war pension or other government pension. However, it is recognised that a retired household may include one or more persons who are still working part-time or even full-time.

[32] CPI information and data was sourced from https://www.stats.govt.nz/information-releases/consumers-price-index-june-2024-quarter/
An overall CPI figure is calculated by Statistics New Zealand, as well as CPIs for the constituent classes and sub-classes. The HES data have been adjusted for the effect of inflation using the appropriate class and sub-class CPIs.

APPENDIX 3: DEFINITION OF INCOME SOURCES[33] (SOURCE: STATISTICS NEW ZEALAND)

Investment income: net profit or loss received from investments, such as rent, Māori land or other leased land, dividends from New Zealand companies, royalties, or interest from: banks, other financial institutions, bonds, stocks, money market funds, debentures, or securities.

New Zealand Superannuation and war pensions: includes New Zealand Superannuation, and veteran's, war disablement, and surviving spouse pensions.

Other government benefits: all family assistance payments such as those receiving the 'Working for Families' package; main benefits (e.g. unemployment)' sickness, domestic purposes, and invalid's benefits; student allowances, emergency benefits, and supplements.

Other sources of regular and recurring income: includes income received from ACC and private compensation providers, trusts, annuities, alimony, educational scholarships, and income protection insurance.

Private superannuation income: includes income received from both job-related superannuation schemes and other private schemes.

Self-employment income: net profit or loss received from all current and previous self-employment over the reference period. It includes drawings (cash or goods the respondent takes out of the business instead of a 'wage').

Wages and salaries: income received from all current and previous wage and salary jobs held over the reference period. This includes any job-related bonuses, commissions, redundancies, or other taxable income such as honoraria or directors' fees.

[33] Source: Suei, S. (2016). Comparing income information from census and administrative sources. Retrieved from https://www.stats.govt.nz/assets/Research/Comparing-income-information-from-census-and-administrative-sources/Comparing-income-information-from-census-and-administrative-sources.pdf

APPENDIX 4: USEFUL SOURCES OF INFORMATION

Age Concern – https://www.ageconcern.org.nz/

Family Services Directory – https://www.familyservices.govt.nz/directory/

Financial Advice New Zealand – https://financialadvice.nz/

Member Directory – https://financialadvice.nz/find-an-adviser/

Financial Markets Authority (Getting Financial Advice) – https://www.fma.govt.nz/investors/getting-financial-advice/

Financial Service Providers Register – https://fsp-register.companiesoffice.govt.nz/

Money Talks – https://www.moneytalks.co.nz/

New Zealand Society of Actuaries (Retirement Income Interest Group publications) – https://actuaries.org.nz/resources-and-publications/publications/

Sorted website – https://sorted.org.nz/

Te Ara Ahunga Ora Retirement Commission – https://retirement.govt.nz/

For readers who would like to know their life expectancy purely based on their cohort, i.e. year of birth and age, StatsNZ offers the *How long will I live?* calculator which combines historical data starting from 1876 with the latest national population projections to give an indication of the age someone is likely to live to
https://www.stats.govt.nz/tools/how-long-will-i-live/