

Attitudes and Behaviour towards Alcohol Survey 2010-2012

Report 1.2 – Planning, actions and consequences of the last
drinking occasion (Adults, 18 years and over)

September 2014

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COMMISSIONING COMMENTS

Health Promotion Agency (HPA) commissioning of this research was managed by Dr Craig Gordon, Senior Researcher.

HPA undertakes the Alcohol Behaviour and Attitudes Survey (ABAS) every year provide information on the attitudes and behaviour of New Zealanders towards alcohol. This survey focuses on behaviour related to the last drinking occasion, including how much and what was drunk, the drinking location and purpose, any consequences, and help or assistance offered at that occasion. Attitudes and opinions in relation to getting drunk and the seriousness of the alcohol problem are also examined, along with non-drinkers and the role they play in the company of others who are drinking. The aim of the survey is to provide insight into the behaviours and attitudes of people in relation to alcohol.

HPA commissioned Research New Zealand to undertake the ABAS in the field and produce a series of reports in June 2012. Final draft reports were received in March 2014. The report series uses a three-year snapshot with data from the 2010, 2011 and 2012 surveys combined (where possible) to improve the ability to provide breakdowns by age, gender and ethnicity.

The series of reports is organised into three major groups: reports focused on drinking behaviour; reports on planning, actions and consequences; and reports on attitudes and opinions.

This report presents descriptive statistics focusing on adults aged 18 years or more, and planning for safe drinking, actions (help or assistance given) and consequences of the last drinking occasion. A section also presents information on non-drinkers and their involvement in the last occasion that they attended where others consumed alcohol.

REVIEW

The report has not undergone external peer review.

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(Adults, 18 years and over)

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1.0 Survey reports

This is one of a suite of reports based on the HPA Alcohol Behaviour and Attitudes Surveys from 2010, 2011 and 2012.

This report (1.2) is based on the last drinking occasion of Adults, aged 18 and over, who identified themselves as drinkers, and the last such occasion that was attended by adult non-drinkers. The report focuses on planning for moderate and safe drinking, help and assistance offered, and consequences of drinking. The report also includes a section on non-drinkers in drinking situations. It is one of three reports (Reports 1.1, 1.2 and 1.3) that focus on the drinking behaviours and attitudes towards alcohol of adults aged 18 years or more covering the 2010-2012 ABAS.

Below is a list of the intended outputs from these surveys focussed on adults.

Adults (aged 18 years or more)	
<i>Report 1.1</i>	The Alcohol Drinking Behaviour of Adults, 18 years or more
<i>Report 1.2</i>	Planning, Actions and Consequences of The Last Drinking Occasion (Adults, 18 years or more)
<i>Report 1.3</i>	Attitudes and Opinions Towards Drinking (Adults, 18 years or more)
Supplementary reports	
<i>Report 3</i>	Methodology Report

2.0 Glossary of terms used in this report

The following terms are used in this report.

Adult drinkers and Non-drinkers

Drinker/Non-Drinker	Drinkers are those who self-report that they consumed alcohol within the last four weeks or do consume alcohol but not within the last four weeks. Non-Drinkers are those who described themselves as such.
Standard drink	A standard drink contains 10 grams of pure alcohol.

Other terms

Significant/ Statistically significant	Survey results, including comparisons between surveys, have been tested for their significance at the 95 percent confidence level. This measures how confident we can be that a result is not due to chance, but genuinely reflects a characteristic of the population of interest.
RTD	'Ready to drink' alcohol drinks, combining a spirit with a carbonated soft drink in a bottle or can.

3.0 Executive summary

This report is based on the consolidated results for three consecutive annual telephone surveys (2010 – 2012).

Specific details relating to each of these surveys are:

- HPA Attitudes and Behaviour towards Alcohol Survey, 2012. This survey was completed between November 2012 and January 2013, with a nationally representative sample of n=2,120 adults, 18 years and over.
- HPA Attitudes and Behaviour towards Alcohol Survey, 2011. This survey was completed in November and December 2011, with a nationally representative sample of n=2,132 adults, 18 years and over.
- HPA Attitudes and Behaviour towards Alcohol Survey, 2010. This survey was completed in November and December 2010, with a nationally representative sample of n=1,806 adults, 18 years and over.

For all three surveys, Māori and Pacific peoples were over-sampled, with additional quotas also set for age and gender. Consequently, the data for all surveys has been weighted so that results quoted on the basis of the total sample are representative of the total NZ population aged 18 years or more¹.

Results based on the total consolidated sample of n=6,058 are subject to a maximum margin of error of plus or minus 1.7 percent (at the 95 percent confidence level). Results based on the individual surveys and their sub-samples are subject to higher margins of error. For example, the results for the total sample for the 2012 Survey are subject to a maximum margin of error of plus or minus 2.7 percent (at the 95 percent confidence level). Only statistically significant² results have been reported in this report.

For the purposes of analysis and reporting, results have been examined by age and gender. Tables by age are presented in the body of this report. Tables by gender are presented in the Appendices.

A companion Survey Methodology Report provides more detailed information on the survey methodology.

¹ The weighting parameters have been sourced from the 2006 Census of Population and Dwellings, Statistics New Zealand.

² See Glossary.

3.1 Main findings

Less than half of adult drinkers do any planning prior to drinking, to ensure they don't drink too much or become intoxicated

- ⋮ Forty percent of drinkers reported having done some planning in relation to their most recent drinking occasion to “make sure (they) didn't drink too much or get drunk, or to make sure (they) were safe if (they) did”.
- ⋮ Younger adults were most likely to report having made specific plans prior to drinking (46 percent of drinkers aged 18-24 and 25-44 reported making plans).

Most of those who do make plans prior to drinking, plan to eat before or while they are drinking, or to limit how much they drink

- ⋮ Most of those who made plans intended to eat food before or while they consumed alcohol (71 percent), or to limit the amount of alcohol they would have (69 percent).
- ⋮ Females were more likely than males to have planned to do these things. For example, 75 percent of females had planned to eat food before or during the drinking occasion, compared with 67 percent of males.

Most drinkers who make specific plans to make sure they don't get drunk or have too much to drink, or to be safe if they do, follow through with their intentions

- ⋮ As shown in Table 1, the majority of those who reported having planned to take specific steps during the last drinking occasion, followed through with their intentions. For example, of the 71 percent who planned to make sure they ate before or while they were drinking, 88 percent reported having done so.
- ⋮ The intentions least likely to have come about were for those who planned to pace their drinking (77 percent of those who intended to do this, reported having done so); not to leave too late (also 77 percent); and those who planned to limit their drinking to low-alcohol drinks (72 percent followed through as intended).

Table 1: Personal planning – Intended actions and those actually undertaken (2011-2012)

	Planned intentions	Actions undertaken
Base =	1,383*	**
	%	%
Plan to make sure you ate food before or while you were drinking	71	88
Plan to limit your drinking to low-alcohol drinks	23	72
Plan to limit how much alcohol you have	69	89
Plan how you would get home safely	49	89
Plan to have non-alcoholic drinks, including water, instead of alcohol	45	81
Plan to not leave too late	26	77
Plan to pace your drinking or have long breaks between drinks	50	77

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on drinkers who stated they did some planning in relation to their most recent drinking occasion.

