



Who is carrying out the survey?

CBG Health Research Ltd, an independent New Zealand research company, is carrying out the survey for HPA.

HPA is a New Zealand Government agency that promotes health and encourages healthy lifestyles by developing and delivering health promotion programmes.

The Health and Lifestyles Survey has been reviewed by a New Zealand ethics committee.

When we visit

If you are out when we visit, we would still like to interview someone in your household for the 2016 Health and Lifestyles Survey.

Our interviewer will visit again shortly 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, to arrange a time that suits you.

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.

Telephone **0800 555 050** or email advocacy@hdc.org.nz

More information

If you want to know more about this survey, please call CBG Health Research on **0800 478 783** or visit HPA's website at 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

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Improve New Zealanders' health

Take part in the
2016 Health and Lifestyles Survey

A nationwide survey for the Health Promotion Agency



What is the Health and Lifestyles Survey?

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

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

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 2014.

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

What will the information be used for?

The survey will help the Health Promotion Agency (HPA) develop advice, information and practical ways to help New Zealand adults and children live healthy lifestyles.



How are people chosen to take part?

Addresses from throughout New Zealand are randomly selected. One person (aged 15-years-and-over) from your household will be chosen at random by the interviewer and asked to take part in the survey. If there are children in your household, we may ask a second person to take part as well (also aged 15-years-and-over) because the views of children's parents and caregivers are of particular interest to us. 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. If you are busy when the interviewer visits, please ask them to come back at a day and time that suits you.

What sort of questions will I be asked?

You will be asked questions on different health and lifestyle topics, including food and drink, smoking, gambling and being out in the sun. If you don't want to answer a question, you don't have to; just tell the interviewer.

If you are a parent or caregiver, you may also be asked questions about these health topics for one of the children you look after.

How long will it take?

The interview will take up to one hour. The interviewer will be happy to arrange a day and time that suits you.

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 on 0800 478 783.

What happens to my answers?

Your information will always be kept confidential and is protected by the Privacy Act 1993. This means the interviewer will not disclose your information to anyone else, and no-one will know that you have taken part in this survey. 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 from the survey will be available by the end of 2016 on the HPA's website - hpa.org.nz.

Thank you for your time.

