

nielsen

IMPACT OF COVID-19

Topline results

April 17 2020

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ABOUT THIS REPORT

- This report contains topline survey results for Te Hiringa Hauora/Health Promotion Agency 'Impact of COVID-19' Survey
- Results are based on a sample of n=1,190 (unless otherwise stated). This sample contains an over-representation of Māori and Pasifika respondents.
- Results have been adjusted at the analysis stage by weighting, so that the weighted sample is representative of the New Zealand population aged 18 and over by region, gender and age. The Māori and Pasifika sub-groups have also been weighted to be representative of their respective populations by gender and age, and within the total sample.
- Please note that, due to rounding, some percentages may not add up to 100%.
- When reporting on **standard drink** consumption, these results are derived from respondents' answers to the consumption diary and have been calibrated into standard drinks.
- For this survey, the PHQ-4 (a four-question screening tool for anxiety and depression) is used as an indicator of mental wellbeing.

ABOUT THE SURVEY

Method

- The survey was conducted online, with sample primarily sourced from external Nielsen panel partners, but supplemented by a lead-generation database to boost numbers of Māori and Pasifika respondents.
- Fieldwork was carried out between 7 - 13 April 2020, which corresponded with Alert Level 4 lockdown days 13 – 19.

Margin of Error

- n=1,190 New Zealanders aged 18+ responded, giving a maximum margin of error of $\pm 2.8\%$ at the 95% confidence interval.

Limitations

- As an online survey, it excludes those without internet access. Online surveys can also under-represent harder-to-reach groups in the population, such as the very elderly and those in low socio-economic groups.

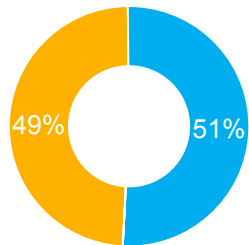
Ethnicity

- Ethnicity is a multi-answer question. Throughout this report where Māori and Pasifika results are shown, there is potential for slight overlap between these two groups. Where significant differences are reported, results have been compared to respondents who are neither Māori nor Pasifika.

SAMPLE PROFILE

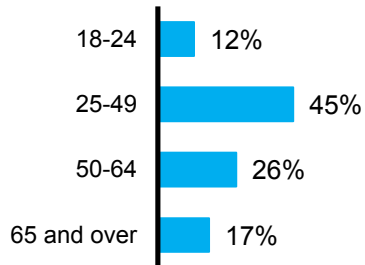
WEIGHTED SAMPLE: PROFILE

GENDER



■ Male ■ Female ■ Gender Diverse

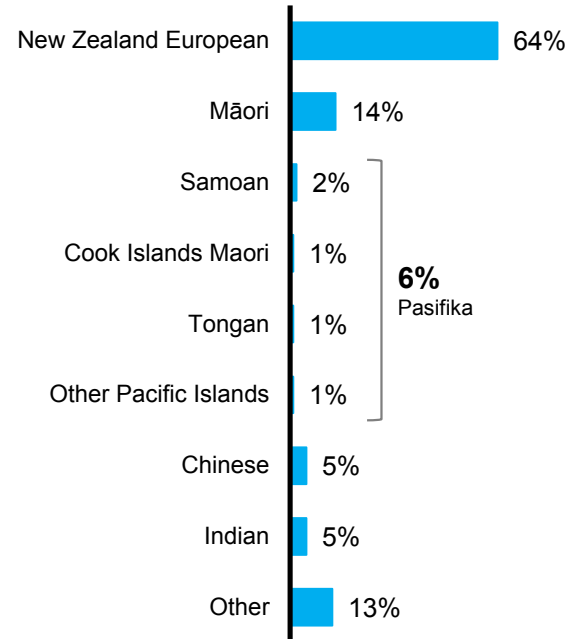
AGE



REGION



ETHNICITY

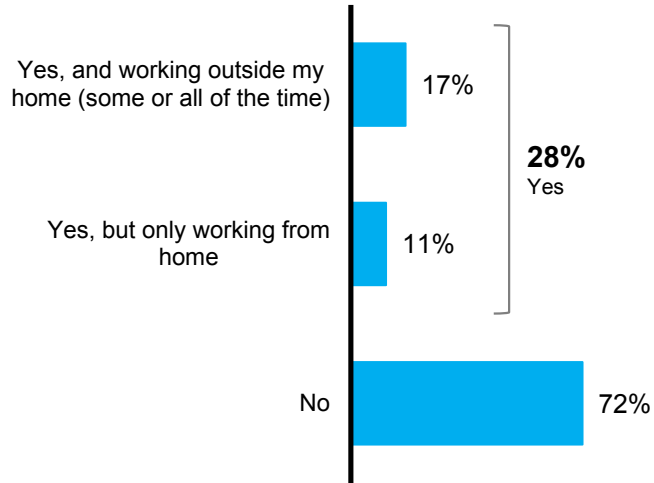


Base: All respondents (n=1190)

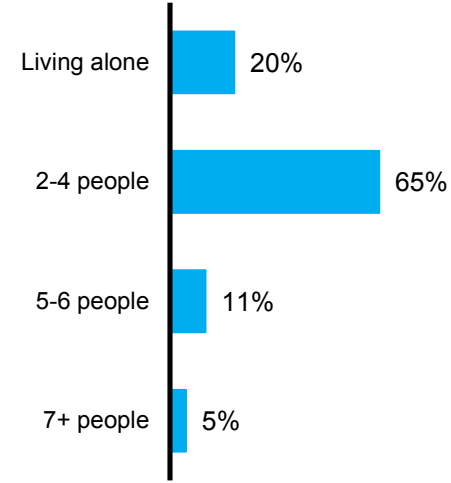
Q31. Are you... Q101. In which of the following age groups do you belong? Q103. Which of the following regions do you currently live in? Q104. Which ethnic group, or groups, do you belong to?

WEIGHTED SAMPLE: WORK AND HOUSEHOLD

ESSENTIAL SERVICE WORKER



HOUSEHOLD SIZE DURING LOCKDOWN

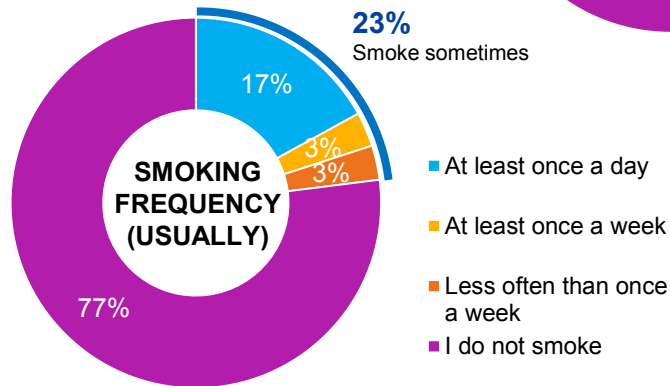
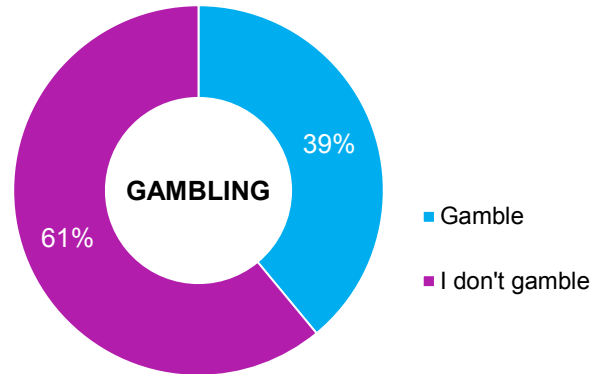


Base: All respondents (n=1190)

Q29. Do you work in an essential service during Covid-19? Q30. Including yourself, how many people are currently living in your household during lockdown?

WEIGHTED SAMPLE: BEHAVIOURS

Note: These figures differ from the New Zealand Health Survey and Health and Lifestyle Survey, which are national face-to-face surveys



Base: All respondents (n=1190)

Q2. When did you last have a drink containing alcohol? Q7. Which of the following best describes how often you usually smoke cigarettes? Q112. Since the Level 4 lockdown, overall would you say you have...

SECTION 1: ALCOHOL

WHILE SOME PEOPLE ARE DRINKING MORE, A HIGHER PROPORTION OF MĀORI, PASIFIKA AND YOUNG PEOPLE SAY THEY ARE DRINKING LESS THAN USUAL

Of those respondents who have **drunk in the last 4 weeks**:

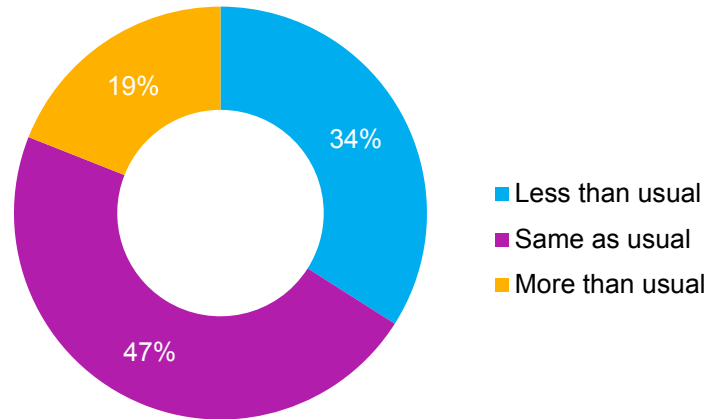
- Approximately half (47%) say they are drinking at the same levels during the lockdown as they usually do, while 34% report drinking **less than usual**.
- Among Māori respondents, 42% report drinking less than usual. The most common reasons given are difficulty obtaining alcohol and being unable to go out and socialise.
- 57% of Pasifika respondents report drinking less than usual. Many indicate the lock down is an opportunity to reduce how much they drink. Others are drinking less because they are living in an alcohol-free household and/or don't like to drink around family.
- 51% of 18-24 year olds are drinking less than they usually do, often the result of being unable to go out and socialise.
- One in five report drinking **more than usual**. Increased drinking is more prevalent among 25-49 year olds. The majority of those who are drinking more say it is to help them relax or switch off.

Of those respondents who have **drunk in the last week**:

- 19% have had a drink every day, including 33% of those aged 65 years and over
- On average, each has consumed 14 standard drinks over the week, with Māori and Pasifika drinkers consuming a higher average number of standard drinks (17 and 25 respectively)
- 48% of young people aged 18-24 years had drunk on only one day and consumed an average of 9 standard drinks on that one occasion
- Those who reported drinking more than usual consumed an average of 22 standard drinks in a week, while those who reported drinking less than usual consumed an average of 10.