One-half of drinkers who become intoxicated are offered help and assistance, although for one-third this is after they have already had too much to drink

- u Twelve percent of drinkers reported that they “got drunk, or had too much to drink” on their most recent drinking occasion. Forty-two percent of these drinkers reported being offered help or assistance from other people. This help and assistance was most frequently offered by friends (59 percent) or family members (24 percent).
- u Fifty-seven percent reported having been offered help and assistance before they had become intoxicated. The most commonly offered help and assistance was in the form of water or food (25 percent), a place to sleep (22 percent), assistance to get home (18 percent) and/or transportation home (14 percent).
- u Another nine percent had someone suggest they slow their drinking down, stop drinking (seven percent), or had their drink taken away (four percent).

Almost one-half of drinkers who invite guests to their home make prior plans to make sure their guests don’t become intoxicated or to keep them safe if they do

- u On their most recent drinking occasion, 18 percent of drinkers consumed alcohol at their home with invited guests. Forty-four percent of these drinkers reported that, before anyone arrived at (their) home, they had done some planning to make sure their guests didn’t drink too much or get drunk, or to make sure that they were safe if they did.
- u The most commonly mentioned plans included making sure food would be available (90 percent) or that non-alcoholic drinks would be available (77 percent), that people would be able to stay if they “got drunk” or had too much to drink (72 percent), or that transportation would be available to get them home if they “got drunk” or had too much to drink (64 percent).
- u Others planned to limit how much alcohol would be available (45 percent), to not invite people who were ‘problem drinkers’ (42 percent), and/or planned to tell people about the expectations they had about them not “getting drunk” or having too much to drink (27 percent).

Most drinkers who make plans with regard to their guests, follow through with those plans

- As mentioned earlier, almost half of those who recently consumed alcohol at home with guests, reported making plans to manage their guests’ alcohol consumption. Table 2 shows that, in the majority of cases, those plans were followed through. For example, of the 77 percent who planned to make sure there were non-alcoholic drinks available, 87 percent reported having done so.

Table 2: Planning for guests - Intentions versus actuality (2011-2012)

Base =	Planned intentions 325* %	Actuality ** %
Plan to limit how much alcohol would be available	45	81
Plan to make sure food would be available	90	86
Plan to make sure non-alcoholic drinks, including water, would be available	77	87
Plan to not invite people who are problem drinkers	42	73
Plan for people to stay if they got drunk or had too much to drink	72	80
Plan how they would get home if they got drunk or had too much to drink	64	82
Plan to tell people about the expectations you had about them not getting drunk or having too much to drink	27	77
Plan to have activities or things to do other than drink	49	77

The base numbers shown are unweighted counts.
 Total may not sum to 100% due to rounding.
 Sub-sample based on drinkers who stated they did some planning for their guests in relation to their most recent drinking occasion.

Two-thirds of drinkers who invite guests to their home, offer help or assistance if their guests become intoxicated, although many do so after they have already had too much to drink

- Twenty-one percent of drinkers who invited guests to their home reported that their guests became intoxicated or had too much to drink. Sixty seven percent offered those guests help or assistance.
- In terms of when they helped their guests, 59 percent reported not having intervened until after their guests had had too much to drink.

4.0 The New Zealand population in context

To help provide a context for the behavioural results reported in this report, this section provides a brief overview of the New Zealand adult population, 18 years and over. The following population statistics are based on the most recent Census (2013 Census of Population and Dwellings, Statistics New Zealand).

The estimated New Zealand population was 4,242,048 as at 5 March 2013; approximately 75 percent of which were adults aged 18 years or more (3,195,000).

Table 3 presents population data (based on the 2013 Census) for New Zealanders, by gender, based on the then total population of 3,195,000 people aged 18 years and over. The age categories shown are those used in the report.

Table 3: Population counts – New Zealand Adults, 18+, by gender and age (2013 Census)*

	Male		Female		Total	
	Pop'n Count	Pop'n %	Pop'n Count	Pop'n %	Pop'n Count	Pop'n %
Age						
18-24	204,000	9.9	201,000	9.2	405,000	9.5
25-44	517,000	25.0	571,000	26.2	1,088,000	25.6
45-64	529,000	25.6	566,000	26.0	1,095,000	25.8
65+	279,000	13.5	328,000	15.1	607,000	14.3
Total	1,529,000	74.1	1,666,000	76.5	3,195,000	75.3
Total NZ Population	2,064,000		2,178,000		4,242,000	

*Population counts rounded to the nearest 1,000.

5.0 Planning for moderate and safe drinking

This section of the report investigates the degree to which adult drinkers, aged 18 years or more, took steps to ensure their drinking (on the most recent occasion) was moderate and safe, or they took steps to help any guests drink at a moderate and safe level when they visited their home.

Due to changes in the way these questions were asked in 2011, results for section 5.1 are based on the n=3,163 adult drinkers from the 2011 and 2012 HPA Attitudes and Behaviour towards Alcohol Surveys only. Subsequent results (in sections 5.11 to 5.22) are based on the consolidated sample of n=6,058 drinkers from the HPA Attitudes and Behaviour towards Alcohol Surveys for 2010, 2011 and 2012.

The drinking behaviour of adults aged 18 years or more is presented in Report 1.1 and provides useful context for understanding the information presented in this report.

5.1 Planning for safe drinking

Report 1.1 provides important contextual information for understanding drinking patterns. Specifically, that report shows that the most common drinking location for adults is in their own home (52 percent). On the most recent occasion, drinkers most frequently reported having consumed alcohol over lunch or dinner (35 percent), at a BBQ (11 percent), a birthday (11 percent), or some other type of party or celebration (16 percent). Six percent of all adult drinkers planned to get drunk on their most recent drinking occasion. Although they had not all intended to do so, twice as many (12 percent of all adult drinkers) reported having 'got drunk or had too much to drink' on their most recent drinking occasion.

Against this background, all adult drinkers were asked if, in relation to their most recent drinking occasion, they had done any planning to "make sure (they) didn't drink too much or get drunk, or to make sure (they) were safe if (they) did".

Table 4 shows that 40 percent of drinkers had done some planning. This was most likely to be the case amongst younger drinkers (46 percent of drinkers aged 18-24 and 25-44, compared with 28 percent of those aged 65 and over).

Planning was just as likely to occur amongst female drinkers as males (41 percent, compared with 38 percent).

Table 4: Level of planning related to the most recent drinking occasion by drinkers, 18+, by age (2011-2012)

Q23. Before the last drinking occasion, did you do any planning to make sure you didn't drink too much or get drunk, or to make sure you were safe if you did?

	Total	18-24	25-44	45-64	65+
Base =	3,163*	773	1,030	808	552
	%	%	%	%	%
Yes	40	46	46	36	28
No	58	54	53	61	71
Don't know	1	1	1	2	1
Refused	0	0	0	1	0
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on drinkers.

Drinkers who reported having done some planning before their most recent drinking occasion, to make sure they didn't get drunk or drink too much, were specifically asked what they had planned to do and what they had actually done.

