

2020 Top-line summary

New Zealand Health and Lifestyles Survey (HLS)

Health Promotion, National Public Health Service

July 2023

The document is available at: www.hpa.org.nz/our-work/research/publications

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Any queries regarding this report should be directed to Te Whatu Ora at the following address:

Te Whatu Ora - Health Promotion

PO Box 2142

Wellington 6140

New Zealand

www.hpa.org.nz

enquiries@hpa.org.nz

July 2023



Introduction



This top-line summary provides a high-level overview of results from the 2020 Health and Lifestyles Survey (HLS). The HLS monitors short, medium, and long-term societal changes in attitudes, knowledge, and behaviours related to mental health and wellbeing, tobacco use, vaping, gambling, nutrition, alcohol, and sun exposure. The HLS also tracks changes in views about the social desirability and acceptability of various strategies to minimise harm from these risk factors and promote wellbeing. This summary focuses on the prevalence of these risk factors, exposure to harm, and strategies to minimise harm.

The HLS is a nationwide in-home face-to-face survey of New Zealand residents aged 16 years and over. This survey has been carried out every two years since 2008, with the latest survey completed between 28 September 2020 and 4 May 2021 by 3,089 adults. Based on prioritised ethnic group categorisation, there were 992 Māori, 412 Pacific peoples, 225 Asian, and 1,460 people of NZ European/Other ethnicity.

Detailed information about the survey approach and sample profile can be found in the 2020 HLS Methodology Report.

Fieldwork was carried out by Reach Aotearoa (formerly CGB Research). This report was prepared for Te Whatu Ora by *NielsenIQ*.

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New Zealand Health
and Lifestyles Survey

Notes

Impact of COVID-19

Interviews for the 2020 Health and Lifestyles Survey were delayed for five months due to the COVID-19 lockdown. Interviews were then suspended twice in the Auckland region in response to the alert level rise to level 3. At all other times, interviews took place at alert levels 1 and 2 with additional COVID-19 precautions in place. It is unclear what impact the delays to the survey and the pandemic response have had on the data. No adjustments have been made to account for potential impacts of these delays and the pandemic response.

Weighting

The data have been adjusted (weighted) to ensure they are representative of the New Zealand population 16 years and older according to age, gender, and ethnicity (for more details on weighting, please see the 2020 HLS Methodology Report).

Base sizes

All base sizes (n=) shown are unweighted.

See Table 1, Appendix, for weighted and unweighted sample sizes.

Rounding

Due to effects of rounding, percentages shown in charts may not always add to 100.

Analysis

Prevalence rates were tested for significant differences using overlapping t-tests ($p < .05$).

Reporting on significant differences

Please note, for simplicity the report commentary only highlights a difference between two results if this difference is statistically significant (at the 95% confidence level).

Ethnicity

Those identifying with more than one ethnicity were allocated to a single ethnic group for reporting in order of priority (Māori, Pacific Peoples, NZ European and Other). For example, if someone identifies as Māori and NZ European, they are reported as Māori only.

Change in language

The Authors acknowledge that the language and terms that support the design of the questionnaire are ever-changing and are no longer appropriate. For this report, the original language and terms in the questionnaire will be used. It would not be appropriate to use the new language when referring to the question, as it would not accurately reflect the choices/responses made by respondents when they completed the survey. One example of this is the references to “mental illness” despite the preferred term now being “mental distress.”

Survey results show associations rather than cause-and-effect relationships

This report provides a top-line view of data at one point in time. Results can be used to look at associations between different factors, such as feelings of loneliness and psychological distress (K10). It does not look at cause-and-effect relationships.

- For example, we found that feelings of loneliness are more common in people experiencing high levels of psychological distress, however, it does not mean that feelings of loneliness are caused by high levels of psychological distress.

Additional analysis

Detailed population breakdowns (by age, sex, ethnicity, and deprivation) are also available at <https://kupe.hpa.org.nz/>

Mental Wellbeing

Results from the 2020 New Zealand Health and Lifestyles Survey



Mental Wellbeing summary

Key facts:

- 31% of New Zealand adults personally had an experience of mental illness.
- 13% had high levels of mental or psychological distress.
- 11% felt lonely some, most, or all of the time.
- 88% reported that their whānau were doing well or very well.
- 36% said things were currently better for their family or whānau.
- 69% agreed it is important to maintain a strong connection to culture.
- 86% agreed they were able to cope with the everyday stresses of life.
- 88% were satisfied or very satisfied with their life.

If you feel like you are not coping, please do seek help. There are many people and organisations that can support you, such as:

- <https://mentalhealth.org.nz/helplines>
- <https://mentalhealth.org.nz/help>

More information is available on kupe.hpa.org.nz



Throughout their life,

— **31% of New Zealand adults personally had an experience of mental illness.**

— **68% of adults never had a personal experience of mental illness.**

— **1% of adults *didn't know*.**

Personal experience of mental illness was higher for:

- ▲ Those aged 16 to 54 (between 32% and 39%) compared to those aged 55 or older (21%).
- ▲ Females (34%) compared to males (27%).

Personal experience of mental illness: When an individual thought they might have had, or are perhaps currently having, mental health problems. Personal experiences of mental illness can be self-defined or diagnosed by a health professional.

Base: All respondents (n=3,089)

M13 Have you ever personally had an experience of mental illness?



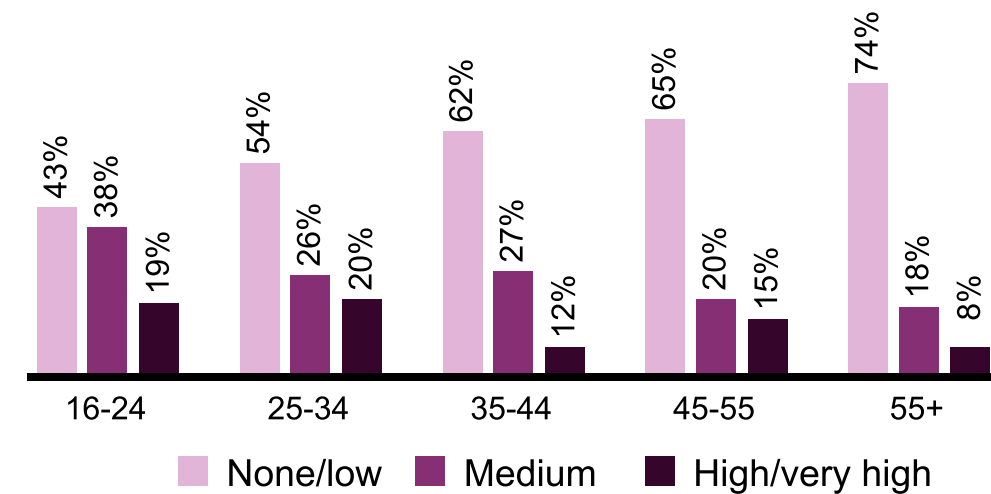
In the last four weeks,

13% of New Zealand adults had high levels of mental or psychological distress.

23% had medium levels of distress.

62% had no or low levels of distress.

Prevalence of adults' mental or psychological distress by age group



▲ **High or very high levels of distress** were higher for those in high deprivation areas (18%) compared to low (11%) and medium (12%) deprivation areas.

▲ **Medium levels of distress** were higher for those aged 16 to 24, compared to those 25 years or older.

Current mental distress was measured using the Kessler Psychological Distress Scale (K10), a 10-item questionnaire (questions M1-M10) that is used in clinical practice to screen for distress. Scores range from 10-50 and have been grouped for analysis into no to low current mental or psychological distress (10-15), moderate (16-21), and high to very high (22-50).

Base: All respondents excluding missing responses (n=3,078)
M1-M10 Kessler Psychological Distress Scale (K10)



In the last four weeks,

- **11% of New Zealand adults felt lonely some, most, or all of the time.**
- **19% felt lonely a little of the time.**
- **71% felt lonely none of the time.**

▲ Those who **felt lonely at least some of the time** was higher for those in high deprivation areas (15%) compared to low (8%) and medium (10%) areas.



In general,

9 in 10 (88%) New Zealand adults reported that their family or whānau were doing well or very well.

**10% felt their family or whānau were doing neither well nor badly.
2% felt their family or whānau were doing badly or very badly.**

Base: All respondents (n=3,089)
W13 In general, how well are your family or whānau doing these days?



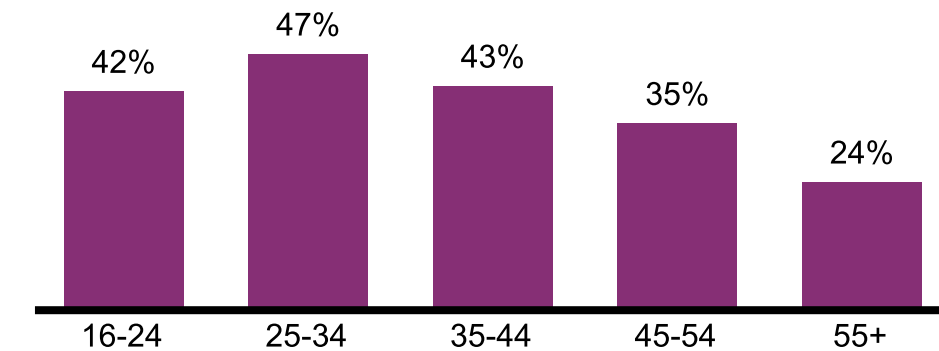
Compared to 12 months ago,

36% of New Zealand adults said things were currently better for their family or whānau.

51% said things were about the same.

13% said things were worse.

Prevalence of adults who thought their family or whānau were doing better compared with 12 months ago by age group



Those who said things were better was higher for:

- ▲ Māori (43%) and Pacific Peoples (49%) compared to NZ European/Asian/Other (33%).
- ▲ Those aged 16 to 54 compared to those aged 55 and over.

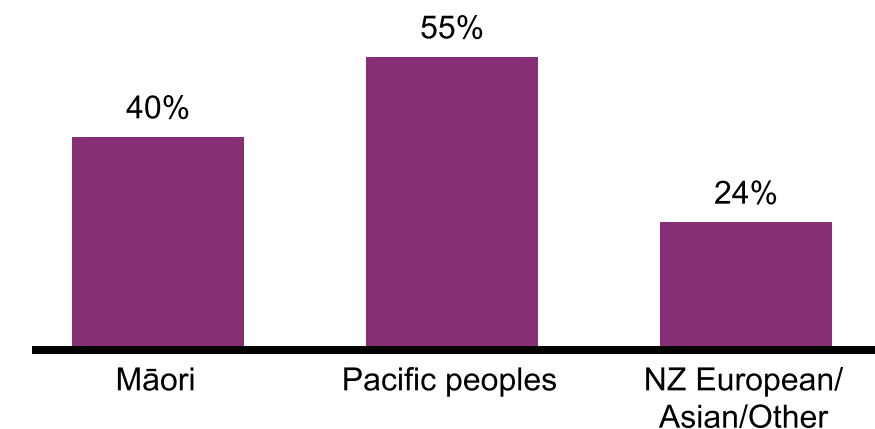
7 in 10 (69%) New Zealand adults agreed it is important to maintain a strong connection to culture.

■ 28% strongly agreed and
■ 41% agreed

25% neither agreed nor disagreed.

5% disagreed or strongly disagreed.