ONE THIRD REPORT DRINKING LESS THAN USUAL AND ONE FIFTH REPORT DRINKING MORE THAN USUAL

Of those who reported drinking in the last four weeks:

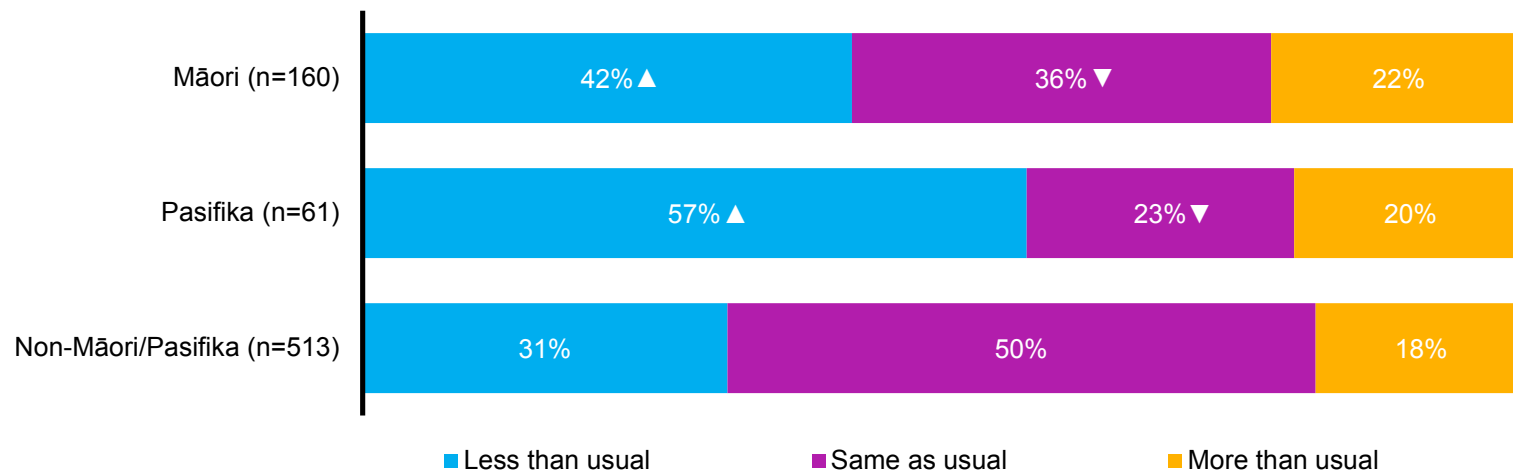


Base: Those who have had a drink in the last 4 weeks (n=728)

Q3. Thinking about how often and how much you have been drinking alcohol since the time we have been in Level 4 lockdown, have you...

HOW ALCOHOL CONSUMPTION HAS CHANGED SINCE LOCKDOWN, BY ETHNIC GROUP

Of those who reported drinking in the last four weeks:



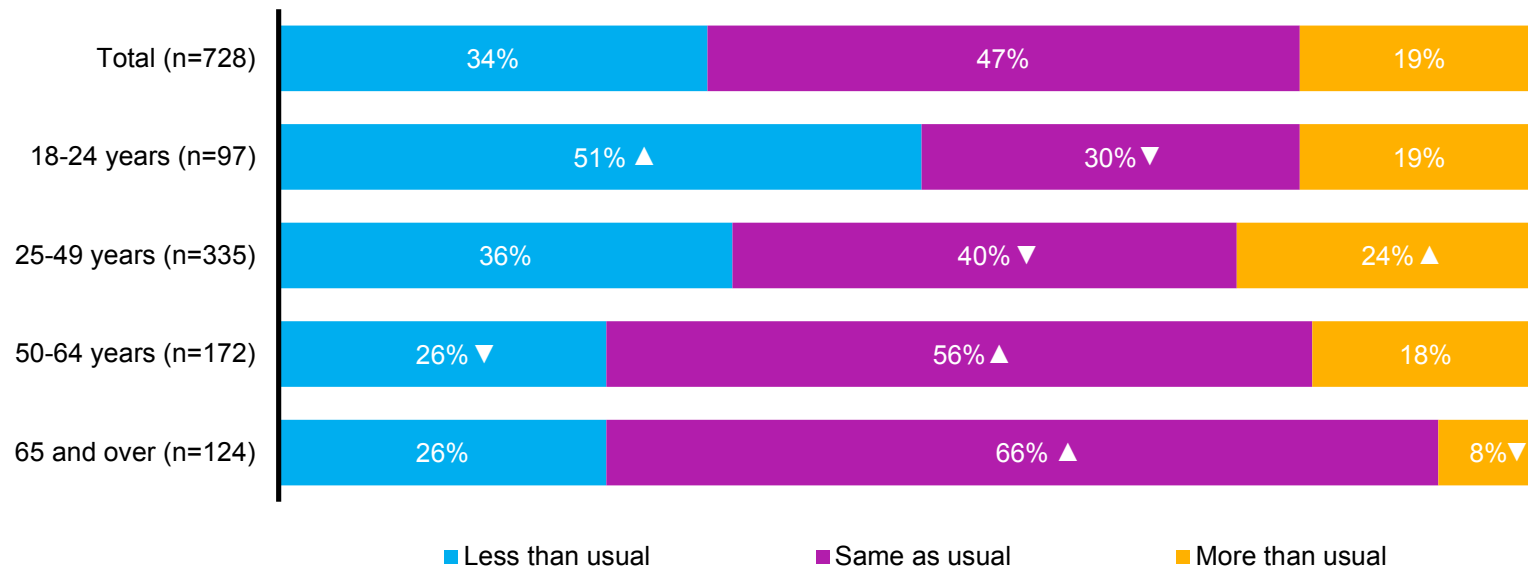
▲ ▼ significantly different to non-Māori/Pasifika

Base: Those who have had a drink in the last 4 weeks

Q3. Thinking about how often and how much you have been drinking alcohol since the time we have been in Level 4 lockdown, have you...

HOW ALCOHOL CONSUMPTION HAS CHANGED SINCE LOCKDOWN, BY AGE GROUP

Of those who reported drinking in the last four weeks:



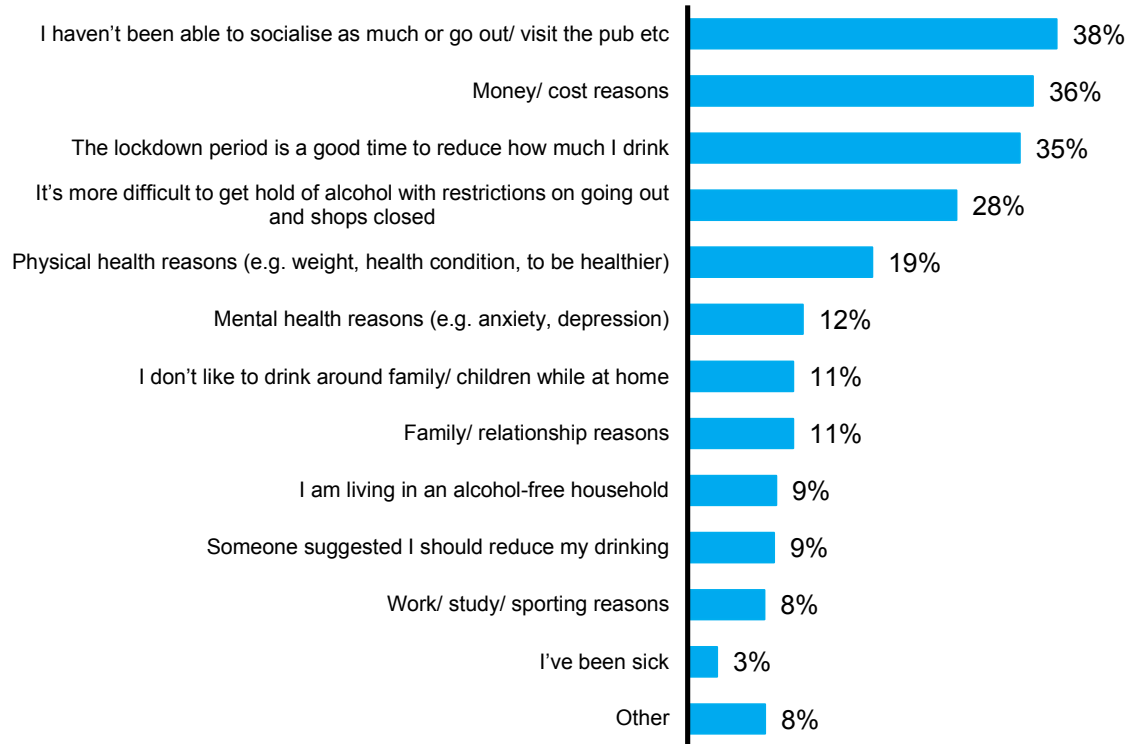
▲ ▼ significantly different to total

Base: Those who have had a drink in the last 4 weeks

Q3. Thinking about how often and how much you have been drinking alcohol since the time we have been in Level 4 lockdown, have you...

REASONS GIVEN FOR DRINKING LESS DURING LOCKDOWN

Among those who have had a drink in the last 4 weeks and say they are drinking less



Base: Those who have been drinking less since lockdown (n=258)

Q4. Please select all the reasons why you have been drinking less since the Level 4 lockdown.

REASONS GIVEN FOR DRINKING LESS DURING LOCKDOWN, BY ETHNICITY

Among those who have had a drink in the last 4 weeks and say they are drinking less

Reason	Māori (n=71)	Pasifika (n=33)	Non-Māori/Pasifika (n=157)
I haven't been able to socialise as much or go out/ visit the pub etc.	38%	32%	38%
It's more difficult to get hold of alcohol with restrictions on going out and shops closed	36%	20%	27%
Money/ cost reasons	33%	28%	37%
The lockdown period is a good time to reduce how much I drink	31%	41%	35%
Physical health reasons (e.g. weight, health condition, to be healthier)	19%	14%	20%
I don't like to drink around family/ children while at home	19%▲	29%	8%
Family/ relationship reasons	14%	24%	10%
Work/ study/ sporting reasons	11%	14%	8%
I am living in an alcohol-free household	10%	23%	8%
I've been sick	10%▲	3%	1%
Mental health reasons (e.g. anxiety, depression)	9%	3%	13%
Someone suggested I should reduce my drinking	8%	12%	10%
Other	6%	6%	9%

Base: Those who have been drinking less since lockdown

Q4. Please select all the reasons why you have been drinking less since the Level 4 lockdown.