Table 5 shows at least half of these drinkers had planned to make sure they had ate food before or while they were drinking (71 percent), to limit how much alcohol they would have (69 percent) and/or to pace their drinking (50 percent).

This table also shows that the majority of those who planned to take specific steps, followed through with their intentions. For example, of the 69 percent who planned to limit how much alcohol they consumed, 89 percent reported having done so.

Table 5: Extent to which intended plans were carried through by drinkers, 18+ (2011-2012)

Q24. And which of these, if any, did you plan to do? Did you...

Q25. And which of those did you do?

	Intended actions	Actions undertaken
Base =	1,383*	**
	%	%
Limit how much alcohol you had	69	89
Limit your drinking to low-alcohol drinks	23	72
Eat food before or while you were drinking	71	88
Have non-alcoholic drinks, including water, instead of alcohol	45	81
Pace your drinking or have long breaks between drinks	50	77
Get home safely	49	89
Leave before it got too late	26	77

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on drinkers who stated they did some planning in relation to their most recent drinking occasion.

**Sub-samples vary (from n=381 to n=992) according to the number of respondents who intended to take each specific action.

**Caution: low base number of respondents – results are indicative only.

5.1.1 Getting help and assistance

The 12 percent of adult drinkers who reported getting drunk or having too much to drink on their most recent drinking occasion (see Report 1.1) were asked if anyone they were with “suggested or tried to stop (them) from having too much to drink, or helped (them) keep safe when they were drunk”.

Table 6 shows that 42 percent of drinkers who had become intoxicated, were offered help or assistance, and that this is significantly higher for young drinkers aged 18-24 (51 percent) compared with those aged 45-64, for example (31 percent).

There are no significant differences by gender.

Table 6: Extent to which drinkers, 18+, who became intoxicated or had too much to drink were offered assistance, by age (2010-2012)

Q33. Did anyone suggest or try to stop you from having too much to drink, or help keep you safe when you were drunk?

	Total	18-24	25-44	45-64	65+
Base =	788*	381	303	89	15**
	%	%	%	%	%
Yes	42	51	40	31	36
No	57	47	59	69	62
Don't know	1	1	1	0	1
Refused	0	1	0	0	0
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion.

**Caution: low base number of respondents - results are indicative only.

Drinkers who were offered help and assistance were asked to identify who had provided that help and assistance. Those most frequently mentioned were friends (59 percent), their partner (18 percent), and/or other family members (24 percent) (Table 7).

There are a number of differences by age. For example, compared with the other age groups, drinkers aged 18-24 were more likely to have been offered help and assistance by a friend (69 percent) and less likely to have been offered help and assistance by a family member (20 percent).

There are no significant differences by gender.

Table 7: Who offered assistance to drinkers, 18+, who became intoxicated or had too much to drink, by age (2010-2012)

Q35. And who did this?

	Base =	Total	18-24	25-44	45-64	65+
		393*	221	135	34	3**
		%	%	%	%	%
My partner		18	16	17	29	
Other family member		24	20	26	25	
Friend		59	69	60	22	
Workmate		3	0	2	14	
Boss		2	1	3	0	
The host		4	2	6	1	
Bar staff/owner		1	1	2	0	
Other		5	4	6	2	
Don't know		1	0	0	11	

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

* Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion, and were offered assistance or help.

**Data not provided for 65+ age group as the base number is too small.

Table 8 shows that, in 57 percent of all cases, help and assistance was provided prior to intoxication. This was more likely to occur with the younger drinkers (63 percent of those aged 18-24 were offered help and assistance prior to intoxication, compared with 36 percent of those aged 45-64).

This was also more likely to occur with male drinkers (64 percent were offered help and assistance prior to intoxication, compared with 50 percent of females).

Table 8: At what point the help and assistance was offered, by age (2010-2012)

Q36. And did they do this...

	Base =	Total	18-24	25-44	45-64	65+
		393*	221	135	34	3**
		%	%	%	%	%
Once you'd already had too much to drink or before you got to that stage?		35	32	36	38	
Don't know		57	63	57	36	
Don't know		8	5	6	26	
Total		100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion, and were offered assistance or help.

**Data not provided for 65+ age group as the base number is too small.

The specific nature of the help and assistance included offering them water or food (25 percent), a place for them to sleep (22 percent), arranging for them to get home (18 percent), and/or actually offering them a ride home (14 percent) (Table 9).

Table 9: Type of help and assistance offered, by age (2010-2012)

Q34. Did they...

	Base =	Total	18-24	25-44	45-64	65+
		788*	381	303	89	15**
		%	%	%	%	%
Suggest you slow down your drinking		9	13	7	6	2
Suggest you stop drinking		7	11	5	6	2
Try to take your drink away		4	7	3	1	2
Offer you water or food		25	34	23	17	21
Offer to take you home		14	22	11	8	20
Arrange for you to get home		18	25	14	13	20
Offer a place for you to sleep		22	29	22	9	20
Or anything else?		3	2	4	0	0
None of the above		57	48	59	69	62
Don't know		2	2	1	0	16
Refused		0	1	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

* Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion..

**Caution: low base number of respondents - results are indicative only.

Table 10 shows that most drinkers who were intoxicated or had too much to drink and were given help or assistance, reported having taken the support that was provided (77 percent). This result is consistent both by age and by gender.

Table 10: Whether assistance offered was taken by drinkers who became intoxicated or had too much to drink, 18+, by age (2010-2012)

Q37. Did you take this help or advice?

	Base =	Total	18-24	25-44	45-64	65+
		393*	221	135	34	3**
		%	%	%	%	%
Yes		77	83	73	71	
No		18	15	21	14	
Don't know		5	2	6	14	
Total		100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion, and were offered assistance or help.

**Data not provided for 65+ age group as the base number is too small.

5.1.2 Consequences

The 12 percent of adult drinkers who reported getting drunk or having had too much to drink on their most recent drinking occasion, were asked what the consequences of their drunkenness were on that occasion.

Table 11 shows that few adult drinkers reported experienced any negative consequences as a result of their most recent drinking occasion, although 19 percent described negative short-term effects such as hangovers, vomiting and some loss of memory.

Just under half (49 percent) reported no consequences as a result of becoming intoxicated on their most recent drinking occasion, while 28 percent stated the effects were positive (e.g. comradeship).

These results are relatively consistent by age and by gender, although younger drinkers aged 18-24 (40 percent) and those aged 25-44 (26 percent) who became intoxicated were more likely than older drinkers to report having experienced short-term effects (e.g. loss of memory, vomiting or hangovers).

There are no significant differences by gender.

Table 11: Consequences of drunkenness who, 18+, became intoxicated or had too much to drink, by age (2010-2012)

Q38. What, if any, effects did you personally experience as a result of getting drunk on that occasion?