Prevalence of adults who strongly agreed by ethnicity



Those who strongly agreed was higher for:

- ▲ Pacific peoples and Māori compared to NZ European/Asian/Other.
- ▲ Those in high (36%) deprivation areas compared to low (22%) and medium (28%) deprivation areas.
- ▲ Females (32%) compared to males (24%).

9 in 10 New Zealand adults agreed they were able to cope with the everyday stresses of life.

- 26% strongly agreed and
- 60% agreed

▲ **Those who strongly agreed** was higher for those aged 25 to 34 (26%) and those aged 45 and older (between 27% to 31%) compared to those aged 16 to 24 (18%).

11% neither agreed nor disagreed.

3% disagreed or strongly disagreed.

Overall,

9 in 10 New Zealand adults were satisfied or very satisfied with their life.

- 36% very satisfied and
- 52% satisfied

Those who were very satisfied was higher for:

- ▲ Those aged 55 years and older (41%) compared to those aged 16 to 54 (approximately 32%).
- ▲ Those in low deprivation areas (41%) compared to medium (34%) and high (31%) deprivation areas.

9% were neither satisfied or dissatisfied.
3% were dissatisfied or very dissatisfied.

Tobacco

Results from the 2020 New Zealand Health and Lifestyles Survey



Tobacco summary

Key facts:

- 88% of New Zealand adults either never smoked, or were past experimental smokers, or ex-smokers.
- 41% of current smokers attempted to stop smoking in the last 12 months.
- In the last seven days, 4% of New Zealand adults had someone else smoke inside their home while they were there, and 6% had someone else smoke inside a car or van while they were in the vehicle.
- When current smokers were asked about which they smoked the most, 46% smoked tailor-made cigarettes, 39% smoked 'roll their own' cigarettes, and 14% smoked a combination of both.

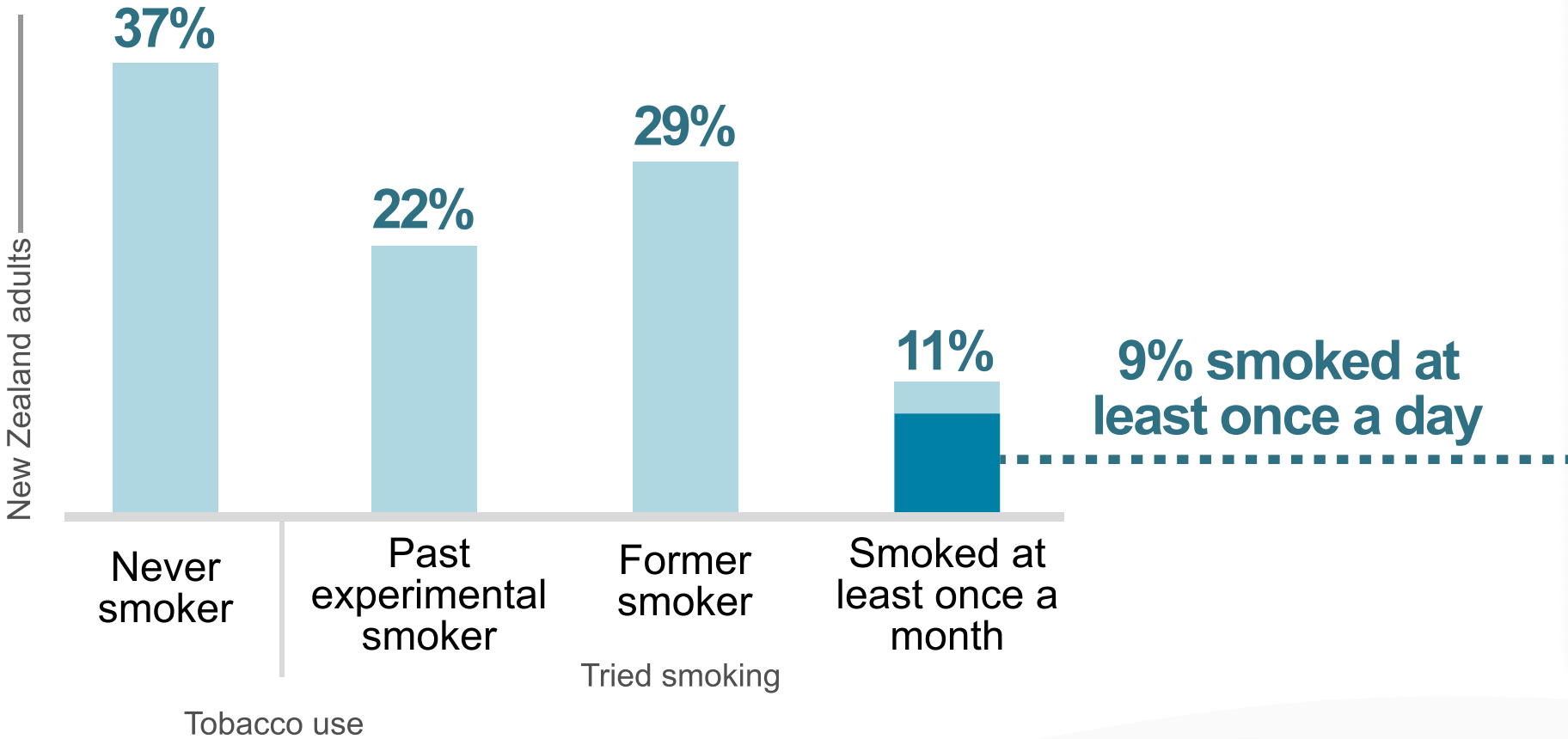
More information is available on kupe.hpa.org.nz

'Current smoker' refers to someone who smokes tobacco at least once a month or more often.

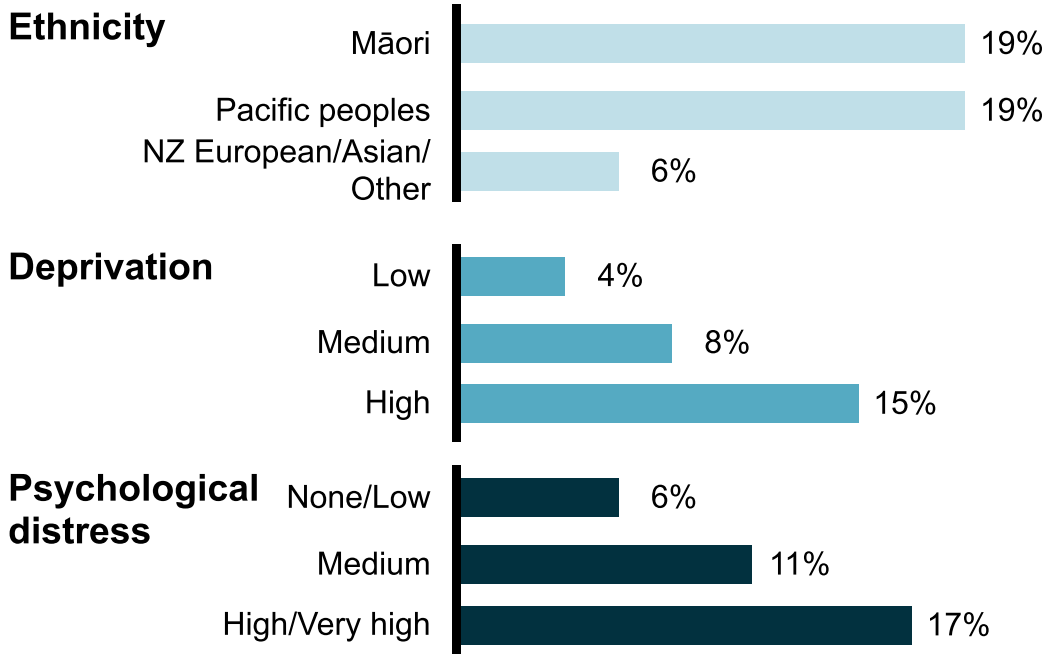


88% of New Zealand adults either never smoked, or were past experimental smokers, or ex-smokers.

Prevalence of tobacco use (among New Zealand adults).



Prevalence of adults who used tobacco at least once a day by:



Daily smoking was lower for:

- Those in low deprivation areas compared to high and medium deprivation areas.
- NZ European/Asian/Other compared to Māori and Pacific peoples.
- Those who had no/low mental or psychological distress compared to those with medium or higher levels of distress.

Base: All respondents (n=3,089)
 T1 Have you ever smoked cigarettes or tobacco at all, even just a few puffs?
 T5 Looking at the Showcard, which best describes how often you smoke cigarettes now?

The average age that New Zealand adults first tried a cigarette was 15 years of age.

On average, males first tried a cigarette when they were 15.4 years old, and females when they were 15.9 years old.

The average age that New Zealand adults started smoking daily was 18 years of age.

On average, males started smoking daily at 18.1 years old, and females at 18.4 years old.

Base: Respondents who have ever smoked cigarettes or tobacco at all, even just a few puffs? (n=2,137)
T2 At what age did you first try a cigarette, even just a few puffs?

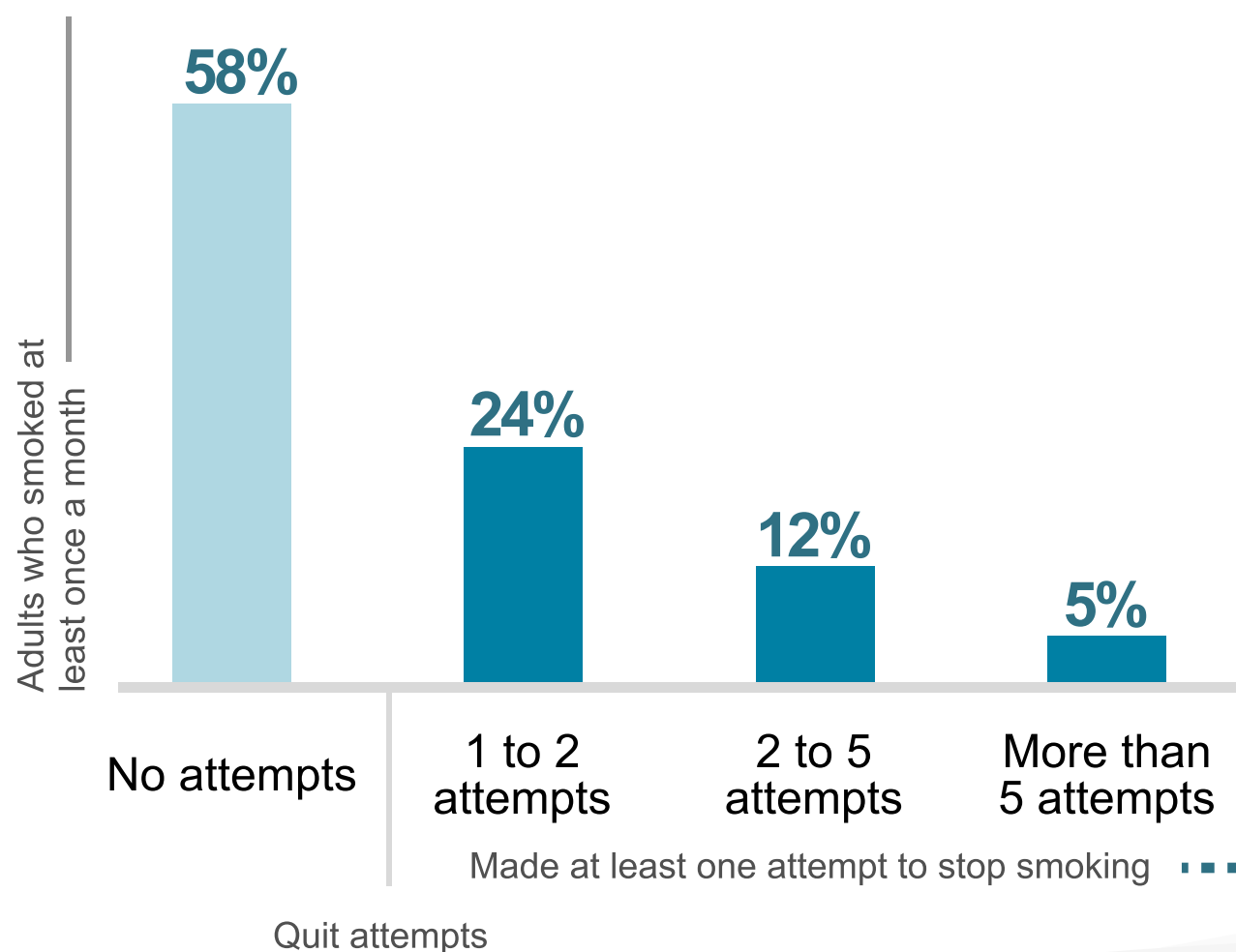
Base: Respondents who have ever smoked daily for at least a week? (n=1,381)
T4 At what age did you first start smoking daily?



