

2016 HEALTH AND LIFESTYLES SURVEY

What is the Health and Lifestyles Survey?

This survey is about New Zealanders' views and experiences of a number of health and lifestyle topics including food and drink, smoking, gambling, being out in the sun and mental health. This is the fifth Health and Lifestyles Survey (HLS) – similar surveys have been carried out every two years' since 2008.

Why is the Health and Lifestyles Survey being done?

This HLS is a survey of the general public. It aims to measure current and changing knowledge, attitudes and behaviours across the Health Promotion Agency's (HPA's) programme areas - tobacco control, minimising gambling harm, alcohol, nutrition and physical activity, skin cancer prevention, mental health, immunisation and oral health.

The data collected from the survey will be used by HPA to develop advice, information and practical ways to help adults and children living in New Zealand to live healthy lifestyles.

Who is taking part?

More than 3,000 people (aged 15 years and over) will be invited to take part in this survey. Addresses from throughout New Zealand have been randomly selected. One person from each household will be chosen at random by the interviewer and asked to take part in the survey. If there are children in the household, a second person may be asked to take part as well (also aged 15 years and over) because the views of children's parents and caregivers are of particular interest to us.

Who is the HPA?

HPA is a New Zealand Crown entity that promotes health and encourages healthy lifestyles by developing and delivering national health promotion initiatives.

Who is carrying out the survey?

CBG Health Research Ltd, an independent New Zealand research company, is carrying out the survey for HPA. CBG also carried out the survey in 2012 and 2014.

Has the survey got ethical approval?

The HLS has been reviewed and approved by the New Zealand Ethics Committee (Application 2016 #7).

When is the survey taking place?

CBG's interviewers will be 'in the field' collecting information from early May to the end of July 2016.

When will the results from the survey be available?

Some of the results from the survey will be available by the end of 2016 on our website (hpa.org.nz).

Do you have any other questions about the survey?

If you want to know more or have any further questions about the survey, please email HPA's Research and Evaluation Team – research@hpa.org.nz or phone (04) 894 7247.

FREQUENTLY ASKED QUESTIONS

1. Do I have to take part?

No, but your views and experiences are very important to us. You have been selected by a random process, like a ballot or lottery, so no one can exactly substitute for you.

2. Can we do the interview over the telephone?

No, the survey involves looking at cards and pictures. This means we need to interview you in person.

3. I'm too old. Why don't you talk to my son? He would be better to answer your questions.

We need to interview men and women from all age groups across New Zealand. Your answers are important to us.

4. Why do you want to talk to my daughter? She is too young to place bets or to smoke.

While most young people don't gamble or smoke, we know from other surveys that some do, so it is important to find out what young people think about these topics.

5. Why are you asking me all these questions? I live a healthy lifestyle already – I don't smoke or gamble.

The survey covers a number of topics. We are interested in everybody's views on smoking, regardless of whether they smoke or not, or whether or not they gamble (participate in gaming and betting activities). We are also interested in everybody's views on sun safety, regardless of their skin type.

6. Do you need this information? Couldn't you get it from another source?

Information available from other sources is very limited. This survey will provide more complete information about New Zealanders' views and experiences of sun safety, food and drink, smoking, gambling, oral health, immunisation and mental health.

7. How has HPA used the 2014 HLS data? Has any of it been used?

The HPA has used the results of the 2014 HLS in a number of ways. For example, our researchers have presented papers at international and national conferences such as the 2013 Oceania Tobacco Control Conference. To help inform the people who work in the health sector and provide them with information they can use, a number of fact sheets and reports about some of the 2008, 2010, 2012 and 2014 results have been published on our website. The 2010 data helped develop our Kiwi Lives III Choice Not Chance initiative (see <http://choicenotchance.org.nz/> for more information) and subsequent HLSs have helped to inform refreshed content. The 2010 data has

also been used in submission to government, including the Māori Health Select Committee Inquiry on Tobacco.

8. The Government has too much information already.

The data that are available through other sources are incomplete. There are constant changes in our way of life, attitudes, social and economic conditions. It is important to monitor these changes so we can act on the most up-to-date information.

9. These surveys are a waste of taxpayers' money.

The survey results will be used to plan and implement health and community programmes to promote healthier lifestyles. It is important that HPA is well informed, so that we can use public money in the most effective way.

10. How will I know if all my answers will be kept confidential?

The information is held securely by CBG Health Research. HPA is bound by the Privacy Act to use this information only for the purpose for which it was collected.