	Total	18-24	25-44	45-64	65+
Base =	1,704*	426	569	446	263
	%	%	%	%	%
Short term effects of drinking (e.g. loss of memory, vomiting, or hangovers)	19	40	26	12	5
Did something embarrassing or humiliating that I later regretted	1	2	1	0	1
Had an argument I later regretted	0	1	0	0	0
Hurt myself (e.g. tripping, accidental harm)	0	2	0	0	0
Got into a fight (violence/aggression)	0	0	0	0	0
Spent too much on alcohol	0	2	0	0	0
Felt unsafe	0	0	0	0	0
Drink driving	0	1	0	0	0
Felt pressure from the people I was with (e.g. being forced to drink, smoke, do drugs, etc.)	0	0	0	0	1
Got into a regrettable sexual encounter	0	1	0	0	0
Negative effects on family relationships or children	0	1	0	0	0
Wasn't able to meet family responsibilities	0	1	0	0	0
Wasn't able to meet work commitments (e.g. called in sick)	0	0	0	0	0
Positive effects (laughter, good feeling, comradeship, etc.)	28	18	28	30	31
Other	5	5	6	5	3
None	49	35	44	54	60
Don't know	1	2	0	1	1

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

* Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion, and were offered assistance or help.

Table 12 shows that, as a result of becoming intoxicated on the most recent drinking occasion, many adult drinkers did “think about cutting back” (23 percent) or “think about how they drink” (24 percent).

One-in-three (32 percent of those who reported getting drunk or having had too much to drink on their most recent drinking occasion) subsequently decided to drink less than they used to.

Drinkers aged 18-24 were less likely to report having made any such decisions following their most recent drinking occasion (48 percent, compared with 29 percent of those aged 45-64).

Females who reported getting drunk or that they had too much to drink on their most recent drinking occasion, were more likely to report having decided to drink water or eat food to avoid getting drunk next time (46 percent, compared with 24 percent of males).

Table 12: Prompted actions taken or considered by those, 18+, who became intoxicated or had too much to drink, by age (2010-2012)

Q39. After that drinking occasion, did you do any of the following?

	Base =	Total	18-24	25-44	45-64	65+
		547*	257	204	70	16**
		%	%	%	%	%
Think about how you drink		24	19	25	30	37
Think about cutting back how much you drink		23	17	27	21	26
Decide to drink water or eat food, to avoid getting drunk next time		33	32	36	31	24
Or decide to drink less		32	30	30	38	61
Other		1	0	0	5	0
None of the above		41	48	41	29	4
Don't know		0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

* Sub-sample based on drinkers who got drunk on their most recent drinking occasion.

**Caution: low base number of respondents – results are indicative only.

5.2 Planning for guests' moderate and safe drinking

On their most recent drinking occasion, 18 percent of adult drinkers consumed alcohol at their home with invited guests. In the 2011 and 2012 Surveys, these drinkers were asked if they had done any planning “before anyone arrived at (their) home ... to make sure they didn’t drink too much or get drunk, or to make sure they were safe if they did”.

Table 13 shows that 44 percent of these drinkers reported having done any planning before their guests arrived. Young drinkers aged 18-24 (48 percent), those aged 25-44 (47 percent) and those aged 45-64 (47 percent) were more likely to have made plans than those aged 65 years of age or more (28 percent).

There are no significant differences by gender.

Table 13: Extent to which drinkers, 18+, did planning for invited guests, by age (2011-2012)

Q26. Before anyone arrived at your home, did you do any planning to make sure they didn't drink too much or get drunk, or to make sure they were safe if they did?

	Total	18-24	25-44	45-64	65+
Base =	615*	122	226	165	102
	%	%	%	%	%
Yes	44	48	47	47	28
No	55	52	53	53	69
Don't know	0	0	0	0	2
Refused	0	0	0	0	2
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on drinkers who stated they did some planning for their guests in relation to their most recent drinking occasion.

Table 14 shows that those who had made plans, had considered what food (90 percent) and non-alcoholic beverages would be available (77 percent); where guests could sleep if they were too drunk to get home (72 percent); or how they might arrange for their guests to get home if they became intoxicated (64 percent).

Young drinkers aged 18-24 were more likely to have planned activities or things to do other than drink (67 percent) than those aged 25-44 (45 percent) or 45-64 (45 percent).

Females were more likely than males to plan to have non-alcoholic beverages available (83 percent compared with 69 percent), and to limit how much alcohol would be available (54 percent compared with 34 percent).

This table also shows that, to a large extent, those who made plans in relation to their guests followed through with those plans.

For example, of the 90 percent who planned to make sure that food was available for their guests, 86 percent did so.

Further analysis by age and gender with regard to each specific intention has not been made due to the relatively small sub-sample sizes involved.

Table 14: Extent to which intended plans (in relation to guests) were carried through, by drinkers, 18+ (2011-2012)

Q27. And which of these, if any, did you plan to do? Did you...

Q28. And which of those did you do?

Base =	Intended actions 325* %	Actions undertaken ** %
Limit the amount of alcohol that was available	45	81
Made sure food was available	90	86
Made sure non-alcoholic drinks, including water, were available	77	87
Didn't invite people who are problem drinkers	42	73
Arranged for people to stay because they got drunk or had too much to drink	72	80
Arranged for people to get home because they got drunk or had too much to drink	64	82
Told people about the expectations you had about them not getting drunk or having too much to drink	27	77
Had activities or things to do other than drink	49	77

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on drinkers who stated they did some planning in relation for their guests on their most recent drinking occasion.

**Sub-samples vary (from n=94 to n=276) according to the number of respondents who intended to take each specific action.

**Caution: low base number of respondents – results are indicative only.

5.2.1 Providing help and assistance

Twenty-one percent of drinkers who consumed alcohol at home with guests, reported that someone they were with had become intoxicated.

In the 2011 and 2012 Surveys, these drinkers were asked if they had “suggested or tried to stop them from having too much to drink, or helped them keep safe when they were drunk”. Table 15 shows that 67 percent answered in the affirmative and that drinkers aged 18-24 were more likely to report this than older drinkers (81 percent, compared with 67 percent of those aged 25-44, 54 percent of those aged 45-64 and 27 percent of those aged 65 years or more).

There are no significant differences by gender.

Table 15: Extent to which drinkers, 18+, offered assistance to their guests, by age (2011-2012)

Q46. Did you suggest or try to stop them from having too much to drink, or did you help keep them safe when they were drunk?

	Total	18-24	25-44	45-64	65+
Base =	1,055*	470	394	167	24**
	%	%	%	%	%
Yes	67	81	67	54	27
No	32	19	32	46	73
Don't know	1	0	1	0	0
Refused	0	0	0	0	0
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on drinkers who invited guests who got drunk.

**Caution: low base number of respondents – results are indicative only.

Fifty-nine percent of drinkers who offered help to their intoxicated guests reported doing so after the guests had had too much to drink, although 36 percent offered help and assistance prior to intoxication (Table 16).

There are no significant differences by age or gender.

Table 16: At what point drinkers, 18+, offered assistance to intoxicated guests (2011-2012)

Q48. And did you do this...?

	Total	18-24	25-44	45-64	65+
Base =	129*	52	53	23**	1***
	%	%	%	%	%
Once they'd already had too much to drink or before they got to that stage?	59	55	55	73	
Don't know	4	5	6	0	
Total	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on drinkers who recalled the type of help and assistance they offered to their invited guests who got drunk.