Of those who smoked at least once a month,

2 in 5 (42%) attempted to stop smoking in the last 12 months.

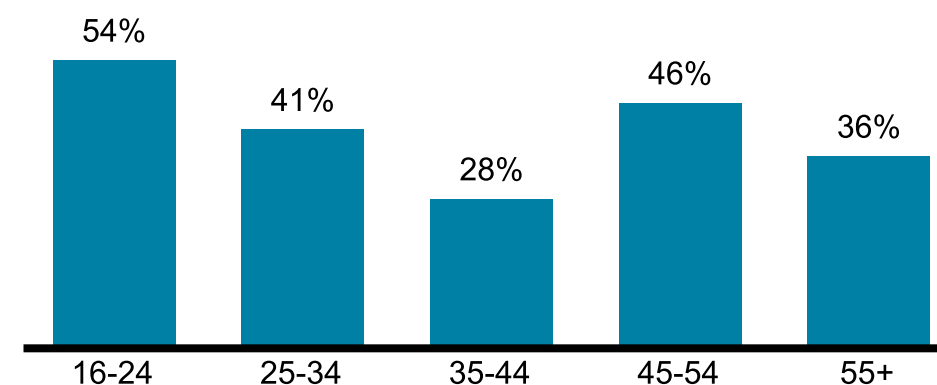
Prevalence of serious quit attempts made in the last 12 months (among adults who smoked at least once a month).



A serious quit attempt is an attempt to stop smoking that lasted 24 hours or longer

Base: Respondents who smoke at least once a month (n=522)
T10 In the last 12 months, how many serious attempts to stop smoking did you make that lasted 24 hours or longer?

Prevalence of adults that made at least one serious quit attempt in the last 12 months, by age group



Those who **made at least one attempt to stop smoking** were higher for those aged 18 to 24 compared to those aged 25 and older.



In the last week,

1 in 12 New Zealand adults were exposed to second-hand smoke inside homes or cars.

5% were exposed to second-hand smoke while inside their home.



6% were exposed to second-hand smoke while inside a car or van.



Someone else smoking inside the home was higher for:

- ▲ Pacific Peoples (9%) and Māori (8%) compared to NZ European/Asian/Other (3%).
- ▲ Those aged 16 to 24 (9%) compared to all other age groups (between 3% and 4%).
- ▲ Those in high deprivation areas (8%) compared to low (2%) and medium (3%) deprivation areas.

Someone else smoking inside the vehicle was higher for:

- ▲ Māori (15%) and Pacific Peoples (14%) compared to NZ European/Asian/Other (4%).
- ▲ Those aged 16-24 (12%) and 25-34 (9%) compared to all other age groups (between 3% and 5%).
- ▲ Those in high deprivation areas (9%) compared to low (4%) and medium (5%) deprivation areas.

Base: All respondents (n=3,089)

T12 During the last 7 days, did anyone smoke inside your home while you were there? This does not include if you smoked inside your home, we are asking about other people.

T13 During the last 7 days, did anyone smoke inside a car or van while you were in the vehicle?



Of those who smoked at least once a month,

46% smoked tailor-made cigarettes the most.



39% smoked 'roll your own' cigarettes the most.



14% smoked both.



Base: Respondents who smoke at least once a month (n=522)
T8 Looking at the Showcard, which do you smoke the most? (single response)



Vaping

Results from the 2020 New Zealand Health and Lifestyles Survey



Vaping summary

Key facts:

- 72% of New Zealand adults had never tried an e-cigarette or vaping device.
- 8% of New Zealand adults vaped at least once a month.
- Most vapers (84%) used nicotine in their vape.
- 62% of vapers said their main reason for vaping was to either stop smoking, reduce smoking, not return to smoking, or to use when they were unable to smoke.

More information is available on kupe.hpa.org.nz

'Vaper' refers to someone who vapes at least once a month or more often.

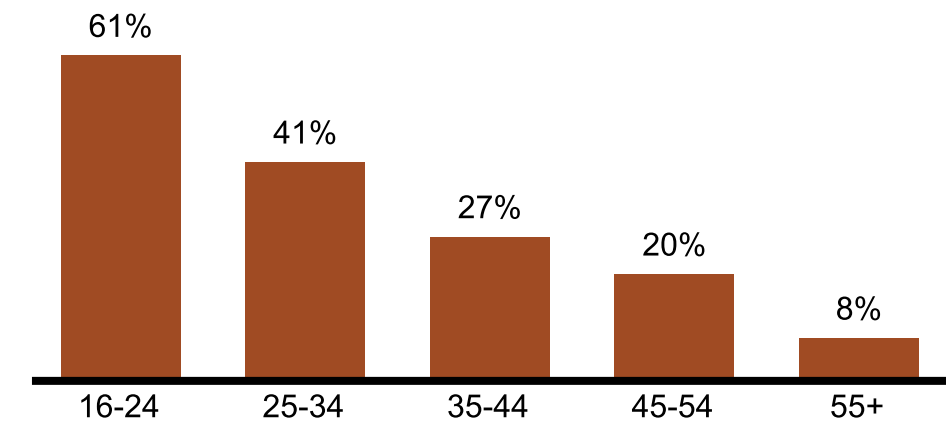


72% of New Zealand adults had never tried an e-cigarette or vaping device.

27% had tried an e-cigarette or vaping device.

1% of adults *didn't know*.

Prevalence of adults who tried a vaping device by age group

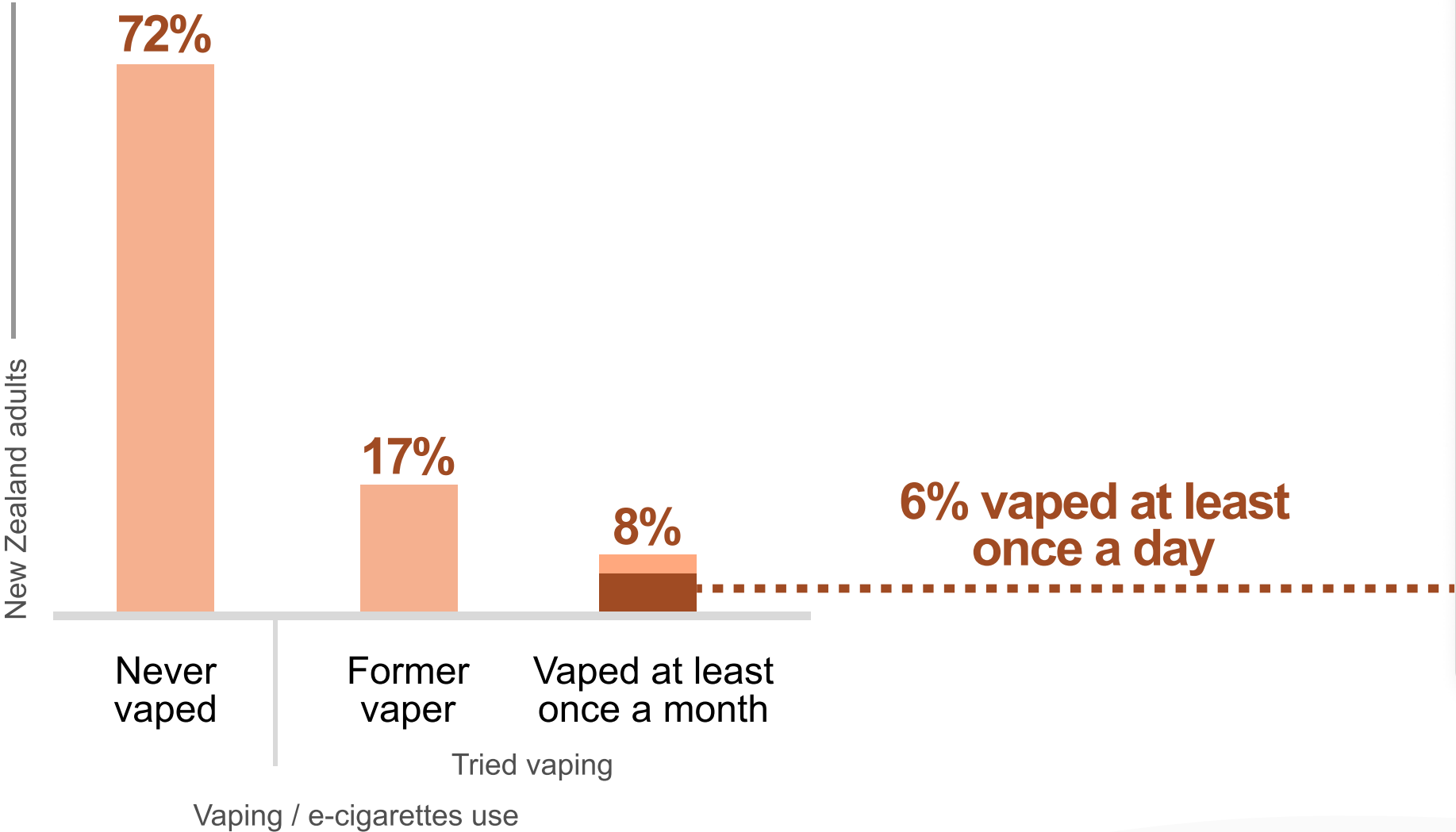


Tried a vaping device was higher for:

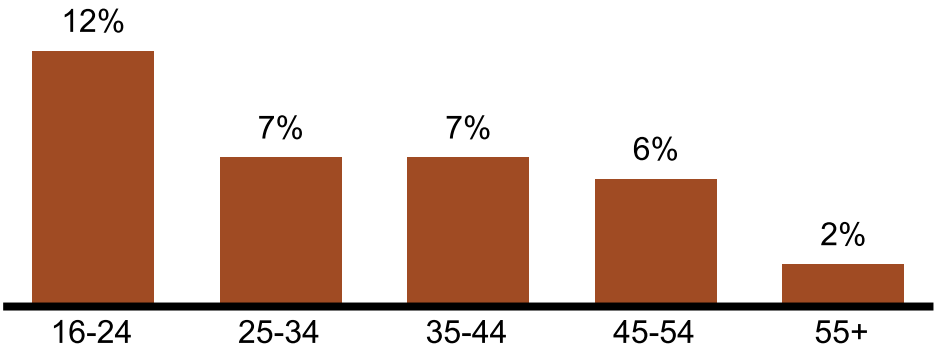
- ▲ Those aged 16 to 24 compared to those aged 25 and older.
- ▲ Māori (47%) and Pacific Peoples (37%) compared to NZ European/Asian/Other (22%).
- ▲ Those in high (38%) or medium (27%) deprivation areas compared to low deprivation areas (18%).
- ▲ Males (30%) compared to females (23%).