▲ ▼ significantly different to non-Māori/Pasifika

REASONS GIVEN FOR DRINKING LESS DURING LOCKDOWN, BY AGE GROUP

Among those who have had a drink in the last 4 weeks and say they are drinking less

Reason	Total (n=258)	18-24 (n=51)	25-49 (n=125)	50-64 (n=49)	65+ (n=33)
I haven't been able to socialise as much or go out/ visit the pub etc.	38%	51%▲	33%	38%	36%
Money/ cost reasons	36%	41%	38%	39%	19%▼
The lockdown period is a good time to reduce how much I drink	35%	38%	38%	25%	34%
It's more difficult to get hold of alcohol with restrictions on going out and shops closed	28%	39%	28%	28%	16%
Physical health reasons (e.g. weight, health condition, to be healthier)	19%	22%	17%	22%	21%
Mental health reasons (e.g. anxiety, depression)	12%	8%	15%	12%	4%
I don't like to drink around family/ children while at home	11%	16%	16%	3%▼	2%
Family/ relationship reasons	11%	14%	16%	4%	2%
I am living in an alcohol-free household	9%	14%	10%	9%	4%
Someone suggested I should reduce my drinking	9%	16%	10%	2%▼	8%
Work/ study/ sporting reasons	8%	15%	10%	5%	0%
I've been sick	3%	7%	1%	4%	0%
Other	8%	3%	4%▼	12%	24%▲

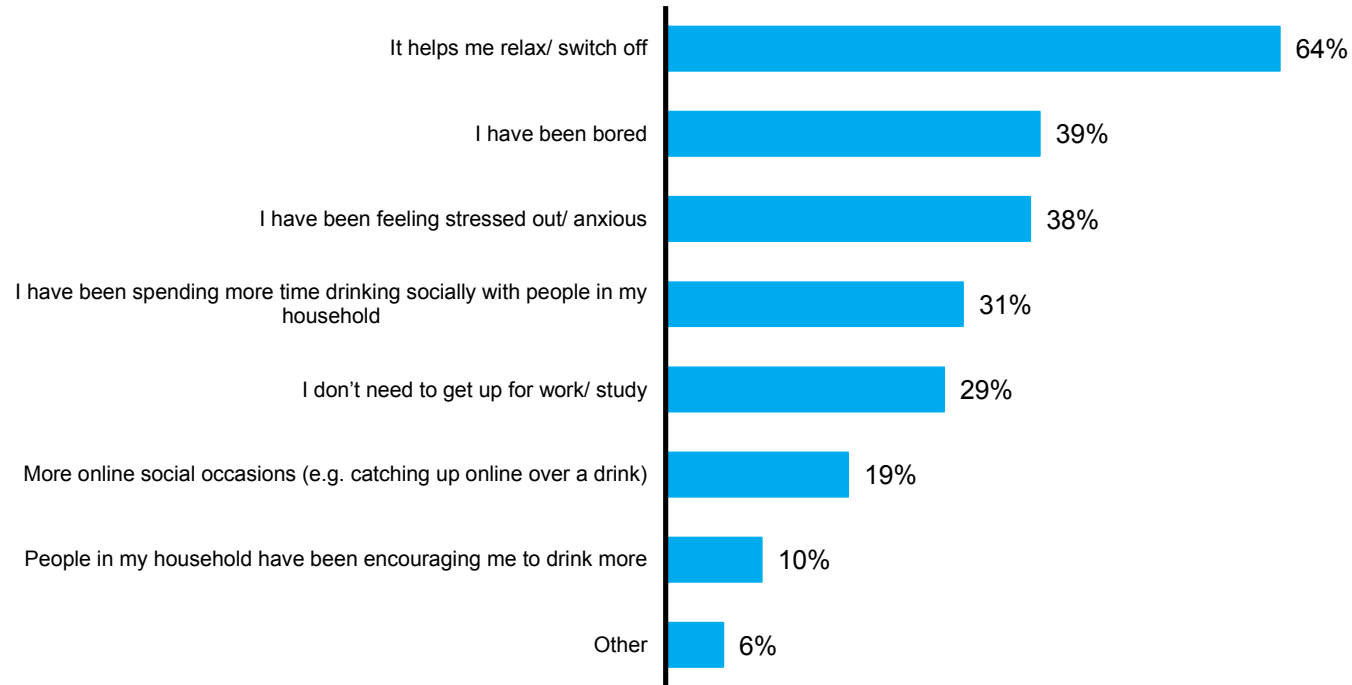
▲ ▼ significantly different to total

Base: Those who have been drinking less since lockdown

Q4. Please select all the reasons why you have been drinking less since the Level 4 lockdown.

REASONS GIVEN FOR DRINKING MORE DURING LOCKDOWN

Among those who have had a drink in the last 4 weeks and say they are drinking more



Base: Those who have been drinking more since lockdown (n=137)

Q5. Please select all the reasons why you have been drinking more since the Level 4 lockdown.

REASONS GIVEN FOR DRINKING MORE DURING LOCKDOWN, BY ETHNICITY

Among those who have had a drink in the last 4 weeks and say they are drinking more

Reason	Māori (n=33*)	Pasifika (n=13*)	Non-Māori/ Pasifika (n=93)
It helps me relax/ switch off	50%		67%
I have been feeling stressed out/ anxious	40%		38%
I have been bored	53%		36%
I have been spending more time drinking socially with people in my household	29%		32%
I don't need to get up for work/ study	25%		30%
More online social occasions (e.g. catching up online over a drink)	40%		14%
People in my household have been encouraging me to drink more	18%		8%
Other	5%		6%

* Base size too small to report results

Base: Those who have been drinking more since lockdown

Q5. Please select all the reasons why you have been drinking more since the Level 4 lockdown.

REASONS GIVEN FOR DRINKING MORE DURING LOCKDOWN, BY AGE GROUP

Among those who have had a drink in the last 4 weeks and say they are drinking more

Reason	Total (n=137)	18-24 (n=17*)	25-49 (n=80)	50-64 (n=31)	65+ (n=9*)
It helps me relax/ switch off	64%		73% ▲	44%	
I have been bored	39%		39%	30%	
I have been feeling stressed out/ anxious	38%		40%	38%	
I have been spending more time drinking socially with people in my household	31%		34%	30%	
I don't need to get up for work/ study	29%		29%	23%	
More online social occasions (e.g. catching up online over a drink)	19%		23%	5%	
People in my household have been encouraging me to drink more	10%		10%	8%	
Other	6%		3%	16%	

* Base size too small to report results

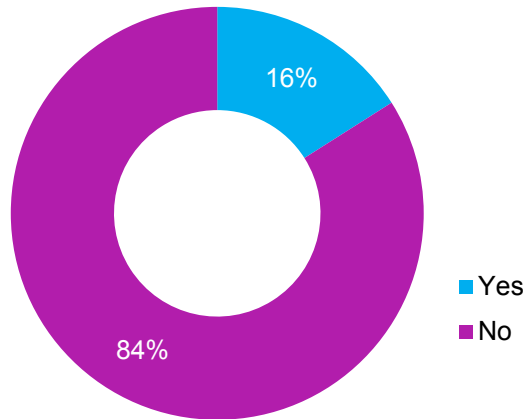
Base: Those who have been drinking more since lockdown

Q5. Please select all the reasons why you have been drinking more since the Level 4 lockdown.

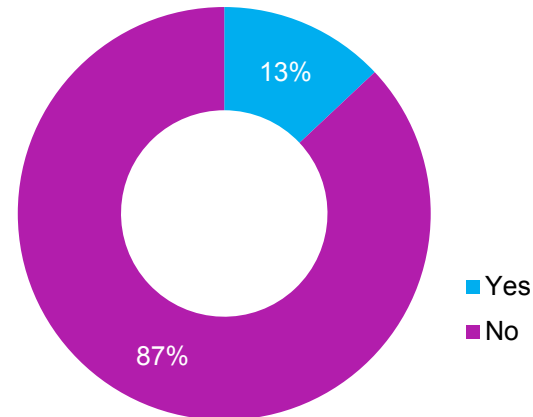
SINCE LOCKDOWN, 16% OF THOSE WHO HAVE DRUNK IN PAST 4 WEEKS HAVE STARTED WORRYING ABOUT THEIR DRINKING

13% of all respondents with drinkers in the household have started worrying about someone else's drinking

YOUR OWN DRINKING
(n=728)



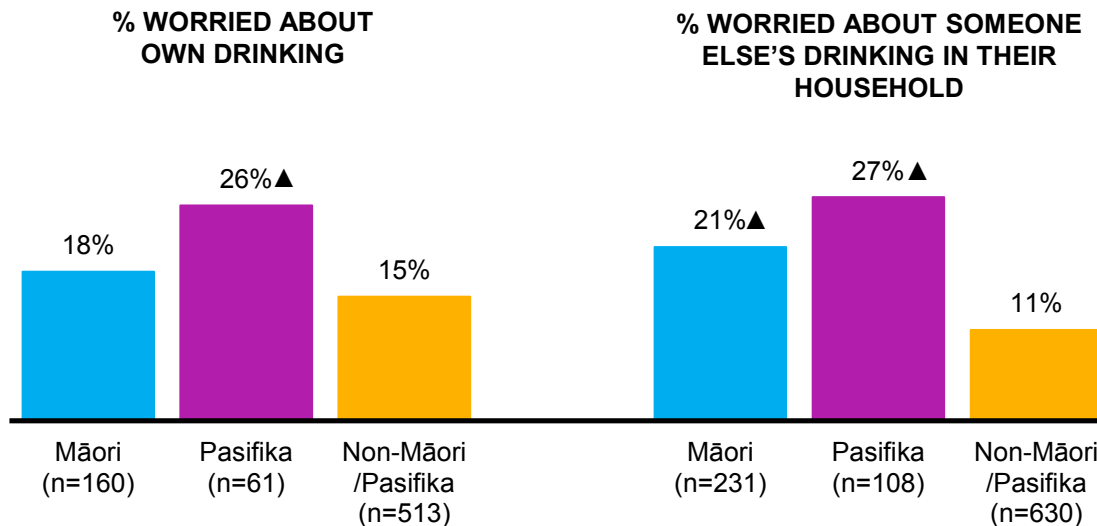
SOMEONE ELSE'S DRINKING IN YOUR HOUSEHOLD
(n=959)



Base: Those who have had a drink in the last 4 weeks and All respondents (Excluding Not applicable - no one in my household drinks)

Q6. Since level 4 lockdown, have you started to worry at all about...