**Caution: low base number of respondents – results are indicative only.

***Data not provided for 65+ age group as the base number is too small.

There are no significant differences by gender.

Table 17 shows that drinkers who offered help to their intoxicated guests most frequently offered them water or food (60 percent), a place to sleep (54 percent), and/or arranged to get them home (39 percent).

Twenty-five percent suggested they slow down their drinking, while 22 percent suggested they stop drinking altogether.

Younger drinkers aged 18-24 were more likely than those aged 25-44 to take their guest's drink away (36 percent compared with eight percent) or to offer them a place to sleep (79 percent, compared with 45 percent).

There are no significant differences by gender.

Table 17: What assistance drinkers, 18+, offered their intoxicated guests, by age (2011-2012)

Q47. Did you ...?

	Base =	Total	18-24	25-44	45-64	65+
		136*	52	58	24**	2**
		%	%	%	%	%
Suggest they slow down their drinking		25	32	20	33	
Suggest they stop drinking		22	33	13	34	
Take their drink away		14	36	8	7	
Offer them water or food		60	76	57	50	
Offer to take them home		24	34	22	18	
Arrange for them to get home		39	48	32	45	
Offer a place for them to sleep		54	79	45	50	
Other		8	0	10	13	
None of the above		0	0	0	0	
Don't know		7	0	13	2	
Refused		0	0	0	0	

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on drinkers who invited guests who got drunk and who offered help and assistance.

**Caution: low base number of respondents – results are indicative only.

***Data not provided for 65+ age group as the base number is too small.

Finally, Table 18 shows that most drinkers who offered help or advice to their intoxicated guests reported that the guests took that help or advice (85 percent).

This is relatively consistent across all age groups and by gender.

Table 18: Whether assistance offered by drinkers, 18+, to their intoxicated guests was taken, by age (2011-2012)

Q49. Did they take this help or advice?

	Base =	Total	18-24	25-44	45-64	65+
		129*	52	53	23**	1***
		%	%	%	%	%
Yes		85	76	86	93	
No		15	24	14	7	
Don't know		0	0	1	0	
Total		100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on drinkers who invited guests who got drunk and who offered help and assistance.

**Caution: low base number of respondents – results are indicative only.

***Data not provided for 65+ age group as the base number is too small

6.0 Non-drinkers in drinking situations

This section of the report investigates the actions of adults, 18 and over, who described themselves as Non-drinkers, when in the company of others who are drinking, and the steps they take to help others moderate their drinking and to keep them safe.

The results are based on a consolidated sample of n=1,660 Non-drinkers, 18 years of age or more, from the HPA Attitudes and Behaviour towards Alcohol Surveys for 2010, 2011 and 2012.

6.1 A profile of Non-drinkers

Twenty-two percent of adults, 18 years and over, identified themselves as Non-drinkers.

Table 19 shows that 46 percent of Non-drinkers reported having been a drinker at some stage in the past. This was more likely to be the case for those aged 25-44, 45-64 and 65 years or more, compared with those aged 18-24 (46 percent, 57 percent and 44 percent compared with 22 percent).

Males were also more likely than females to report having been a drinker in the past (56 percent compared with 38 percent).

Table 19: Whether adult Non-drinkers, 18+, had ever been a drinker, by age (2010-2012)

Q50. Have you ever been a drinker?

	Total	18-24	25-44	45-64	65+
Base =	1,660*	374	450	504	332
	%	%	%	%	%
Yes	46	22	46	57	44
No	54	78	54	43	56
Don't know	0	0	0	0	0
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on Non-drinkers.

All Non-drinkers, regardless of whether or not they had been drinkers at some stage in the past, were asked why they had given up drinking or why they had not started drinking. Table 20 shows that most of these adults reported having given up or not started drinking for health-related reasons (23 percent), because of the taste of the alcohol (23 percent), or for religious reasons (22 percent).

No more than 10 percent had given up or not started drinking because of bad experiences in the past (nine percent), family commitments (10 percent), cost/financial pressure (eight percent),

because they wanted to be a good role model (three percent), and/or because of work commitments (one percent).

Non-drinkers aged 18-24 were less likely than those in the older age groups to attribute their non-drinking stance to health-related reasons (13 percent, compared with 24 percent of those aged 65 years or more). In contrast, younger respondents 18-24 were more likely to state they had given up or not started for religious reasons (31 percent compared with 12 percent of those aged 65 years or more).

Females were more likely than males to report having stopped drinking or not starting because they did not like the taste of alcohol, or how it made them feel (29 percent compared with 16 percent).

Males were more likely than females to report having stopped drinking or not starting because of bad experiences in the past (12 percent compared with six percent).

Table 20: Reasons why Non-drinkers, 18+, have stopped/never started drinking, by age (2010-2012)

Q50a. Are there any particular reasons why you are [now] a non-drinker?

	Total	18-24	25-44	45-64	65+
Base =	1,660*	374	450	504	332
	%	%	%	%	%
Health-related reasons (e.g. physical and mental well-being)	23	13	20	30	24
Age (i.e. too old to drink)	2	0	2	3	3
Family commitments	10	13	10	9	7
Work commitments	1	1	1	3	1
Religious reasons	22	31	28	19	12
Bad experiences in the past (e.g. arguments and fights, unwanted sexual encounters)	9	4	7	10	13
Cost and financial pressure	8	3	7	10	8
Don't like the taste/way it makes me feel	23	25	20	25	25
To help my friends who drink (e.g. be a sober driver)	1	1	1	1	0
To be a good role model to others	3	2	3	3	4
Had a drinking problem	3	2	4	5	2
Negative effects/other people's negative behaviour	13	12	8	13	22
Not interested/not a part of my life/can't be bothered	18	18	17	18	20
Other	5	6	5	4	6
None/No reasons	8	8	8	7	7
Don't know	0	0	1	0	1
Refused	0	0	0	0	1

The base numbers shown are unweighted counts.
 Total may exceed 100% because of multiple responses.
 *Sub-sample based on Non-drinkers.

6.2 The most recent occasion Non-drinkers were in the company of others who were drinking

6.2.1 Location and occasion

Non-drinkers were asked to identify the location and situation in which they were most recently in the company of others who were drinking. Unlike in the case of drinkers, whose most recent drinking occasion was likely to have occurred in their home (52 percent), Non-drinkers in the company of others who were drinking reported being in a variety of different locations; including a family member's home (19 percent), a friend's home (19 percent), their own home (16 percent), or a café or restaurant (12 percent) (Table 21).

Non-drinkers aged 18-24 were more likely to report being at a friend's house where alcohol was being consumed than older Non-drinkers (33 percent, compared with 15 percent of those aged 45-64 and five percent of those aged 65 and over).

Female Non-drinkers were more likely than male Non-drinkers to have been at their own home (18 percent, compared with 13 percent), or at a relative's house (21 percent, compared with 15 percent).

Male Non-drinkers were more likely to have been at a friend's house (23 percent, compared with 16 percent), or in a sports club (seven percent compared with one percent).

Table 21: Location in which Non-drinkers, 18+, were with others where alcohol was being consumed, by age (2010-2012)

Q52. And where were you?