1 in 12 (8%) New Zealand adults vaped at least once a month.

Prevalence of vaping / e-cigarettes use (among New Zealand adults).



Prevalence of adults who vaped at least once a day by age group



Daily vaping was higher for:

- ▲ Males (8%) compared to females (4%).
- ▲ Māori (10%) compared to NZ European/Asian/Other (5%).
- ▲ Those aged 16-24 compared to those 55 and older.

Base: All respondents (n=3,089)
 V2 Looking at the Showcard, which option best describes how often you vape now?

Of those who vaped at least once a month,

84% used vapour containing nicotine.



13% did not use nicotine.



1% of adults *didn't know* or *refused*.

Base: Respondents who vape at least once a month (n=266)
V7 Thinking about the e-cigarette or vaping device that you are currently using most often, does the vapour contain nicotine?



Of those who vaped at least once a month,

62% said their main reason for vaping was related to smoking.

Reasons related to smoking were to either stop smoking, reduce smoking, not return to smoking, or to use when they were unable to smoke.

Top 3 main reasons for vaping

2 in 5 (39%) vaped to quit smoking.



1 in 5 (21%) vaped because they enjoyed it.



1 in 8 (13%) vaped due to curiosity/ wanting to try them.



See Figure 1, Appendix, for more details.

▲ **Vaping to quit smoking** was more common among those aged 25 and older (between 49% to 65%) compared to those aged 16 to 24 (19%).

▲ **Vaping because they enjoy(ed)** it was more common among those aged 16 to 24 (33%) compared to those aged 45 to 54 (5%) and those 55 and older (0%).

▲ **Vaping due to curiosity/wanting to try it** was more common in 16 to 24-year-olds (28%) than in those aged 25 and older (between 0% to 8%).

Gambling

Results from the 2020 New Zealand Health and Lifestyles Survey



Gambling summary

Key facts:

- In the last 12 months, 31% of New Zealand adults had not gambled.
- 94% of those that had gambled in the last 12 months were non-problem gamblers.
- Lotto, Strike, Powerball, Keno, or Bullseye had the highest levels of participation: 3 in 5 New Zealand adults (59%) played in the last 12 months.
- 27% of New Zealand adults had gambled online in the last 12 months.

More information is available on kupe.hpa.org.nz

The PGSI is a nine-item scale (questions G23-G31) that is used to assess people's experiences of gambling-related harm in the last 12 months. Scores range from 0 to 27 and have been grouped for analysis into non-problem gamblers (0), at-risk (1 and above), low-risk gamblers (1-2), and moderate to problem gamblers (3 and above).

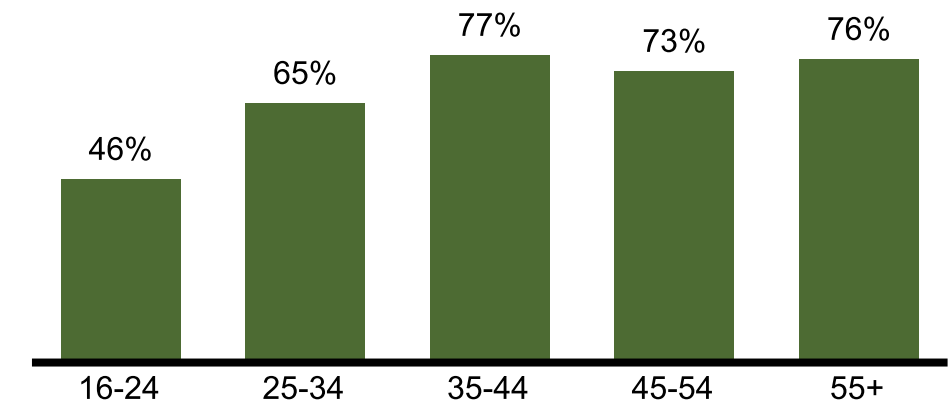


In the last 12 months,

31% of New Zealand adults did not participate in any gambling activity.

69% participated in at least one gambling activity.

Prevalence of adults who participated in at least one activity by age group



Those who participated in at least one activity was lower for those:

- ▼ Aged 16 to 24 compared to those aged 25 and older.
- ▼ Living in high deprivation areas (62%) compared to those in low (73%) and medium (71%) deprivation areas.

Of those that gambled in the last 12 months,

94% were non-problem gamblers.



6% were at-risk gamblers.

Includes those who were low-risk gamblers (4%) and moderate to problem gamblers (2%).



The PGSI is a nine-item scale (questions G23-G31) that is used to assess people's experiences of gambling-related harm in the last 12 months. Scores range from 0 to 27 and have been grouped for analysis into non-problem gamblers (0), at-risk (1 and above), low-risk gamblers (1-2), and moderate to problem gamblers (3 and above).

Base: Respondents who gambled in the last 12 months (n=2,190)
Problem Gambling Severity Index (PGSI)



In the last 12 months,

3 in 5 (56%) New Zealand adults bought Lotto products (excluding Instant Kiwi).

Lotto products included Lotto, Strike, Powerball, Keno, or Bullseye (including online purchases).



1 in 3 (30%) bought at least one raffle ticket or attended a casino fundraising event.



1 in 4 (22%) bought Instant Kiwi (including online purchases).



See Figure 2, Appendix, for more details.

In the last 12 months,

1 in 3 (28%) Lotto gamblers gambled almost every week.

A Lotto gambler is someone who gambled using Lotto, Strike, Powerball, Keno, or Bullseye (including online purchases).



1 in 5 (17%) online overseas gamblers gambled almost every week.



1 in 7 (15%) Housie or Bingo gamblers gambled almost every week.



See Figure 3, Appendix, for more details.

Base: Respondents have done each in the last 12 months
G2/G5/G9/G15/G17/G22 Looking at the Showcard, please tell me how often you do that.



In the last 12 months,

Lotto products were the most common form of gambling activity and had the highest weekly participation rate.

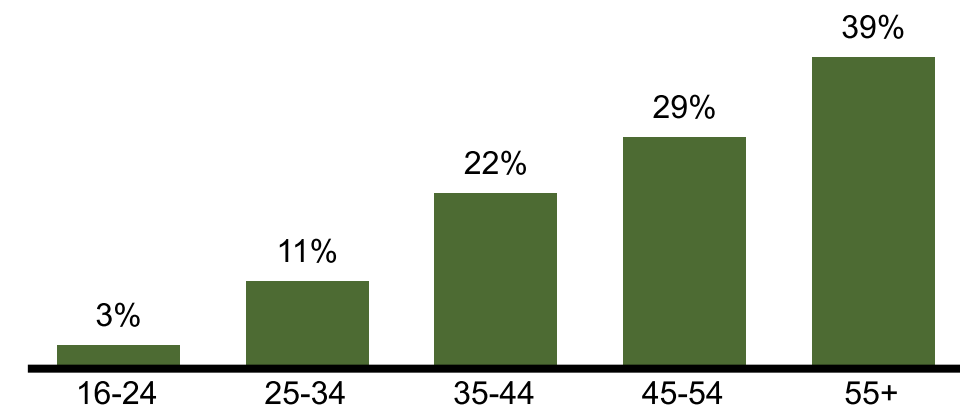
3 in 5 (56%) New Zealand adults bought Lotto products.



1 in 3 (28%) Lotto gamblers bought lotto products almost every week.



Prevalence of Lotto gamblers who bought Lotto products almost every week, by age group



▼ Lotto gamblers that **gambled almost every week** was lower for those aged 16 to 34 compared to those aged 35 and older.

Lotto gambler is someone who gambled using Lotto, Strike, Powerball, Keno, or Bullseye (including online purchases) in the last 12 months. Excludes Instant Kiwi.

Base: All respondents (n=3,089)
G1 In the last 12 months, have you... ?

Base: Respondents who bought lotto, Strike, Powerball, Keno, Bullseye (including online purchases) (n=1,768)
G2 Looking at the Showcard, please tell me how often you do that.



In the last 12 months,

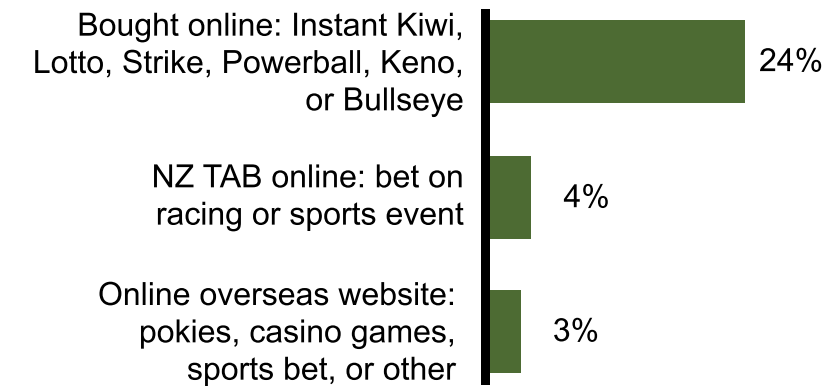
1 in 4 (27%) New Zealand adults participated in some form of online gambling.



19% of online gamblers participated in online gambling almost every week.



Prevalence of adults who gambled online in the last 12 months by online gambling type



Online gambling participation was lower for:

- ▼ Those aged 16 to 24 (19%) compared to those aged 25 to 34 (33%) and 35 to 44 (36%).
- ▼ Females (24%) compared to males (30%).
- ▼ Pacific peoples (21%) compared to NZ European/Asian/Other (27%).

Online gambling frequency does not include online frequency for Instant Kiwi, Lotto, Strike, Keno or Bullseye as this was not able to be distinguished from in-person frequency. (G2)

Base: All respondents (n=3,089)

G3/G6/G16h/G19 In the last 12 months, have you... (any)?

Base: Online gamblers excluding lotto gamblers (n=209)

G7/G17h/G20 Looking at the Showcard, please tell me how often you do that.



Eating & Alcohol

Results from the 2020 New Zealand Health and Lifestyles Survey



Eating & Alcohol summary

Key facts:

- In the last week, 1 in 2 New Zealand adults (48%) had prepared their main meal at home every day.
- Of those who live in multi-person households, 57% ate their main meal of the day with most of their household for every day in the last week.
- Most people used their own knowledge to prepare food at home (86%). Other common sources of information New Zealand adults used were magazines, books, and information on packaging (48%) and family and friends' knowledge (47%).
- Cost (61%) and quality (54%) had the most influence when buying food.
- Of New Zealand adults, 20% had never consumed alcohol and 31% had a non-hazardous drinking pattern.