CONCERN ABOUT DRINKING DURING LOCKDOWN, BY ETHNICITY

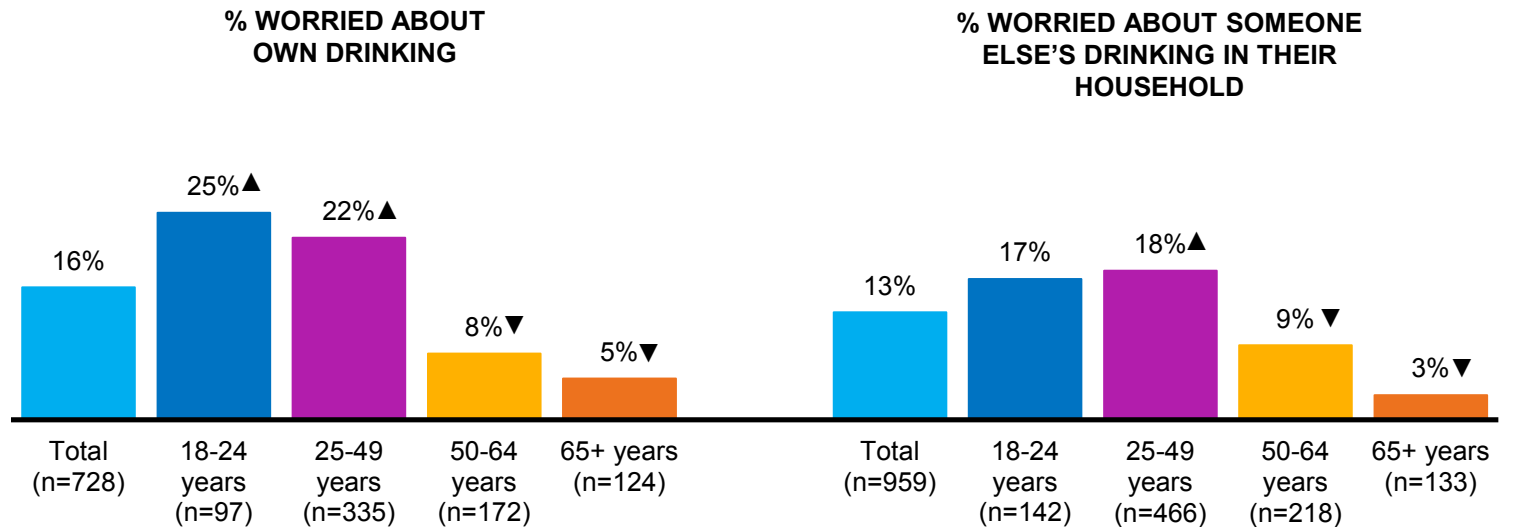


▲ ▼ significantly different to non-Māori/Pasifika

Base: Those who have had a drink in the last 4 weeks and All respondents (Excluding Not applicable - no one in my household drinks)

Q6. Since level 4 lockdown, have you started to worry at all about...

CONCERN ABOUT DRINKING DURING LOCKDOWN, BY AGE



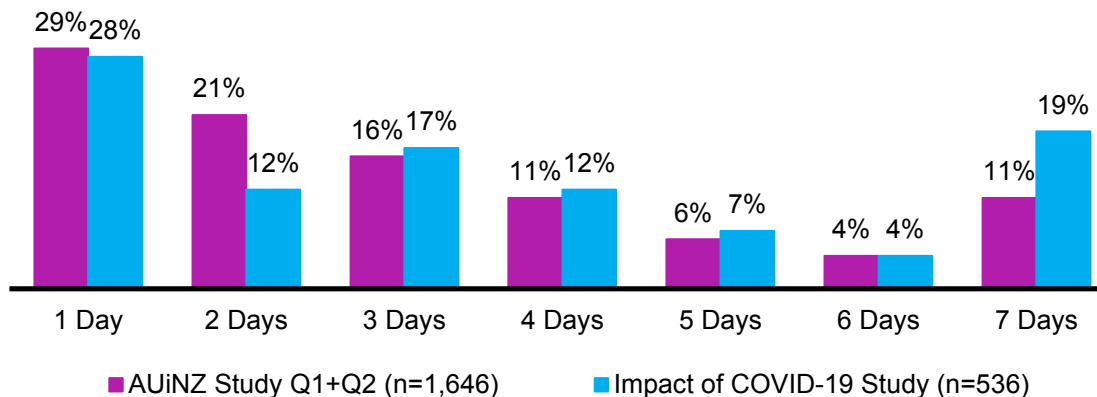
▲ ▼ significantly different to total

Base: Those who have had a drink in the last 4 weeks and All respondents (Excluding Not applicable - no one in my household drinks)

Q6. Since level 4 lockdown, have you started to worry at all about...

FREQUENCY OF DRINKING IN THE LAST 7 DAYS

Among those who have had a drink in the last 7 days



Base: Those who have had a drink in the last 7 days

Q16. On which days did you have an alcoholic drink?

Please note, the Alcohol Use in New Zealand (AUiNZ) study fieldwork was conducted 2 August – 22 September 2019 (Q1) and 1 November 2019 – 6 January 2020 (Q2). The data is weighted to be representative of the New Zealand population aged 18+

NUMBER OF DAYS PEOPLE CONSUMED ALCOHOL IN THE LAST WEEK, BY ETHNICITY

Number of days	Māori (n=116)	Pasifika (n=30)	Non-Māori/ Pasifika (n=395)
1 Day	34%	45%	27%
2 Days	15%	15%	12%
3 Days	21%	9%	16%
4 Days	7%	8%	13%
5 Days	7%	6%	7%
6 Days	8%	8%	4%
7 Days	9% ▼	10%	21%

Base: Those who have had a drink in the last 7 days
Q16. On which days did you have an alcoholic drink?

▲ ▼ significantly different
to non-Māori/Pasifika

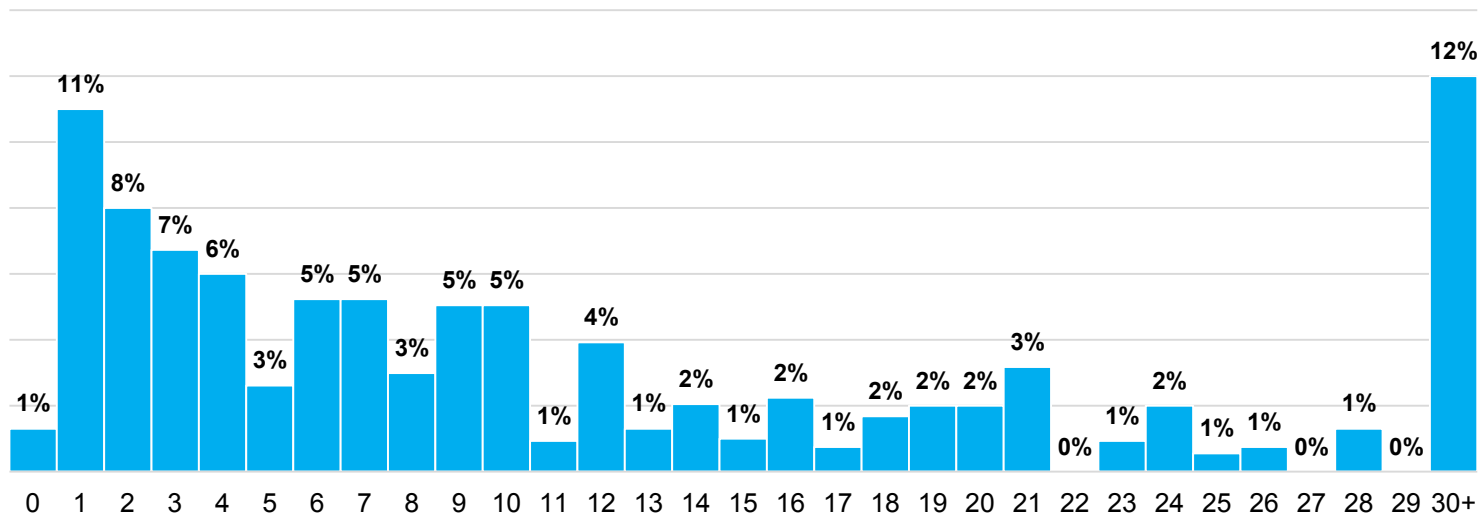
NUMBER OF DAYS PEOPLE CONSUMED ALCOHOL IN THE LAST WEEK, BY AGE GROUP

Number of days	Total (n=536)	18-24 (n=55)	25-49 (n=242)	50-64 (n=135)	65+ (n=104)
1 Day	28%	48%▲	29%	26%	21%
2 Days	12%	15%	12%	17%▲	5%▼
3 Days	17%	12%	23%▲	8%▼	16%
4 Days	12%	7%	12%	13%	14%
5 Days	7%	7%	6%	9%	8%
6 Days	4%	8%	5%	4%	3%
7 Days	19%	4%▼	14%▼	23%	33%▲

Base: Those who have had a drink in the last 7 days
Q16. On which days did you have an alcoholic drink?