	Total	18-24	25-44	45-64	65+
Base =	1,530*	342	425	466	297
	%	%	%	%	%
My home	16	14	14	15	22
Family member/relative's house	19	13	20	18	20
Friend's house	19	33	25	15	5
Pub/bar	6	7	7	6	3
Café or restaurant	12	9	10	13	18
Dance club/nightclub	2	3	3	1	1
Sports club	4	1	1	6	6
At work	5	3	6	7	3
Marae	0	0	0	1	0
Out and about (on the street, parks, etc.)	2	5	2	3	1
Driving around	0	1	0	0	0
Community/church hall or function centre	4	4	3	6	5
Other	8	7	8	8	10
Don't know	2	1	0	2	6
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on Non-drinkers who were in the company of others who were drinking.

Twenty percent of Non-drinkers in the company of others who were drinking, were at a dinner or lunch. Eighteen percent were at someone's birthday and 23 percent at another type of party or celebration (Table 22).

Non-drinkers aged 18-24 were more likely than older Non-drinkers to report being at someone's birthday on the most recent drinking occasion (31 percent, compared with 17 percent of those aged 25-44, 16 percent of those aged 45-64, and 13 percent of those aged 65 years or more).

Female Non-drinkers were more likely than males to be in the company of drinkers during lunch or dinner (22 percent compared with 17 percent of males), while males were more likely to have been at after work drinks (11 percent compared with six percent of females).

Table 22: Type of event at which Non-drinkers, 18+, were with others where alcohol was being consumed, by age (2010-2012)

Q51. Thinking about the last occasion you were with other people who were drinking, was it...

	Total	18-24	25-44	45-64	65+
Base =	1,660*	374	450	504	332
	%	%	%	%	%
Dinner or lunch	20	15	20	20	22
A BBQ	9	5	13	9	5
Someone's birthday	18	31	17	16	13
Some other party or celebration	23	21	22	22	26
After work drinks	8	7	10	10	2
No particular occasion	11	9	9	11	15
Other	3	2	2	5	5
Have never been to an occasion where other people were drinking	7	10	7	5	8
Don't know	2	0	1	1	4
Refused	0	0	0	0	0
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on Non-drinkers who were in the company of others who were drinking.

6.2.2 Providing help and assistance

As Table 23 shows, 26 percent of Non-drinkers reported that on the most recent occasion in which they were in the company of drinkers, someone consumed too much alcohol or became intoxicated. This was less likely to be the case for those aged 65 or more (12 percent), compared with those aged 45-64 (27 percent), 25-44 (30 percent), or 18-24 years (31 percent).

Male Non-drinkers were more likely to report that someone they were with became intoxicated or had too much to drink than female Non-drinkers (30 percent, compared with 22 percent).

Table 23: Extent to which Non-drinkers, 18+, were in the company of others who became intoxicated, by age (2010-2012)

Q54. Did anyone you were with have too much to drink, or get drunk, on that occasion?

	Total	18-24	25-44	45-64	65+
Base =	1,530*	342	425	466	297
	%	%	%	%	%
Yes	26	31	30	27	12
No	71	69	68	70	83
Don't know	3	1	2	3	5
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on Non-drinkers who were in the company of others who were drinking.

Those in the company of others who became intoxicated or had too much to drink, were asked if they provided any assistance or help. Table 24 shows that approximately two-thirds (65 percent) did provide help or assistance.

This was more likely to be reported by those aged 18-24, compared with those aged 25-44, 45-64 and 65 years or more (89 percent compared with 64 percent, 59 percent and 49 percent, respectively).

There are no significant differences by gender.

Table 24: Extent to which Non-drinkers, 18+, assisted others who had become intoxicated, by age (2010-2012)

Q55. Did you suggest or try to stop them from having too much to drink, or did you help keep them safe when they were drunk?

	Total	18-24	25-44	45-64	65+
Base =	539*	137	164	169	69
	%	%	%	%	%
Yes	65	89	64	59	49
No	35	8	36	41	51
Don't know	1	2	0	0	0
Refused	0	0	0	0	0
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on Non-drinkers who were in the company of others who were drinking.

Table 25 shows that 48 percent of Non-drinkers who provided help and assistance to someone who became intoxicated or had too much to drink, did so before that person had become intoxicated. Forty-four percent intervened after that person had had too much to drink.

Those aged 18-24 were most likely to have offered help and assistance after the person had become intoxicated (63 percent compared with 36 percent of those aged 25-44, 42 percent of those aged 45-64 and 44 percent of those aged 65 and over).

There are no significant differences by gender.

Table 25: When Non-drinkers, 18+, assisted others who had become intoxicated, by age (2010-2012)

Q57. And did you do this...

	Base =	Total	18-24	25-44	45-64	65+
		373*	114	110	111	38
		%	%	%	%	%
Once they'd already had too much to drink or before they got to that stage?		44	63	36	42	44
Don't know		7	3	5	9	30
Total		100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on Non-drinkers who were in the company of others who were drinking and offered help and assistance to an intoxicated drinker.

Most frequently, the help and assistance offered by Non-drinkers involved offering them water or food (31 percent), suggesting they slow down their drinking (30 percent), offering to take them home (27 percent) or arranging transportation to take them home (25 percent), or suggesting they stop drinking altogether (23 percent) (Table 26).

As the table shows, those aged 18-24 were more likely than other Non-drinkers to suggest to the person that they slow down their drinking (51 percent), stop drinking altogether (47 percent) or take their drink away (22 percent).

There are no significant differences by gender.

Table 26: Type of assistance given by Non-drinkers, 18+, to others who had become intoxicated, by age (2010-2012)

Q56. Did you ...?

	Base =	Total	18-24	25-44	45-64	65+
		539*	137	164	169	69
		%	%	%	%	%
Suggest they slow down their drinking		30	51	26	28	25
Suggest they stop drinking		23	47	20	19	13
Take their drink away		10	22	8	9	8
Offer them water or food		31	55	30	26	10
Offer to take them home		27	36	22	30	30
Arrange for them to get home		25	44	22	25	12
Offer a place for them to sleep		24	34	27	19	11
Other		3	1	5	2	2
None of the above		36	11	38	41	51
Don't know		3	3	4	1	1
Refused		0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on Non-drinkers who were in the company of others who had too much to drink or became intoxicated.

Finally, Table 27 shows that most Non-drinkers who offered help and assistance to someone who had become intoxicated reported that the person in question had accepted their support (69 percent). This was more likely to be the case for those aged 25-44 (79 percent, compared with 61 percent of those aged 45-64).

There are no significant differences by gender.

Table 27: Whether assistance offered by Non-drinkers, 18+, to others who had become intoxicated was accepted, by age (2010-2012)

Q58. Did they take this help or advice?

	Total	18-24	25-44	45-64	65+
Base =	373*	114	110	111	38
	%	%	%	%	%
Yes	69	66	79	61	55
No	28	34	16	38	43
Don't know	3	0	6	1	2
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on Non-drinkers who were in the company of others who were drinking and offered help and assistance to an intoxicated Drinker.