More information is available on kupe.hpa.org.nz

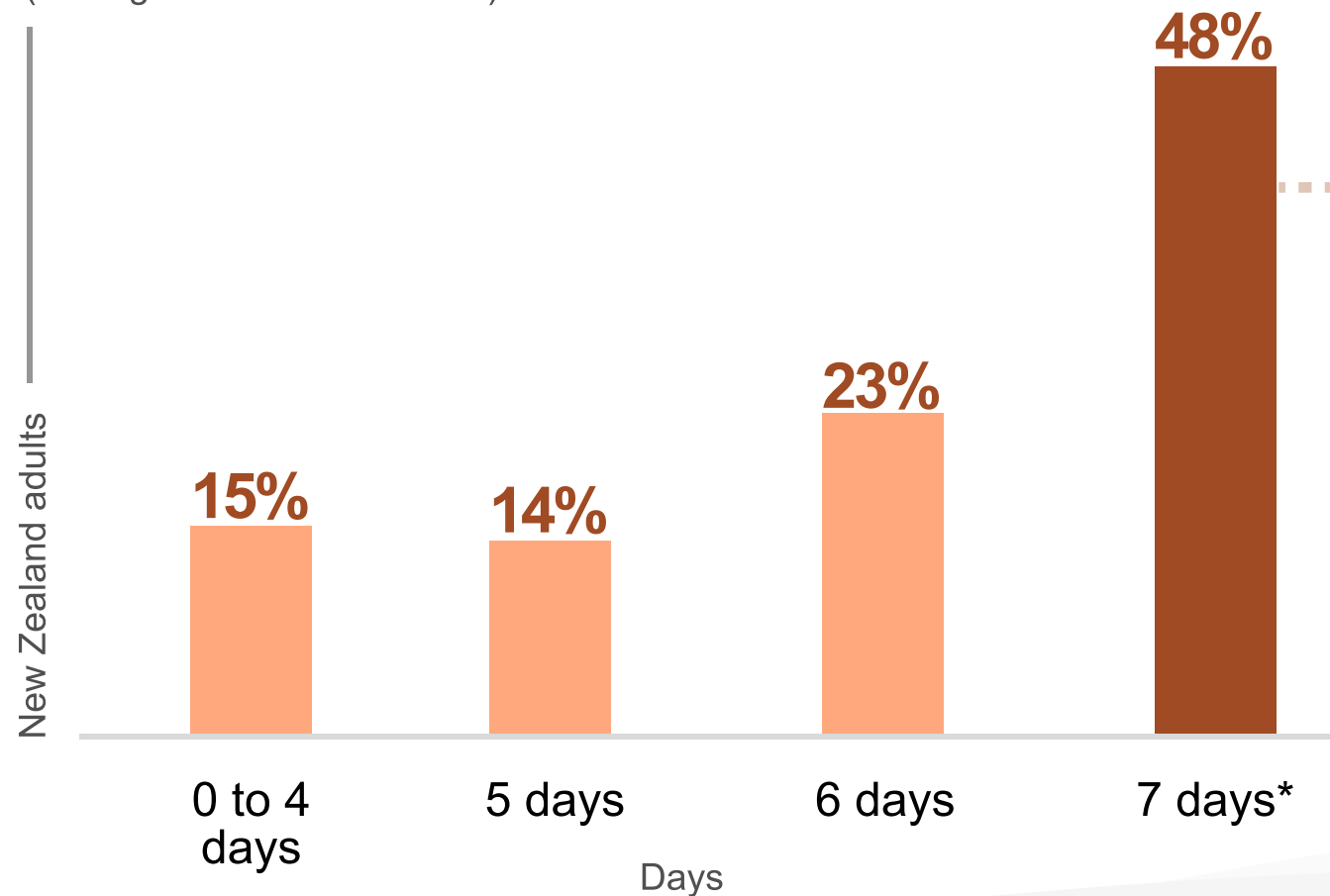
The AUDIT-C is a three question (questions F14-F16) assessment tool that can be used to provide a quick assessment of how much and how often an individual is drinking alcohol. Scores range from 0 to 12 and have been grouped for analysis into non-hazardous drinkers (male 0-3, female 0-2) and hazardous drinkers (male 4-12, female 3-12). Generally the higher the score, the more likely it is that the respondents' drinking is affecting their safety.



In the last week,

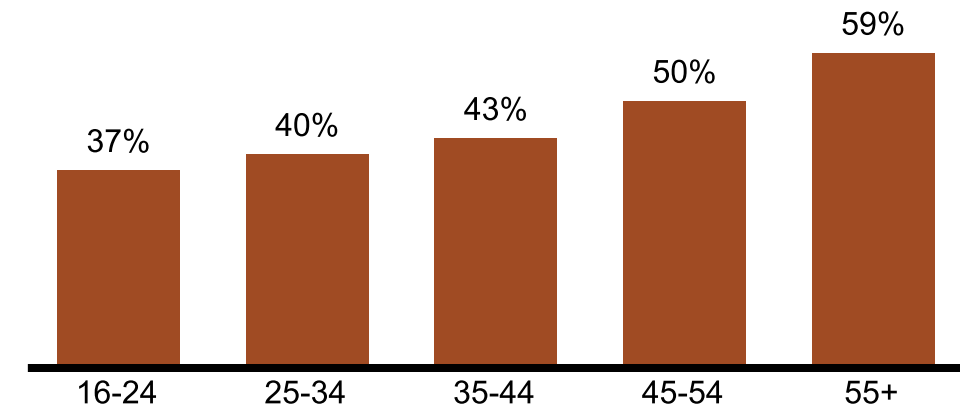
48% of New Zealand adults prepared their main meal at home every day.

Prevalence of home-prepared meals in the last 7 days (among New Zealand adults).



Base: All respondents (n=3,089)
F3 Over the last 7 days on how many days was your main meal prepared at home?

Prevalence of adults who prepared their main meal at home every day in the last week, by age group



Preparation of the main meal at home every day of the last week was higher for:

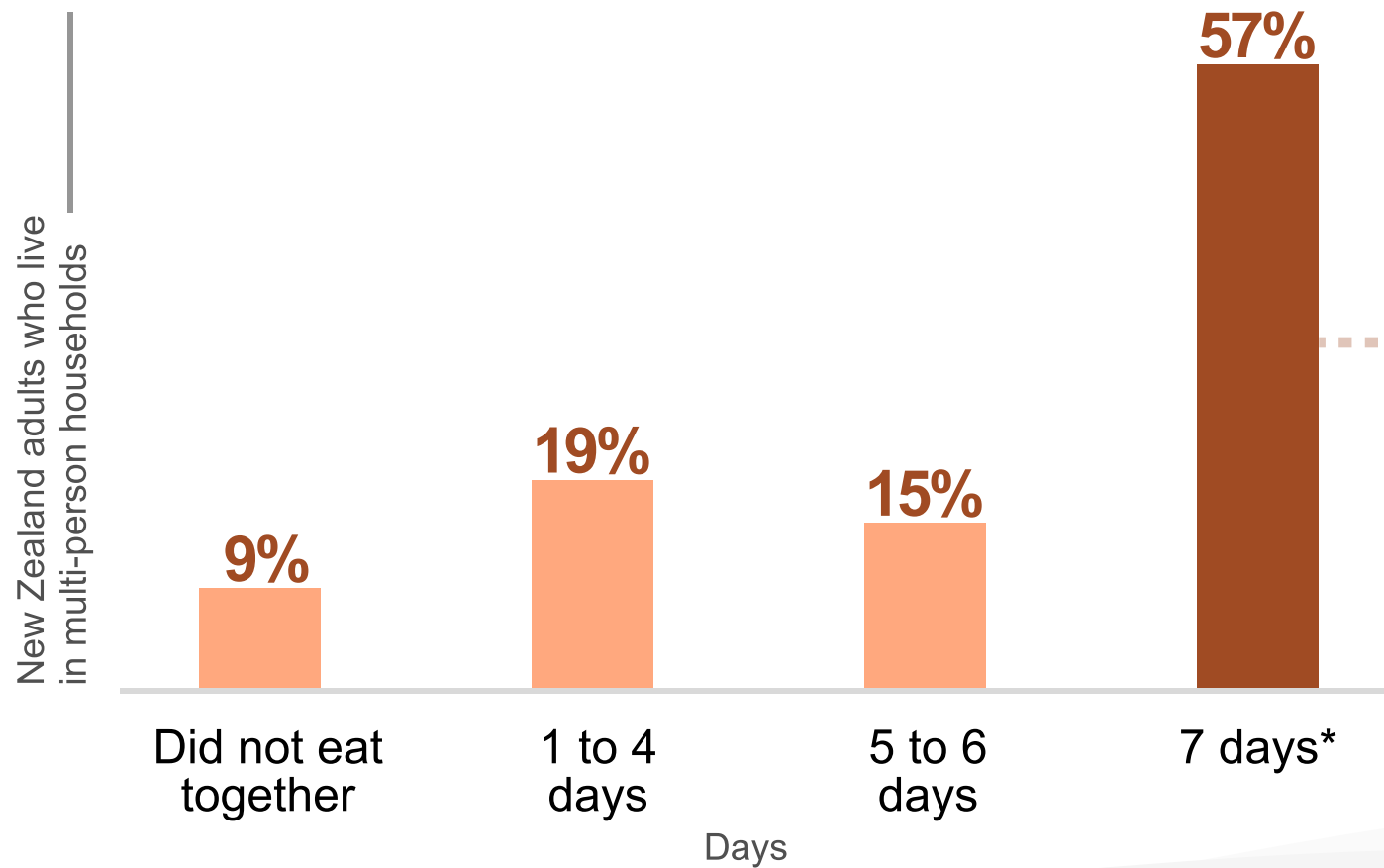
- ▲ Pacific Peoples (55%) compared to 48% of NZ European/Asian/Other.
- ▲ Females (53%) compared to males (44%).
- ▲ Those living in high deprivation areas (53%) compared to those in medium deprivation areas (47%).
- ▲ Those aged 45 and older compared to those aged 16 to 24 and 25 to 34.



Of those who live in multi-person households,

57% ate their main meal of the day with most of their household every day* in the last week.

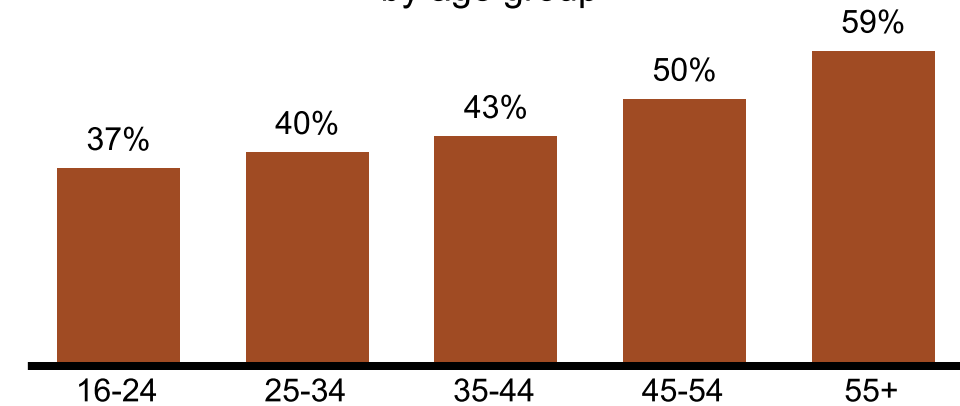
Prevalence of main meals shared with household members in the last 7 days (among New Zealand adults in multi-person households).