▲▼ significantly different to total

WEEKLY CONSUMPTION OF STANDARD DRINKS



Median = 9, Mean = 14.09

This compares with a median of 8 and mean of 12.5 from the AUiNZ Q1+Q2 study

Base: Those who have had a drink in the last 7 days

Total number of **standard drinks** in the last week

Please note, the Alcohol Use in New Zealand (AUiNZ) study fieldwork was conducted 2 August – 22 September 2019 (Q1) and 1 November 2019 – 6 January 2020 (Q2). The data is weighted to be representative of the New Zealand population aged 18+

WEEKLY CONSUMPTION OF STANDARD DRINKS BY ETHNICITY AND AGE

	Māori (n=116)	Pasifika (n=30)	Non-Māori /Pasifika (n=395)
Average			
Mean	17.22▲	25.45	13.34
Median	11	15	8

▲ ▼ significantly different
to non-Māori/Pasifika

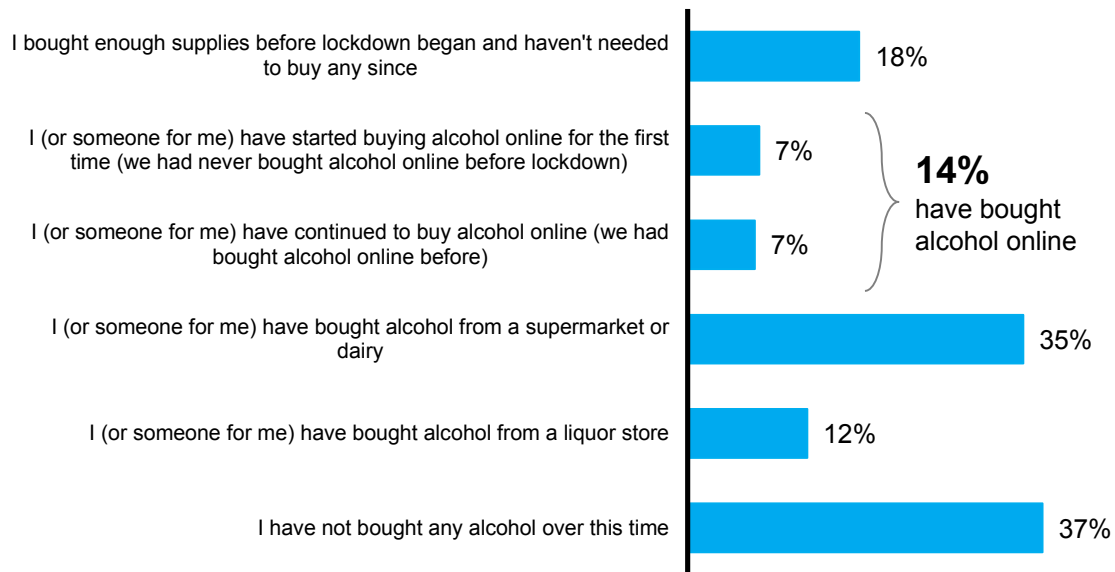
	Total (n=536)	18-24 (n=55)	25-49 (n=242)	50-64 (n=135)	65+ (n=104)
Average					
Mean	14.09	14.48	14.62	12.97	14.21
Median	9	7	9	8	10

	Total (n=536)	Drinking more (n=130)	Drinking less (n=132)
Average			
Mean	14.09	22.01▲	9.98▼
Median	9	15	5

▲ ▼ significantly different
to total

7% HAVE PURCHASED ALCOHOL ONLINE FOR THE FIRST TIME DURING LOCKDOWN

Among those who have drunk alcohol in past 12 months



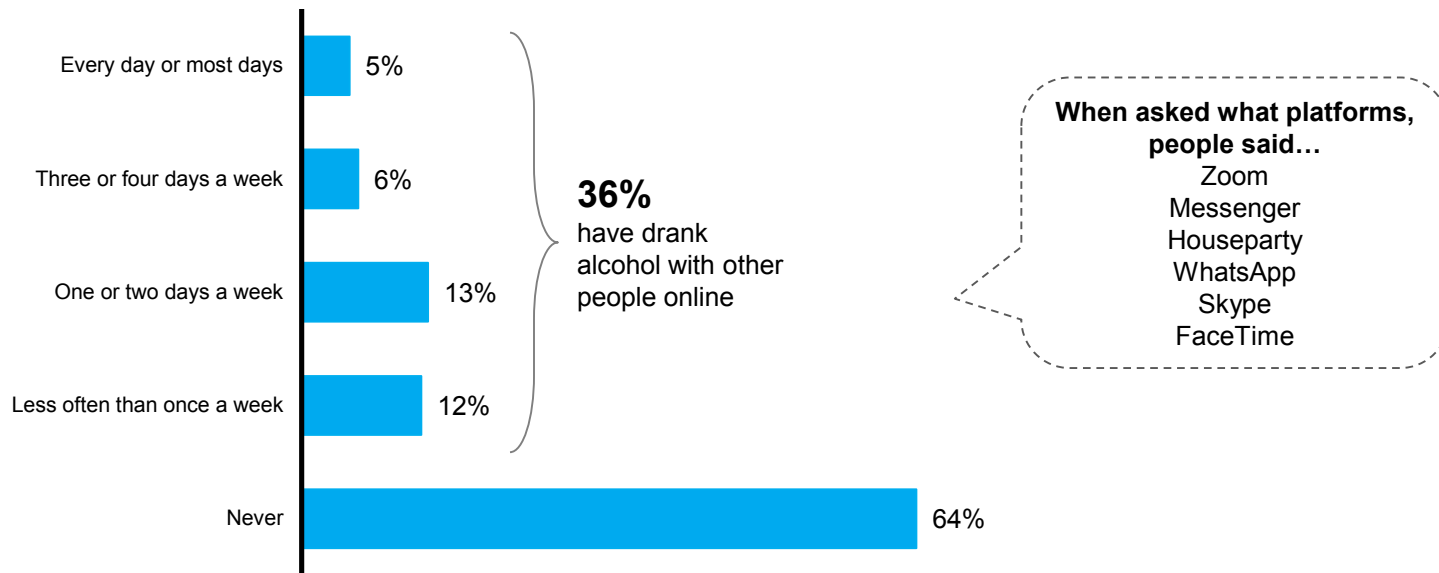
Base: Those who have had a drink in the last 12 months (n=938)

Q20. Which, if any, of the following apply to how you have been buying alcohol in the lead up to and during Level 4 lockdown?

36% REPORT DRINKING WITH PEOPLE ONLINE SINCE LOCKDOWN

Among those who have drunk in last four weeks

Drinking online since lockdown is more common among those who identify as Māori (44%) and respondents aged 25-49 (44%).

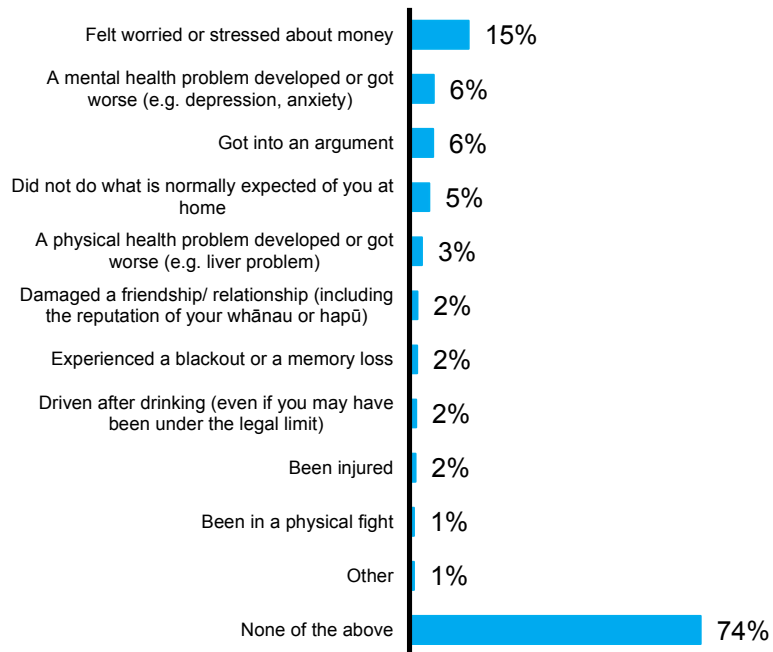


Base: Those who have had a drink in the last 4 weeks (n=728)

Q22. Since Level 4 lockdown, how often, if at all, have you drunk alcohol with other people online (e.g. virtual Friday work drinks, family or friends video calls)?

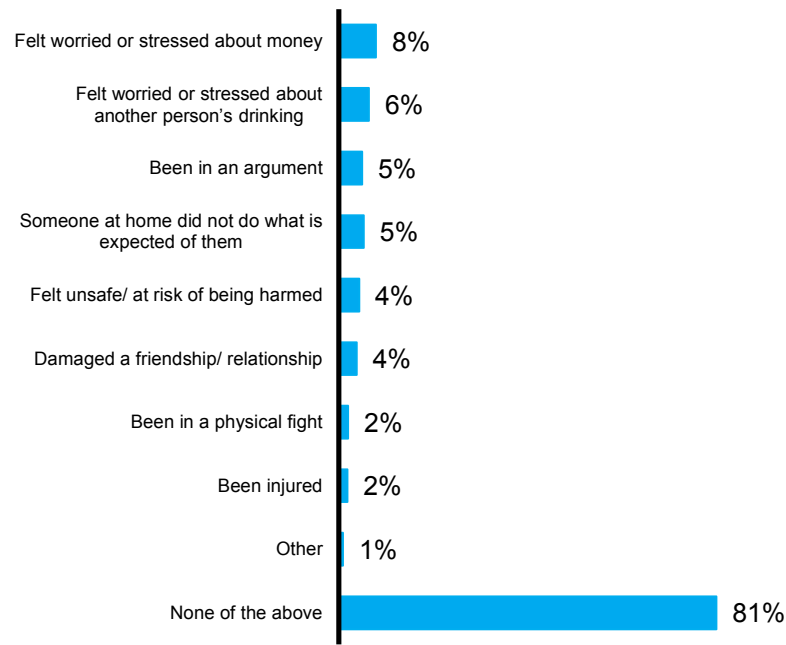
ONE-IN-FIVE HAVE EXPERIENCED HARM DUE TO SOMEONE ELSE'S DRINKING WHILE IN LOCKDOWN

HARM FROM OWN DRINKING



Base: Those who have had a drink in the last 4 weeks (n=728)
 Q24. Please mark all of the following that you have experienced since Level 4 lockdown, because of your drinking while in lockdown?

HARM FROM SOMEONE ELSE'S DRINKING



Base: All respondents (n=1190)
 Q25. Please mark all of the following that you have experienced since Level 4 lockdown, because of another person's drinking while in lockdown?