Appendix A – Tabular results by Gender

Table 28: Level of planning relating to the most recent drinking occasion by drinkers, 18+, by gender (2010-2012)

Q23. Before the last drinking occasion, did you do any planning to make sure you didn't drink too much or get drunk, or to make sure you were safe if you did?

	Base =	Total 3,163*	Male 1,508	Female 1,655
		%	%	%
Yes		40	38	41
No		58	61	56
Don't know		1	1	2
Refused		0	0	0
Total		100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on drinkers.

Table 29: Type of planning considered for the most recent drinking occasion by drinkers, 18+, by gender (2010-2012)

Q24. And which of these, if any, did you plan to do? Did you...

	Base =	Total 1,383*	Male 620	Female 763
		%	%	%
Plan to limit how much alcohol you'd have		69	67	71
Plan to limit your drinking to low-alcohol drinks		23	20	26
Plan to make sure you ate food before or while you were drinking		71	67	75
Plan to have non-alcoholic drinks , including water, instead of alcohol		45	36	53
Plan to pace your drinking or have long breaks between drinks		50	49	51
Plan how you would get home safely		49	46	52
Plan to not leave too late		26	23	29
Plan what would happen if you got drunk or had too much to drink		35	34	37
Other		2	3	1
Don't know		2	1	2
Refused		0	0	1

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on drinkers who stated they did some planning in relation to their most recent drinking occasion.

Table 30: Extent to which people were offered assistance in relation to the most recent drinking occasion by drinkers, 18+, by gender (2010-2012)

Q33. Did anyone suggest or try to stop you from having too much to drink, or help keep you safe when you were drunk?

	Total	Male	Female
Base =	788*	417	371
	%	%	%
Yes	42	39	46
No	57	60	52
Don't know	1	0	2
Refused	0	0	0
Total	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion.

Table 31: Who offered assistance to those, 18+, who became intoxicated or had too much to drink, by gender (2010-2012)

Q35. And who did this?

	Total	Male	Female
Base =	393*	198	195
	%	%	%
My partner	18	18	17
Other family member	24	19	30
Friend	59	62	57
Workmate	3	3	2
Boss	2	4	0
The host	4	5	3
Bar staff/owner	1	2	0
Other	5	6	3
Don't know	1	0	3

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

* Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion, and were offered assistance or help.

Table 32: At what point help and assistance was offered to those, 18+, who became intoxicated or had too much to drink, by gender (2010-2012)

Q36. And did they do this...

	Total	Male	Female
Base =	393*	198	195
	%	%	%
Once you'd already had too much to drink or before you got to that stage?	35	31	40
Don't know	57	64	50
Don't know	8	6	10
Total	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion, and were offered assistance or help.

Table 33: Type of assistance offered to those, 18+, who became intoxicated or had too much to drink, by gender (2010-2012)

Q34. Did they...

	Base =	Total 788*	Male 417	Female 371
		%	%	%
Suggest you slow down your drinking		9	10	8
Suggest you stop drinking		7	8	6
Try to take your drink away		4	4	4
Offer you water or food		25	25	26
Offer to take you home		14	12	18
Arrange for you to get home		18	18	17
Offer a place for you to sleep		22	20	25
Other		3	3	2
None of the above		57	60	52
Don't know		2	1	2
Refused		0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

* Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion, and were offered assistance or help.

Table 34: Whether assistance offered was taken by those, 18+, who became intoxicated or had too much to drink, by gender (2010-2012)

Q37. Did you take this help or advice?

	Base =	Total 393*	Male 198	Female 195
		%	%	%
Yes		77	74	80
No		18	25	10
Don't know		5	1	9
Total		100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion, and were offered assistance or help.

Table 35: Consequences/effects of drunkenness for those, 18+, who became intoxicated or had too much to drink, by gender (2010-2012)

Q38. What, if any, effects did you personally experience as a result of getting drunk on that occasion?

Base =	Total 1,704*	Male 786	Female 918
	%	%	%
Short term effects of drinking (e.g. loss of memory, vomiting, or hangovers)	19	20	19
Did something embarrassing or humiliating that I later regretted	1	0	1
Had an argument I later regretted	0	0	0
Hurt myself (e.g. tripping, accidental harm)	0	0	0
Got into a fight (violence / aggression)	0	0	0
Spent too much on alcohol	0	1	0
Felt unsafe	0	0	0
Drink driving	0	0	0
Felt pressure from the people I was with (e.g. being forced to drink, smoke, do drugs, etc.)	0	0	0
Got into a regrettable sexual encounter	0	0	0
Negative effects on family relationships or children	0	0	0
Wasn't able to meet family responsibilities	0	0	0
Wasn't able to meet work commitments (e.g. called in sick)	0	0	0
Positive effects (laughter, good feeling, comradeship, etc.)	28	27	29
Other	5	6	4
None	49	49	49
Don't know	1	1	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion.

Table 36: Prompted actions or thoughts following occasion where drinker, 18+, became intoxicated or had too much to drink, by gender (2010-2012)

Q39. After that drinking occasion, did you do any of the following?

Base =	Total 547*	Male 291	Female 256
	%	%	%
Think about how you drink	24	21	28
Think about cutting back how much you drink	23	22	24
Decide to drink water or eat food, to avoid getting drunk next time	33	24	46
Decide to drink less than you used to	32	28	38
Other	1	1	0
None of the above	41	45	35
Don't know	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

* Sub-sample based on drinkers who were drinking with others and got drunk on their most recent drinking occasion.

Table 37: Extent to which drinkers, 18+, made plans to ensure invited guests would not get intoxicated or drink too much, or to make sure they were safe if they did, by gender (2011-2012)

Q26. Before anyone arrived at your home, did you do any planning to make sure they didn't drink too much or get drunk, or to make sure they were safe if they did?

	Total	Male	Female
Base =	615*	279	336
	%	%	%
Yes	44	43	45
No	55	56	54
Don't know	0	1	0
Refused	0	0	0
Total	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on drinkers who stated they did some planning for their guests in relation to their most recent drinking occasion.

Table 38: Type of planning considered for guests by drinkers, 18+, by gender (2011-2012)

Q27. And which of these, if any, did you plan to do? Did you...

	Total	Male	Female
Base =	325*	147	178
	%	%	%
Plan to limit how much alcohol would be available	45	34	54
Plan to make sure food would be available	90	86	94
Plan to make sure non-alcoholic drinks, including water, would be available	77	69	83
Plan to not invite people who are problem drinkers	42	36	47
Plan for people to stay if they got drunk or had too much to drink	72	68	75
Plan how they would get home if they got drunk or had too much to drink	64	62	67
Plan to tell people about the expectations you had about them not getting drunk or having too much to drink	27	24	29
Plan to have activities or things to do other than drink	49	48	50
Other	5	10	1
Don't know	1	2	0
Refused	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

* Sub-sample based on drinkers who stated they did some planning for their guests in relation to their most recent drinking occasion.

Table 39: Extent to which drinkers, 18+, offered assistance to their guests, by gender (2011-2012)

Q46. Did you suggest or try to stop them from having too much to drink, or did you help keep them safe when they were drunk?