Base: Respondents in multi-person households (n=2,517)

F8 In the last 7 days, on how many days did everyone, or almost everyone, in your household eat the main meal of the day together, including meals eaten outside of the home?

Prevalence of adults who ate their main meal of the day with most of the household every day in last week, by age group



Those who ate together with most of their household every day of the last week was higher for:

- ▲ Those aged 25 and over compared to 16 to 24-year-olds.
- ▲ NZ European/Asian/Other (58%) compared to Māori (52%).



When preparing food at home:

9 in 10 (86%) New Zealand adults relied on their own knowledge.



▼ Those aged 16 to 24 (71%) relied less on their **own knowledge** compared to those aged 25 and older (between 87% to 91%).

1 in 2 (48%) used recipe books, recipe cards, magazines, or food packaging.



1 in 2 (47%) relied on family or friends' knowledge.



▲ However, use of their **family and friends' knowledge** was higher for those aged 16 to 24 (65%) compared to those aged 25 and older (between 36% to 53%).

See Figure 4, Appendix, for more details.

When choosing what to buy:

3 in 5 (61%) New Zealand adults were influenced by cost (value for money).



▲ Those aged 16 to 24 (74%) were more influenced by **cost (value for money)** compared to those aged 25 and older (between 57% to 64%).

1 in 2 (54%) were influenced by quality.



▼ However, those influenced by **quality** was lower for those aged 16 to 24 (36%) compared to those aged 25 and older (between 51% to 61%).

1 in 4 (27%) were influenced by healthiness.



1 in 4 (27%) were influenced by taste.



See Figure 5, Appendix, for more details.

Of New Zealand adults,

20% had never consumed alcohol.



31% had a non-hazardous drinking pattern.



49% had a hazardous drinking pattern.



The AUDIT-C is a three question (questions F14-F16) assessment tool that can be used to provide a quick assessment of how much and how often an individual is drinking alcohol. Scores range from 0 to 12 and have been grouped for analysis into non-hazardous drinkers (male 0-3, female 0-2) and hazardous drinkers (male 4-12, female 3-12). Generally the higher the score, the more likely it is that the respondents' drinking is affecting their safety.

Base: All respondents (n=3,089)

F14 How often do you have a drink containing alcohol?

F14-F16 AUDIT-C.



Sun Exposure

Results from the 2020 New Zealand Health and Lifestyles Survey



Sun Exposure summary

Key facts:

- 1 in 5 New Zealand adults (18%) had tried to get a suntan in the last 12 months.
- Nearly all adults (97%) used some form of protection to prevent sunburn.
- During September 2019 to February 2020, 1 in 2 adults (47%) experienced reddening and soreness due to sunburn, and 1 in 20 (6%) experienced blisters or pain.

More information is available on kupe.hpa.org.nz



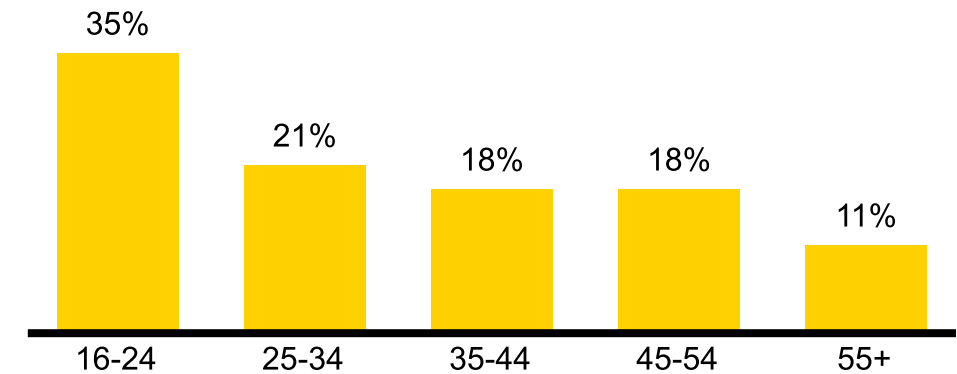
In the last 12 months,

18% of New Zealand adults tried to get a suntan.

82% made no attempts.

Includes those who made no attempts due to already being dark-skinned (6%).

Prevalence of adults who tried to get a suntan by age group



Those who had tried to get a suntan was higher for:

- ▲ Those aged 16 to 24 compared to those aged 25 and older.
- ▲ Females (22%) compared to males (15%).

Nearly all adults (97%) used at least one form of protection to prevent sunburn.

Top 3 forms of protection used to prevent sunburn

3 in 4 (76%) used sunscreen.



3 in 4 (76%) wore a hat.



2 in 3 (69%) wore sunglasses.



See Figure 6, Appendix, for more details.

Base: All respondents (n=3,089)
S6 What do you do, if anything, to protect yourself from getting sunburnt? (multiple response)



When asked about their experience of sunburn during the last New Zealand spring and summer:

47% of New Zealand adults experienced reddening or soreness of skin.



6% of New Zealand adults experienced blisters or pain for two or more days.



Base: All respondents (n=3,089)
S5 During the last New Zealand spring and summer, from September 2019 to February 2020, did you... (multiple response)



Appendix



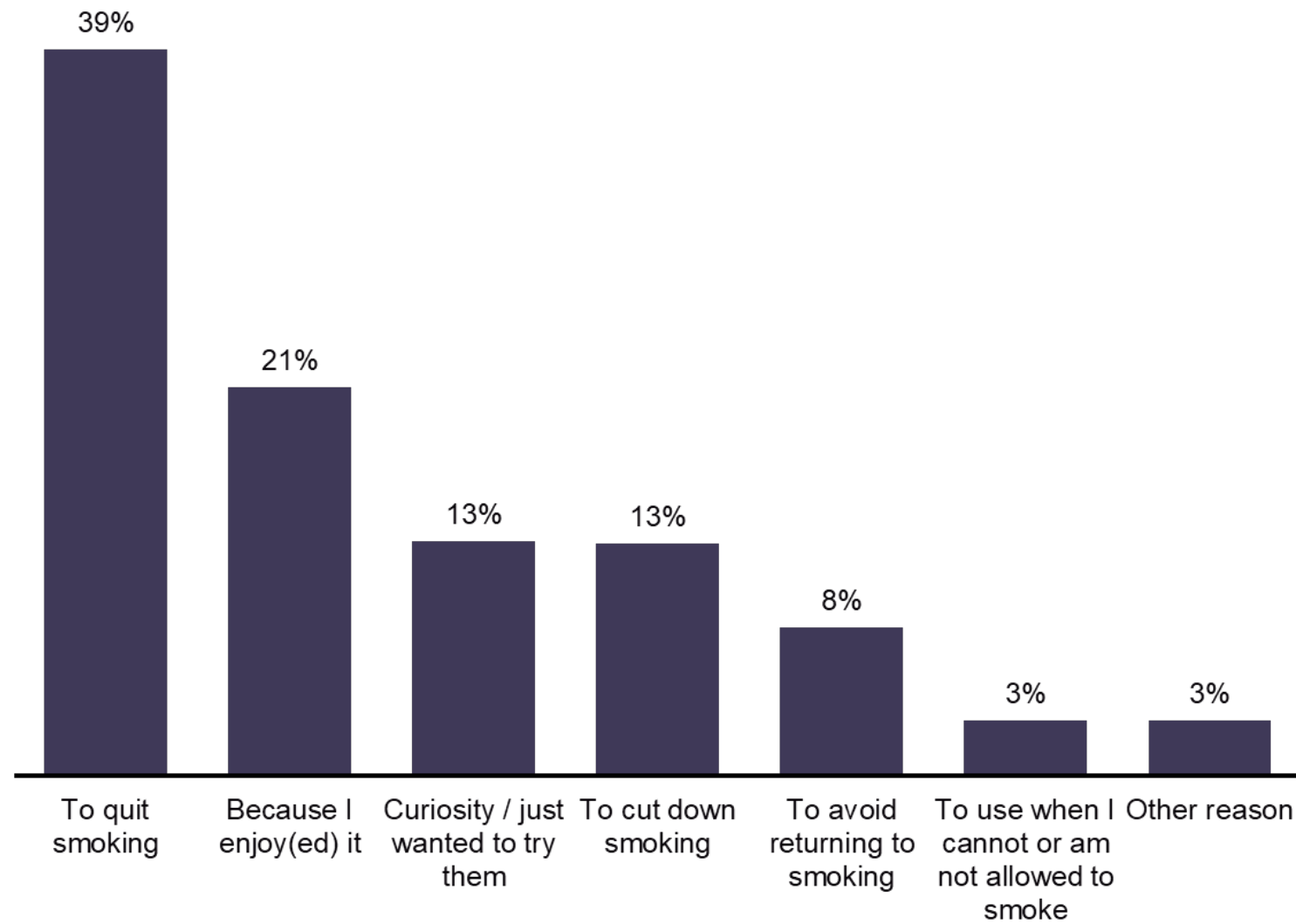
Table 1: Sample sizes

	n	% _{unweighted}	% _{weighted}
Total	3,089	100	100
Age group			
16-24 years	335	10.84	14.3
25-34 years	551	17.84	18.38
35-44 years	521	16.87	15.98
45-54 years	476	15.41	16.09
55+ years	1,206	39.04	35.25
Gender			
Female	1,794	58.08	50.66
Male	1,289	41.73	49.17
Gender diverse *	4	0.13	0.11
Prefer not to say *	2	0.06	0.06
Ethnicity			
Māori (Total)	992	32.11	14.38
Pacific peoples (Total)	472	15.28	6.93
NZ European/Asian/Other	1,685	54.55	79.54
Deprivation Index			
Score 1-3	727	23.54	31.9
Score 4-7	1,239	40.11	42.46
Score 8-10	1,123	36.35	25.64

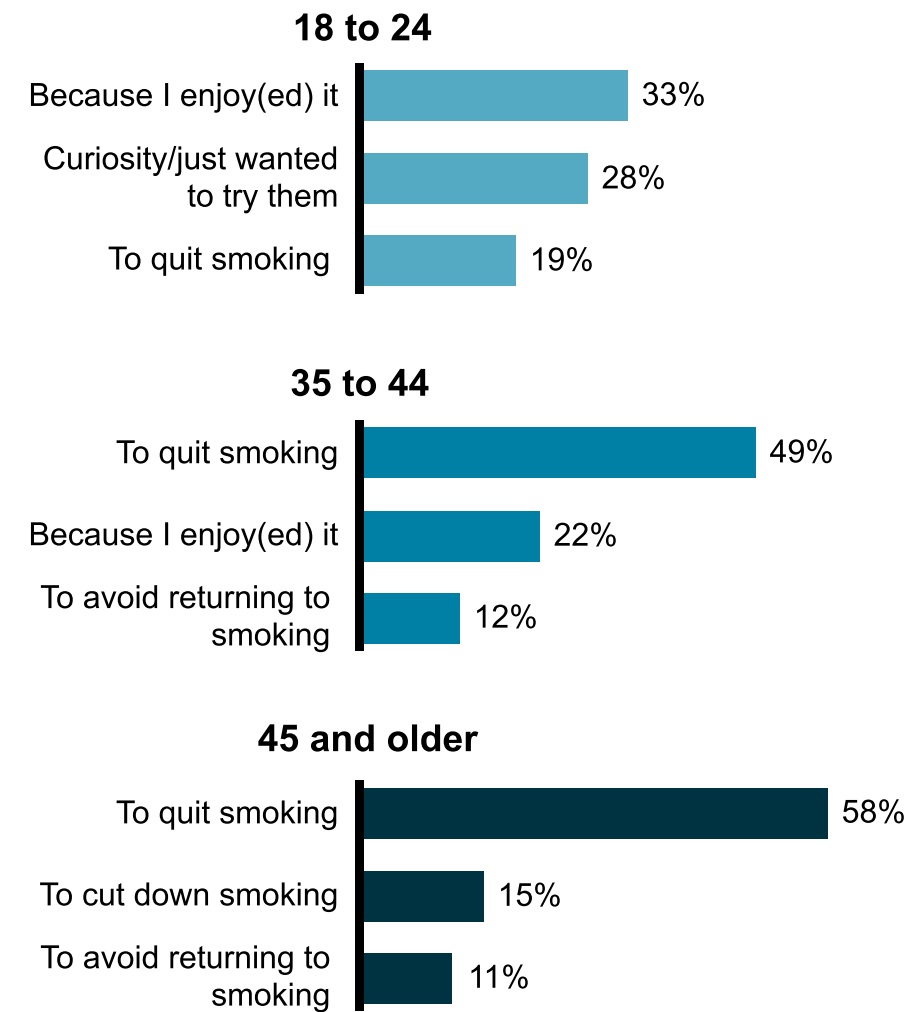
* Insufficient sample sizes: Due to small sample sizes (n<30), respondents who identified as 'Gender diverse' or 'Prefer not to say' were not reported.