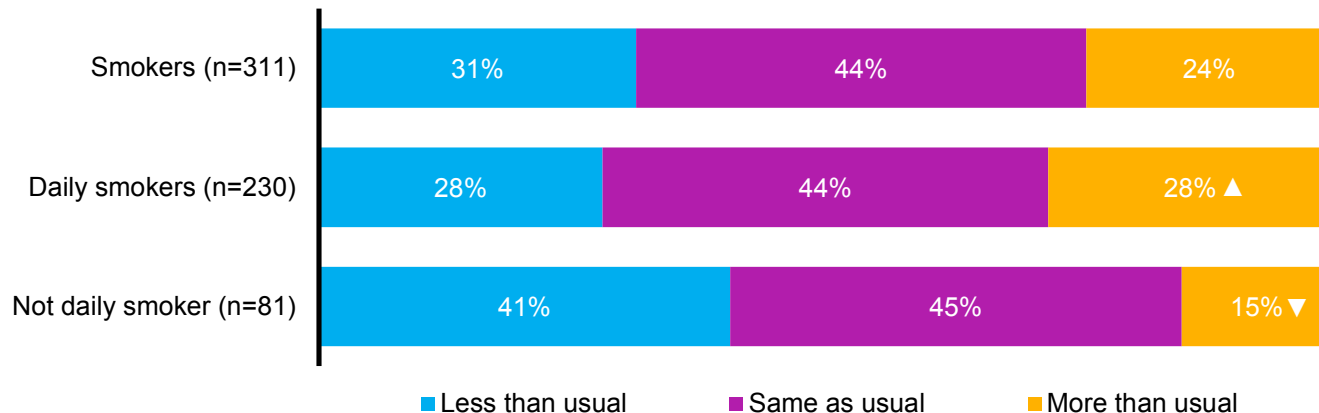
SECTION 2: SMOKING

A QUARTER OF SMOKERS REPORT SMOKING MORE THAN USUAL, WHILE A THIRD OF SMOKERS REPORT SMOKING LESS

- Daily smokers are more likely than occasional smokers to have increased the amount they are smoking during lockdown (28% compared to 14% of occasional smokers).
- Smokers who are smoking more during lockdown say it is due to how they are feeling (bored, stressed out or wanting to switch off) rather than because of their living or social situations.
- Smokers who are smoking less are mainly influenced by cost, but many are also influenced by their social or living situation (haven't been able to go out, don't smoke around family, live in a smoke-free household).
- 27% of those who are smoking less are concerned that smoking will increase their risk of COVID-19.

A QUARTER HAVE BEEN SMOKING MORE THAN USUAL DURING LOCKDOWN

This is higher among those who typically smoke daily (28% smoking more than usual)

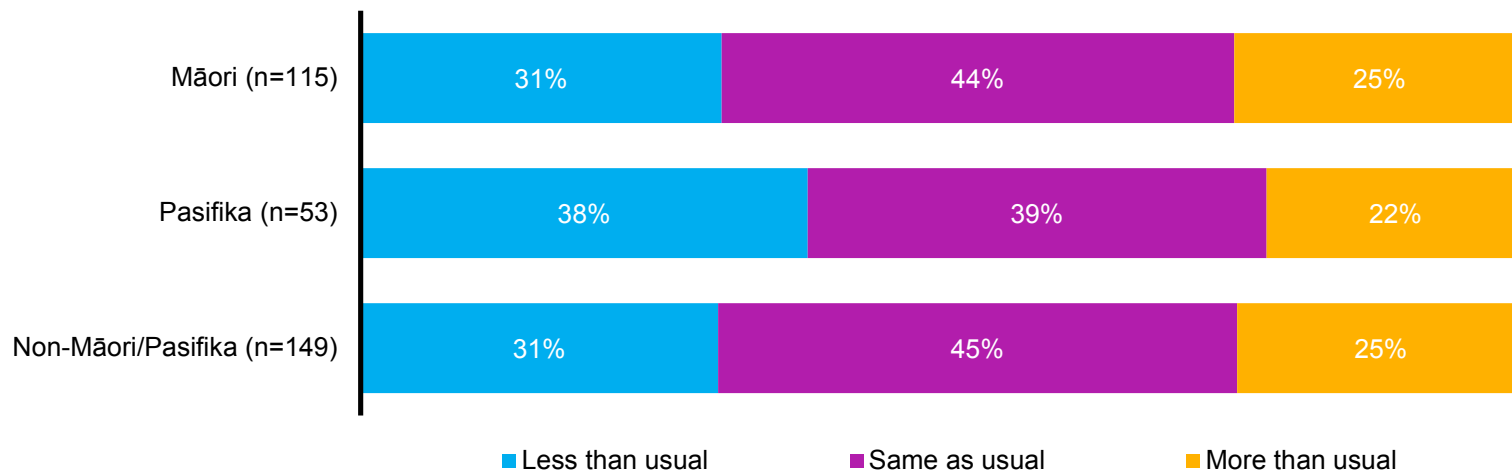


▲ ▼ significantly different to total smokers

Base: Those who usually smoke (n=311)

Q8. Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you...

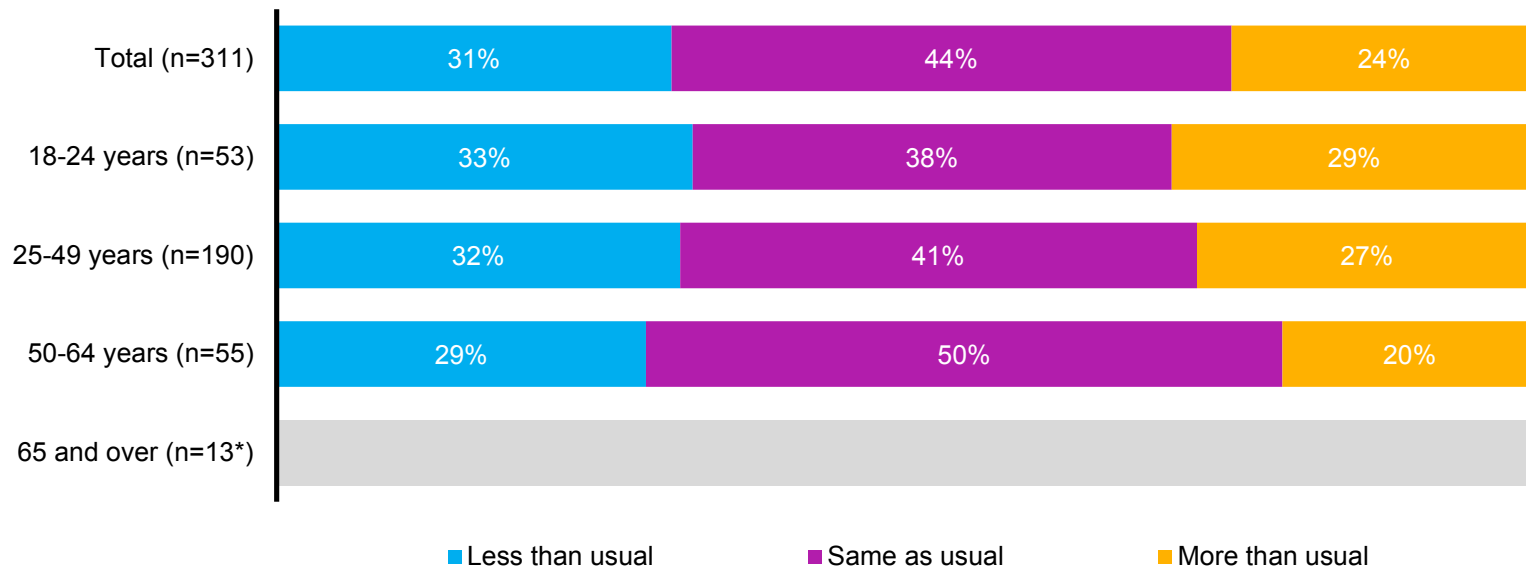
HOW SMOKING HAS CHANGED SINCE LOCKDOWN, BY ETHNIC GROUP



Base: Those who usually smoke

Q8. Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you...

HOW SMOKING HAS CHANGED SINCE LOCKDOWN, BY AGE GROUP

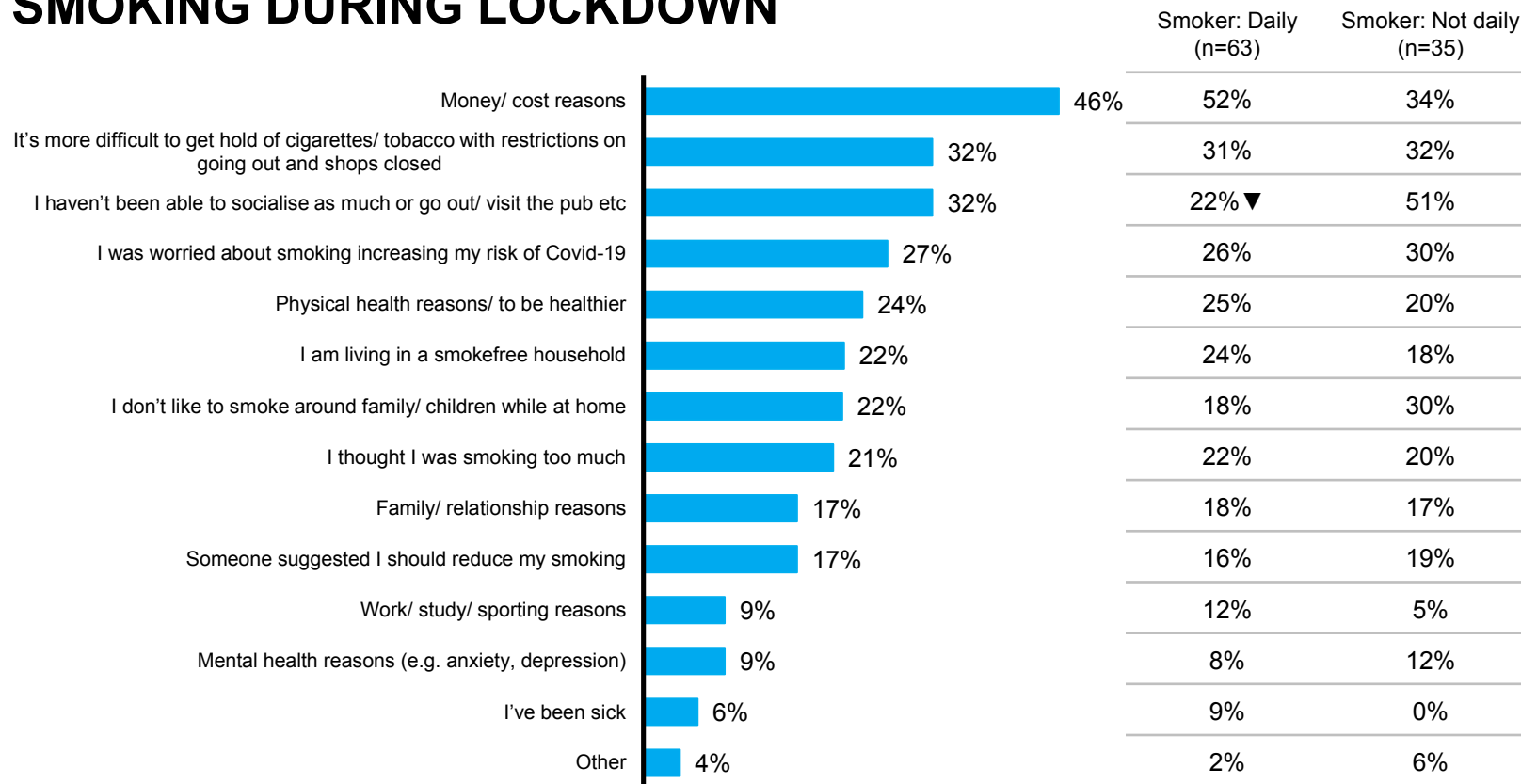


* Base size too small to report results

Base: Those who usually smoke

Q8. Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you...