	Base =	Total	Male	Female
		178*	74	104
		%	%	%
Yes		72	70	74
No		28	30	26
Don't know		0	0	0
Refused		0	0	0
Total		100	100	100

The base numbers shown are unweighted counts.
 Total may not sum to 100% due to rounding.
 *Sub-sample based on drinkers who invited guests who got drunk.

Table 40: When drinkers, 18+, offered assistance to intoxicated guests, by gender (2011-2012)

Q48. And did you do this...?

	Base =	Total	Male	Female
		129*	49	80
		%	%	%
Once they'd already had too much to drink or before they got to that stage?		59	73	47
Don't know		4	0	8
Total		100	100	100

The base numbers shown are unweighted counts.
 Total may not sum to 100% due to rounding.
 * Sub-sample based on drinkers who invited guests who got drunk and who offered assistance and help.

Table 41: What assistance drinkers, 18+, offered their intoxicated guests, by gender (2011-2012)

Q47. Did you ...?

	Base =	Total	Male	Female
		136*	52	84
		%	%	%
Suggest they slow down their drinking		25	22	28
Suggest they stop drinking		22	19	25
Take their drink away		14	13	16
Offer them water or food		60	47	70
Offer to take them home		24	26	22
Arrange for them to get home		39	40	39
Offer a place for them to sleep		54	59	49
Other		8	12	5
None of the above		0	0	0
Don't know		7	3	11
Refused		0	0	0

The base numbers shown are unweighted counts.
 Total may exceed 100% because of multiple responses.
 * Sub-sample based on drinkers who invited guests who got drunk, and who offered assistance and help.

Table 42: Whether assistance offered by drinkers, 18+, to their intoxicated guests was taken, by gender (2011-2012)

Q49. Did they take this help or advice?

	Total	Male	Female
Base =	129*	49	80
	%	%	%
Yes	85	80	89
No	15	19	11
Don't know	0	1	0
Total	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on drinkers who invited guests who got drunk, and who offered assistance and help.

Table 43: Whether Non-drinkers, 18+, had ever been a drinker, by gender (2010-2012)

Q52. Have you ever been a drinker?

	Total	Male	Female
Base =	1,660*	716	944
	%	%	%
Yes	46	56	38
No	54	44	62
Don't know	0	0	0
Total	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on Non-drinkers.

Table 44: Reasons why Non-drinkers, 18+, have stopped/never started drinking, by gender (2010-2012)

Q50a. Are there any particular reasons why you are [now] a non-drinker?

	Base =	Total 1,660*	Male 716	Female 944
		%	%	%
Health-related reasons (e.g. physical and mental well-being)		23	25	21
Age (i.e. too old to drink)		2	3	2
Family commitments		10	10	9
Work commitments		1	2	1
Religious reasons		22	24	21
Bad experiences in the past (e.g. arguments and fights, unwanted sexual encounters)		9	12	6
Cost and financial pressure		8	9	7
Don't like the taste/way it makes me feel		23	16	29
To help my friends who drink (e.g. be a sober driver)		1	1	1
To be a good role model to others		3	4	2
Had a drinking problem		3	6	2
Negative effects/other people's negative behaviour		13	13	12
Not interested/not a part of my life/can't be bothered		18	16	20
Other		5	5	5
None/No reasons		8	8	7
Don't know		0	0	0
Refused		0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

* Sub-sample based on Non-drinkers.

Table 45: Location in which Non-drinkers, 18+, were with others where alcohol was being consumed, by gender (2010-2012)

Q51. Thinking about the last occasion you were with other people who were drinking, was it...

	Base =	Total 1,660*	Male 716	Female 944
		%	%	%
Dinner or lunch		20	17	22
A BBQ		9	11	8
Someone's birthday		18	17	18
Some other party or celebration		23	22	23
After work drinks		8	11	6
No particular occasion		11	13	9
Other		3	5	2
Have never been to an occasion where other people were drinking		7	3	10
Don't know		2	2	1
Refused		0	0	0
Total		100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on Non-drinkers who were in the company of others who were drinking.

Table 46: Type of event at which Non-drinkers, 18+, were with others where alcohol was being consumed, by gender (2010-2012)

Q52. And where were you?

	Base =	Total 1,530*	Male 674	Female 856
		%	%	%
My home		16	13	18
Family member/relative's house		19	15	21
Friend's house		19	23	16
Pub/bar		6	7	5
Café or restaurant		12	11	13
Dance club/nightclub		2	2	1
Sports club		4	7	1
At work		5	6	5
Marae		0	0	0
Out and about (on the street, parks, etc.)		2	2	2
Driving around		0	0	0
Community/church hall or function centre		4	3	5
Other		8	8	8
Don't know		2	2	2
Total		100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on Non-drinkers who were in the company of others who were drinking.

Table 47: Extent to which Non-drinkers, 18+, were in the company of others who became intoxicated, by gender (2010-2012)

Q54. Did anyone you were with have too much to drink, or get drunk, on that occasion?

	Base =	Total 1,530*	Male 674	Female 856
		%	%	%
Yes		26	30	22
No		71	66	76
Don't know		3	4	2
Total		100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on Non-drinkers who were in the company of others who were drinking.

Table 48: Extent to which Non-drinkers, 18+, assisted others who had become intoxicated, by gender (2010-2012)

Q55. Did you suggest or try to stop them from having too much to drink, or did you help keep them safe when they were drunk?

	Total	Male	Female
Base =	539*	266	273
	%	%	%
Yes	65	62	68
No	35	37	32
Don't know	1	1	0
Refused	0	0	0
Total	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on Non-drinkers who were in the company of others who were drinking.

Table 49: Type of assistance given by Non-drinkers, 18+, who provided support to others who had become intoxicated, by gender (2010-2012)

Q56. Did you ...?

	Total	Male	Female
Base =	539*	266	273
	%	%	%
Suggest they slow down their drinking	30	34	26
Suggest they stop drinking	23	21	25
Take their drink away	10	9	12
Offer them water or food	31	28	34
Offer to take them home	27	26	29
Arrange for them to get home	25	21	30
Offer a place for them to sleep	24	22	25
Or anything else?	3	3	3
None of the above	36	37	34
Don't know	3	5	1
Refused	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

* Sub-sample based on Non-drinkers who were in the company of others who were drinking and offered help and assistance to an intoxicated Drinker.

Table 50: When Non-drinkers, 18+, assisted others who had become intoxicated, by gender (2010-2012)

Q57. And did you do this...

	Base =	Total 373* %	Male 184 %	Female 189 %
Once they'd already had too much to drink or before they got to that stage?		44	42	47
Don't know		7	9	6
Total		100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on Non-drinkers who were in the company of others who were drinking and offered help and assistance to an intoxicated Drinker.

Table 51: Whether assistance offered by Non-drinkers, 18+, to others who had become intoxicated was accepted, by gender (2010-2012)

Q58. Did they take this help or advice?

	Base =	Total 373* %	Male 184 %	Female 189 %
Yes		69	67	70
No		28	28	29
Don't know		3	5	1
Total		100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

* Sub-sample based on Non-drinkers who were in the company of others who were drinking and offered help and assistance to an intoxicated Drinker.