Figure 1: Prevalence of New Zealand adults' main reason for vaping



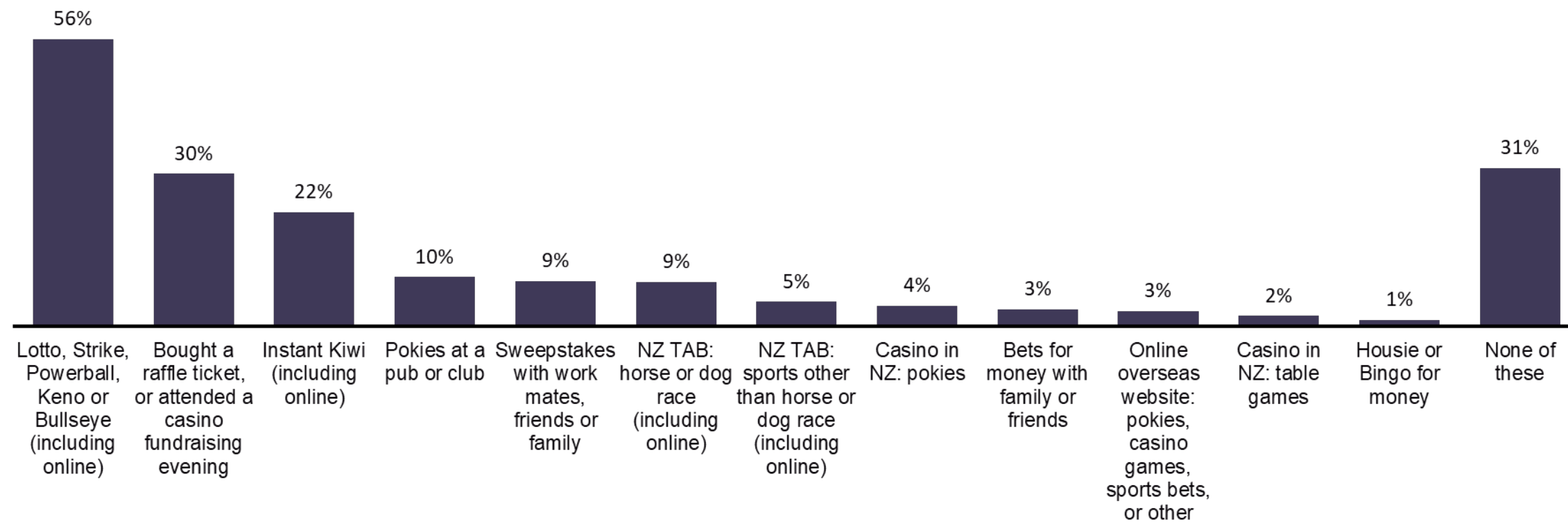
Top 3 stratified by age group



Base: Respondents who vape at least once a month (n=266)
V4 What is your main reason for vaping?



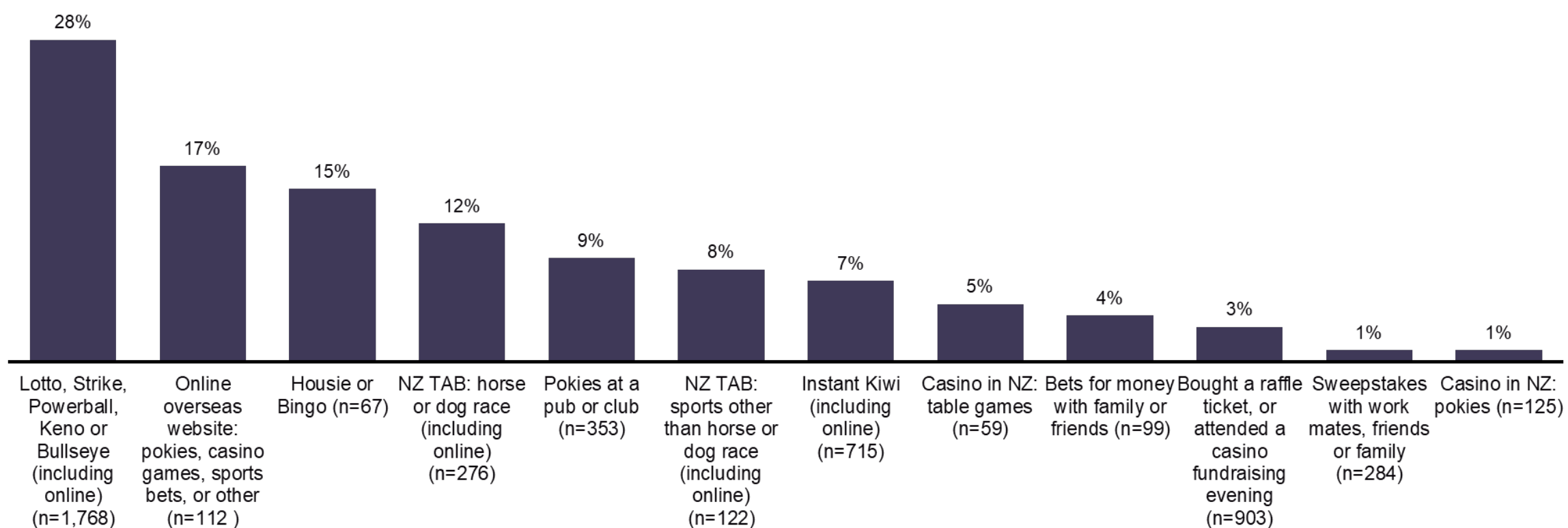
Figure 2: Prevalence of those who participated in a gambling activity in last 12 months.



Base: All respondents (n=3,089)
 G1/G4/G8/G14/G16/G19/G21 In the last 12 months, have you...?



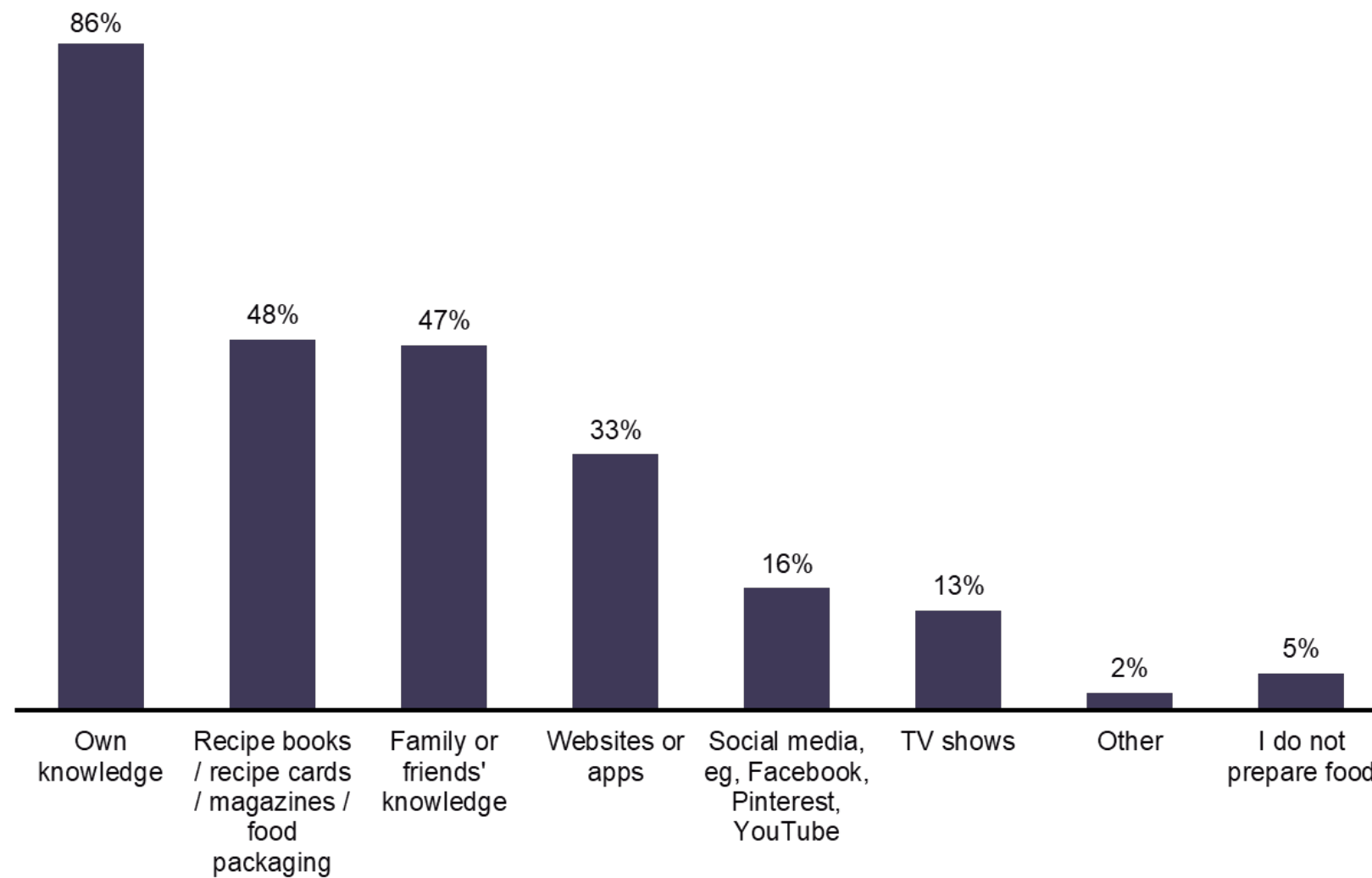
Figure 3: Prevalence of those who participated in a gambling activity almost every week.
 Out of those who participated in the gambling activity in the last 12 months