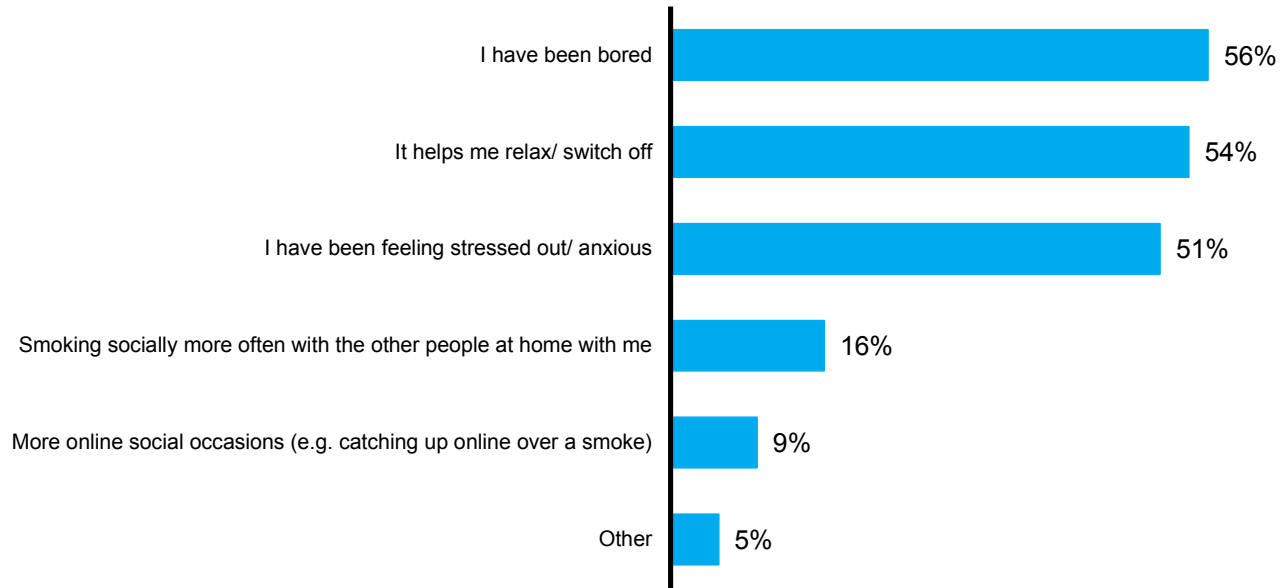
COST IS THE MOST PREVALENT EXPLANATION FOR REDUCED SMOKING DURING LOCKDOWN



Base: Those who have been smoking less since lockdown (n=98)

Q9. Please select all the reasons why you have been smoking cigarettes less since the Level 4 lockdown.

INCREASED SMOKING IS ATTRIBUTED TO BOREDOM, BEING ANXIOUS OR STRESSED, OR NEEDING HELP TO RELAX



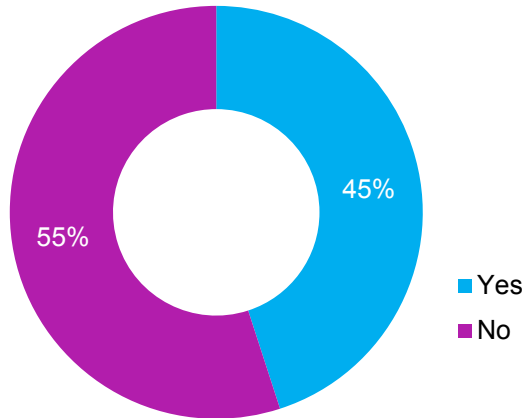
Base: Those who have been smoking more since lockdown (n=78)

Q10. Please select all the reasons why you have been smoking cigarettes more since the Level 4 lockdown.

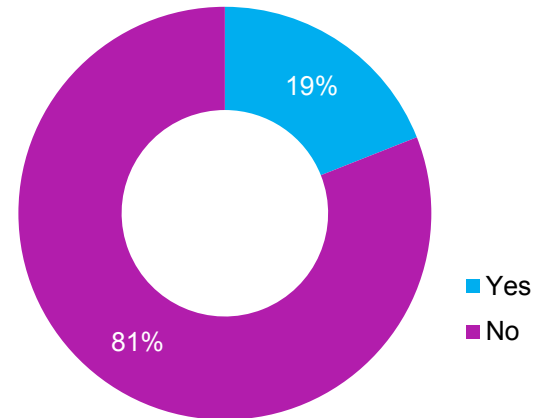
SINCE LOCKDOWN, 45% OF SMOKERS HAVE STARTED WORRYING ABOUT THEIR SMOKING

19% of respondents with smokers in the household have started worrying about someone else's smoking

YOUR OWN CIGARETTE
SMOKING (n=311)



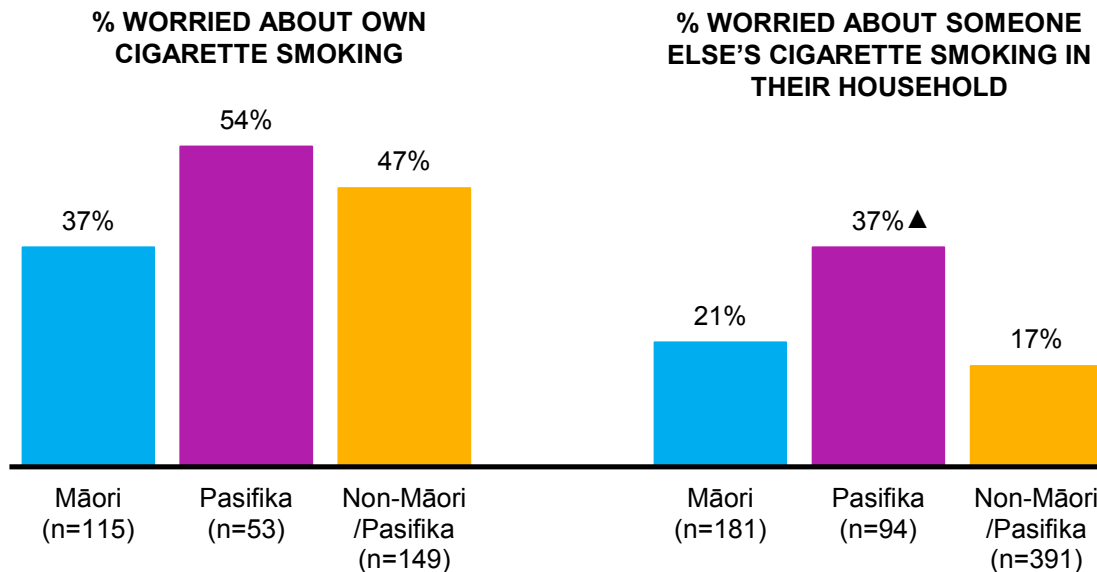
SOMEONE ELSE'S CIGARETTE
SMOKING IN YOUR HOUSEHOLD (n=657)



Base: Those who smoke and All respondents (Excluding Not applicable - no one in my household smokes)

Q11. Since level 4 lockdown, have you started to worry at all about...

CONCERN ABOUT SMOKING DURING LOCKDOWN, BY ETHNICITY

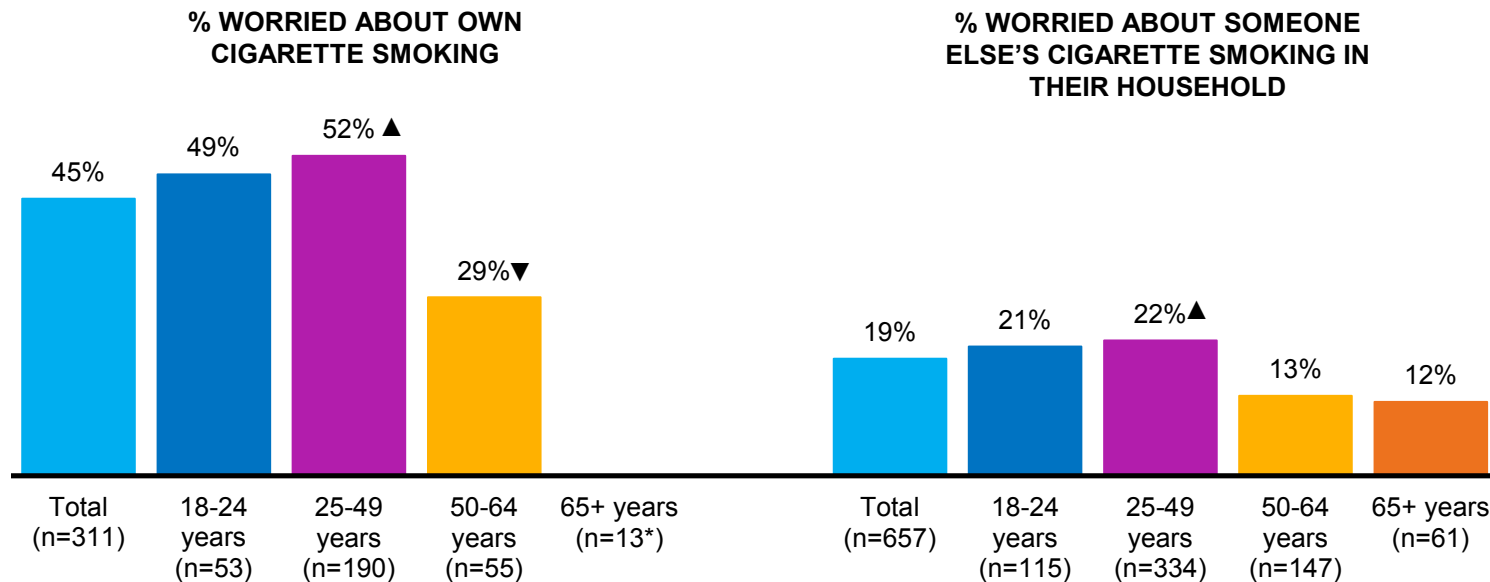


▲ ▼ significantly different to non-Māori/Pasifika

Base: Those who smoke and All respondents (Excluding Not applicable - no one in my household smokes)

Q11. Since level 4 lockdown, have you started to worry at all about...

