

## What is the New Zealand Health and Lifestyles Survey?

This survey is about New Zealanders' views and experiences of a number of health and lifestyle topics, including food and drink, smoking, vaping, gambling, wellbeing and being out in the sun.

This is the seventh Health and Lifestyles Survey – similar surveys have been conducted every two years since 2008.

## Who is carrying out the survey?

CBG Health Research Ltd, an independent New Zealand research company, is carrying out the survey for the Health Promotion Agency/ Te Hiringa Hauora (HPA).

The survey has been reviewed by the New Zealand Ethics Committee.

## Your rights

If you have any questions about your rights as a participant in this survey you can contact an independent health and disability advocate for free advice.

☎ Phone 0800 555 050

✉ Email [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)

## More information

If you want to know more about this survey, please call CBG Health Research on **0800 478 783** or visit the HPA's website at **[hpa.org.nz](http://hpa.org.nz)**

**We appreciate your help.**

HPA is a Crown Entity that leads and delivers innovative, high quality and cost-effective programmes and activities that promote health, wellbeing and healthy lifestyles and prevent disease, illness and injury. HPA also enables environments that support health and wellbeing and healthy lifestyles and reduce personal, social and economic harm.

For more information visit **[hpa.org.nz](http://hpa.org.nz)**



## New Zealand Health and Lifestyles Survey

# Help improve the nation's health

**Take part in the New Zealand Health and Lifestyles Survey**





## Why should I take part?

Your views and experiences are important. Even if you have not taken part in any of the activities we are asking people about, your answers will help identify any changes in people's views and experiences since the last survey in 2018.

This survey is voluntary, however we really appreciate your participation.

## What will the information be used for?

The survey will help HPA, and others like the Ministry of Health, to develop advice, information and practical ways to help New Zealanders live healthy lifestyles.

## How are people chosen to take part?

Addresses throughout New Zealand are randomly selected. One person (aged 16 years and over) from your household may be randomly chosen by the interviewer and asked to take part in the survey. More than 3,000 people will take part in this survey.

## Where and when will I be interviewed?

In your own home, by an interviewer wearing photo identification. The interview will take around 30 minutes. If you are busy when the interviewer visits, please ask them to come back at a day and time that suits you.

## If you are out when we visit

If you are out when we visit, we would still like to speak with someone in your household.

Our interviewer will visit again to arrange a time that suits you. If you prefer, you can call the survey helpline on 0800 478 783, or email [info@cbg.co.nz](mailto:info@cbg.co.nz), to arrange a time that suits you. Alternatively, free text your name and address to 8009 and a representative will contact you.

## What sort of questions will I be asked?

You will be asked questions on different health and lifestyle topics. If you don't want to answer a question, you don't have to; just tell the interviewer.

## Can I have an interpreter?

Yes, if you would like an interpreter for any language, including New Zealand Sign Language, please let your interviewer know, or call the free survey information line 0800 478 783.

## What happens to my answers?

Your information will always be kept confidential and is protected by the Privacy Act 1993. No person's name or address is connected to the answers they give. Everyone's answers will be grouped to report on the survey results.

## Where can I find out about the results from the survey?

Some of the results will be available from late 2021 at [hpa.org.nz](http://hpa.org.nz)



**Thank you  
for your  
time.**