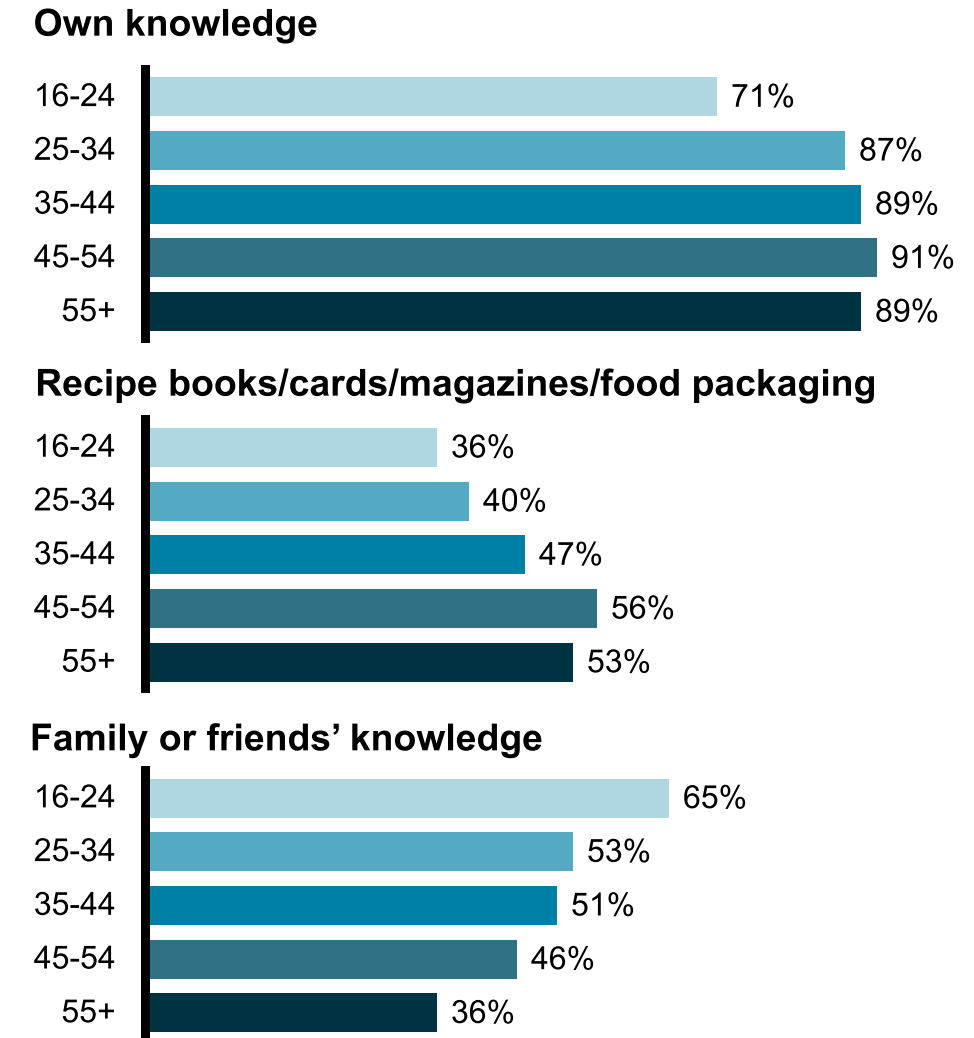
Base: Respondents who have done each in the last 12 months
 G2/G5/G9/G15/G17/G22 Looking at the Showcard, please tell me how often you do that.



Figure 4: Prevalence of information sources when preparing food at home



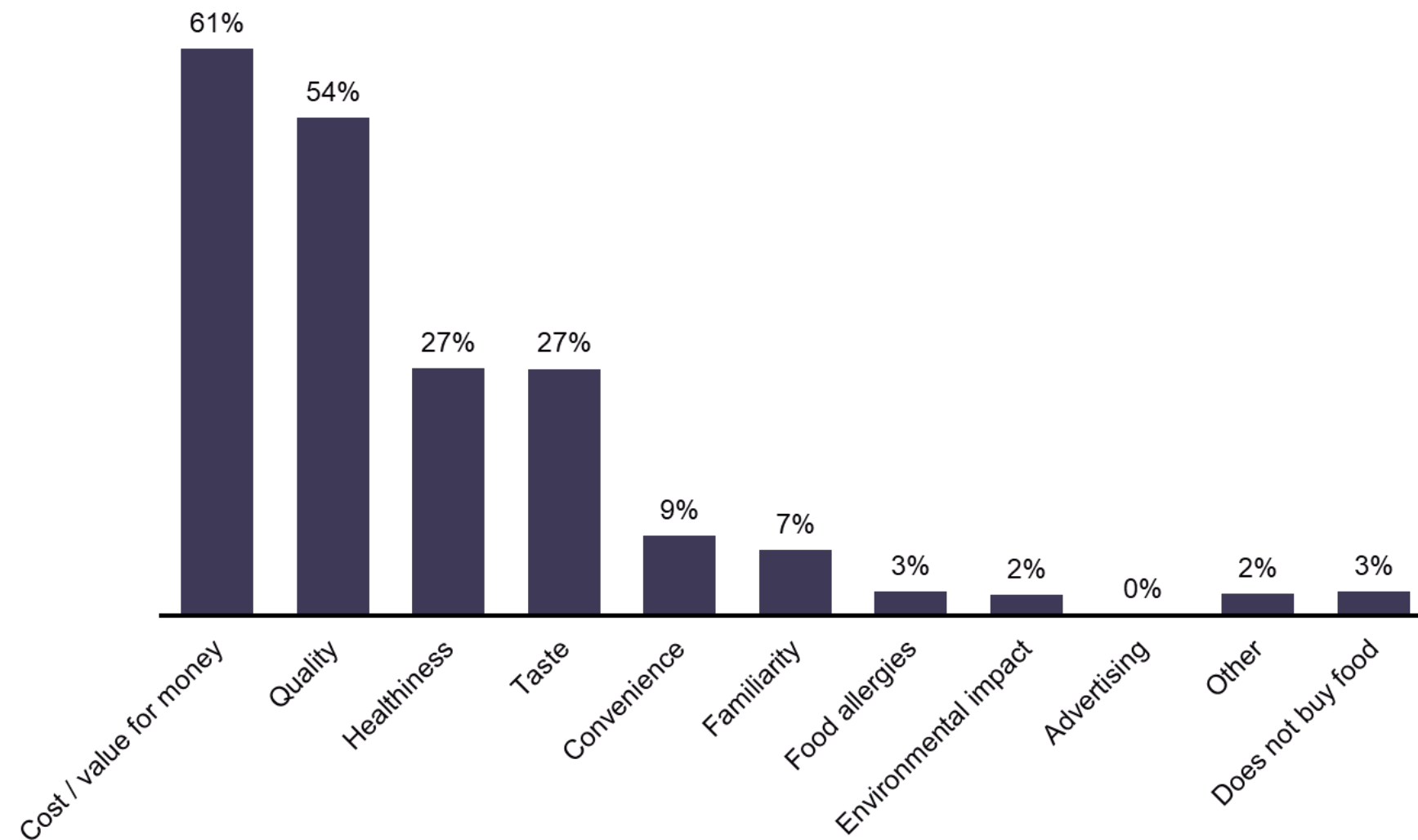
Top 3 by age group



Base: All respondents (n=3,089)
 F6 Looking at the Showcard, which of these do you use to get information for preparing food at home?



Figure 5: Prevalence of what most affects choices when buying food

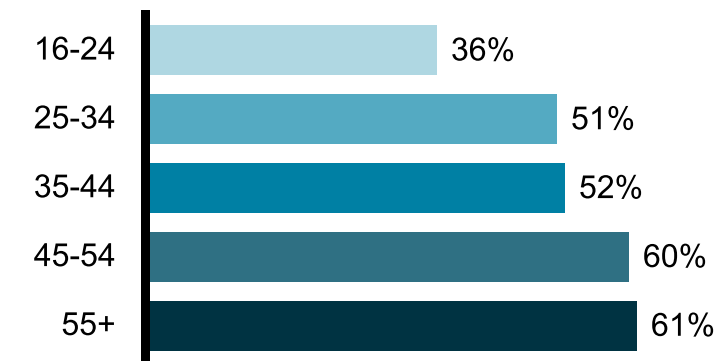


Top 2 by age group

Cost/value for money



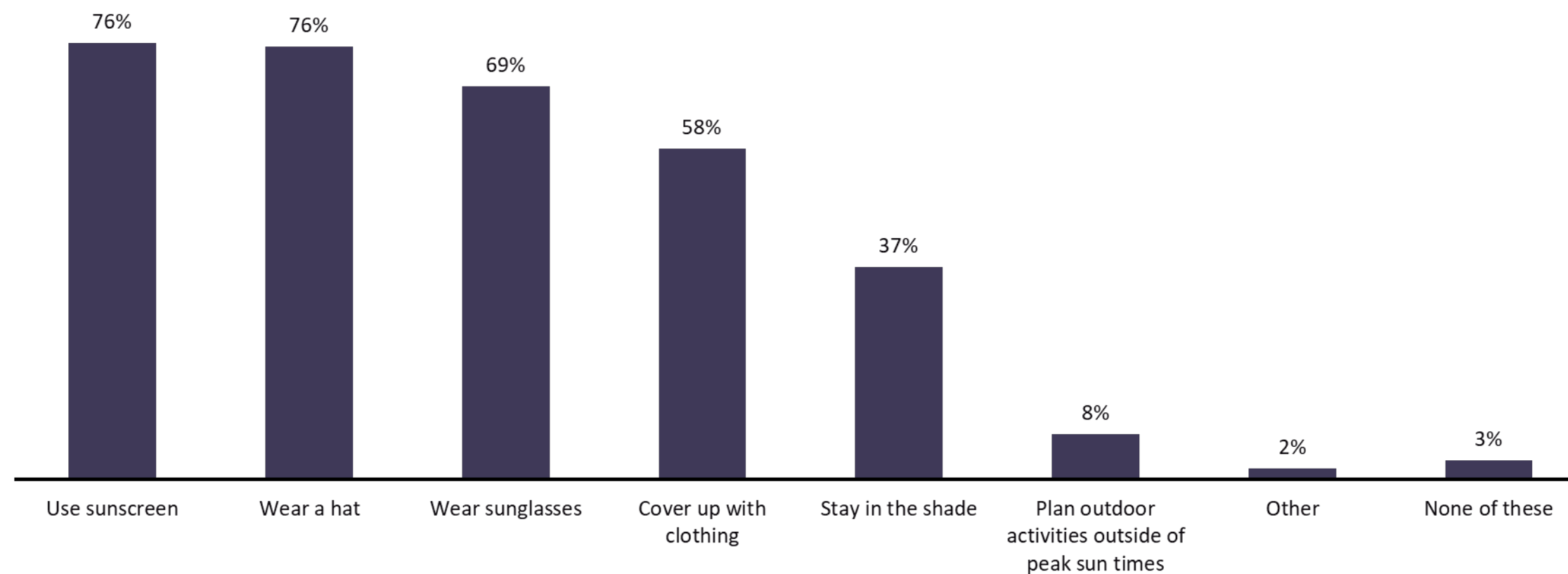
Quality



Base: All respondents (n=3,089)
 F13 Generally, when you are buying food, what are the three things that most affect your choices?



Figure 6: Prevalence of the forms of protection used by New Zealand adults to prevent sunburn



Base: All respondents (n=3,089)
S6 What do you do, if anything, to protect yourself from getting sunburnt?