CONCERN ABOUT DRINKING DURING LOCKDOWN, BY AGE GROUP



▲ ▼ significantly different to total

* Base size too small to report results

Base: Those who smoke and All respondents (Excluding Not applicable - no one in my household smokes)

Q11. Since level 4 lockdown, have you started to worry at all about...

SECTION 3: GAMBLING

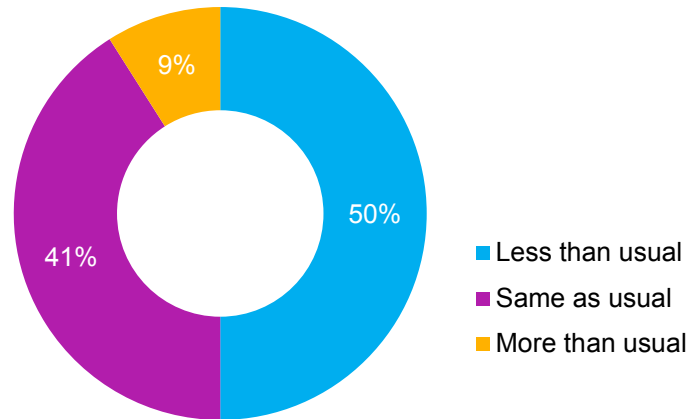
RESPONDENTS WHO GAMBLE REPORT GAMBLING LESS DURING LOCKDOWN

Nearly four in ten respondents (39%) report that they have gambled since lockdown.

- Most respondents who gamble report gambling less, or the same amount as they usually would, during lockdown.
- 9% report increasing their gambling since lockdown. A higher proportion of Māori gamblers (15%) and young gamblers aged 18-24 years (22%) report increased gambling during lockdown.
- 8% of gamblers have gambled online for the first time since lockdown and an additional 12% are gambling online more than usual since lockdown.
- The most common reason for increased levels of online gambling during lockdown is because people are not able to go to their usual places to gamble.
- Gamblers who report gambling less online say this is due to financial reasons.

Caution: the results presented here should not be compared to other Te Hiringa Hauora gambling reports, as being a gambler is self defined and the definition is not as comprehensive as in other Te Hiringa Hauora surveys. The following question is used to self define as a gambler: *Thinking about gambling (this includes placing a bet on horse or dog racing or sports, and paying to play games to win money or prizes such as casino or lotto). It also includes gambling you can do at a place (e.g. pub, casino, racecourse) and online. Since the Level 4 lockdown, overall would you say you have...*

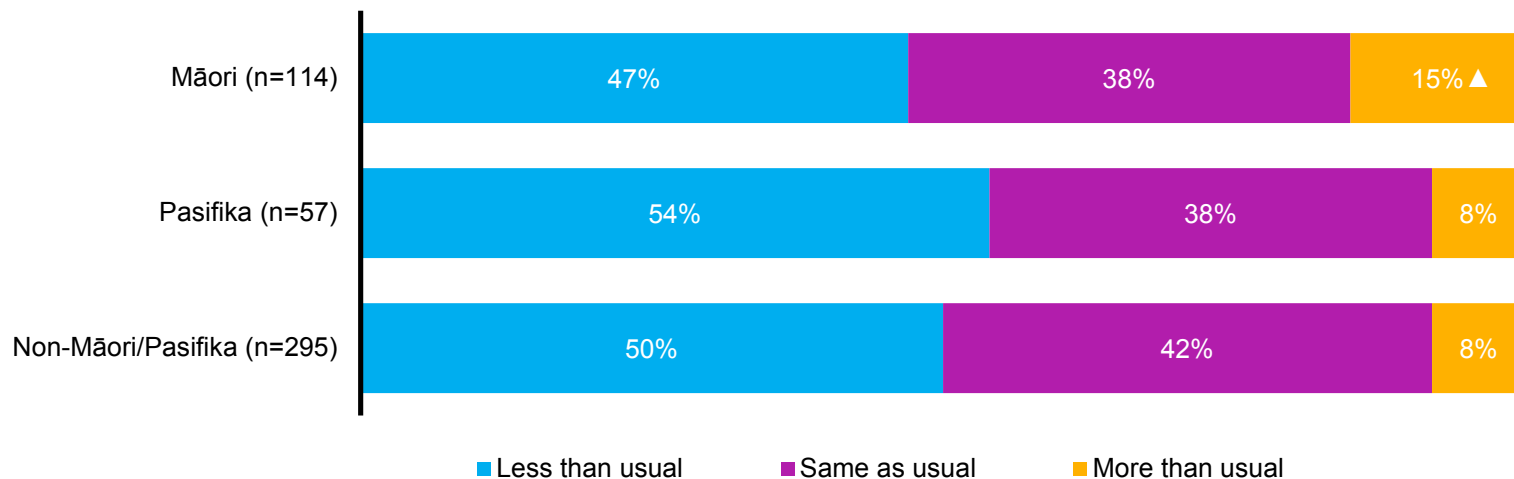
HALF OF GAMBLERS ARE GAMBLING LESS DURING LOCKDOWN



Base: Those who gamble (n=461)

Q112. Since the Level 4 lockdown, overall would you say you have...

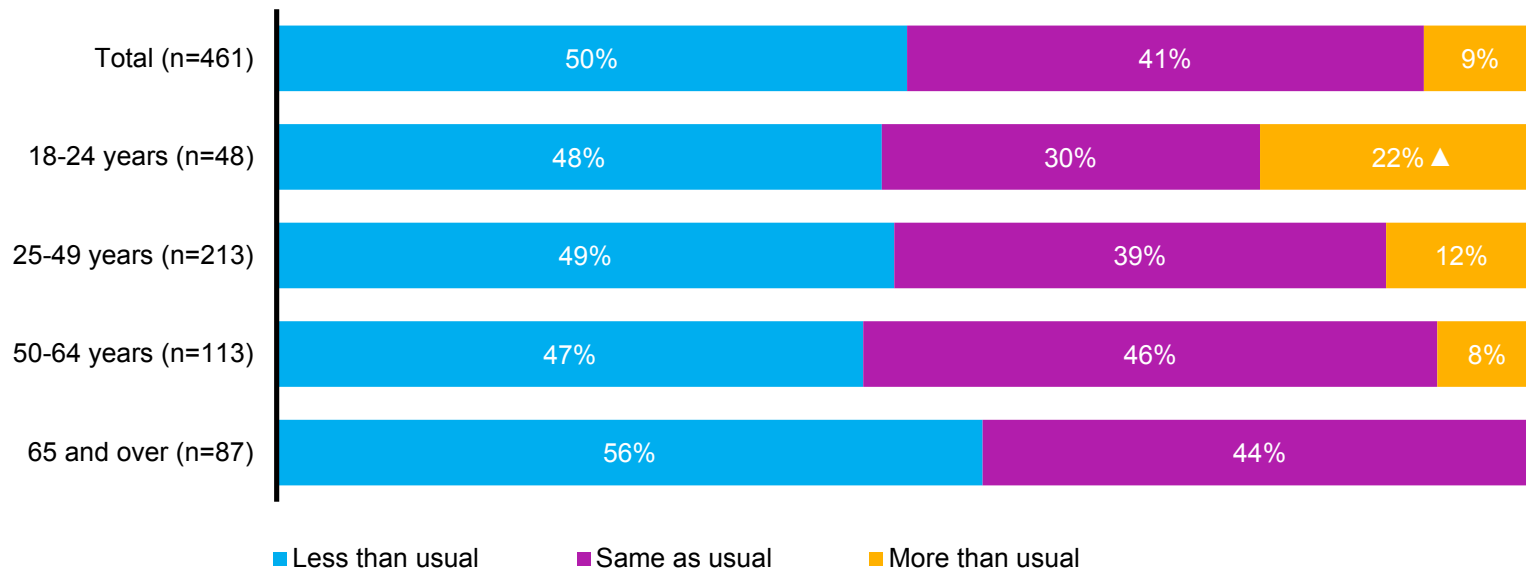
HOW GAMBLING HAS CHANGED SINCE LOCKDOWN, BY ETHNIC GROUP



▲ ▼ significantly different to non-Māori/Pasifika

Base: Those who gamble
Q112. Since the Level 4 lockdown, overall would you say you have...

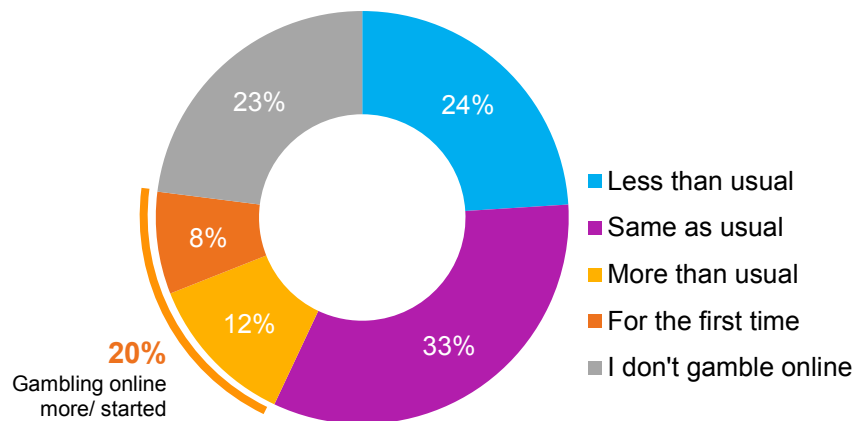
HOW GAMBLING HAS CHANGED SINCE LOCKDOWN, BY AGE GROUP



▲ ▼ significantly different to total

Base: Those who gamble
Q112. Since the Level 4 lockdown, overall would you say you have...

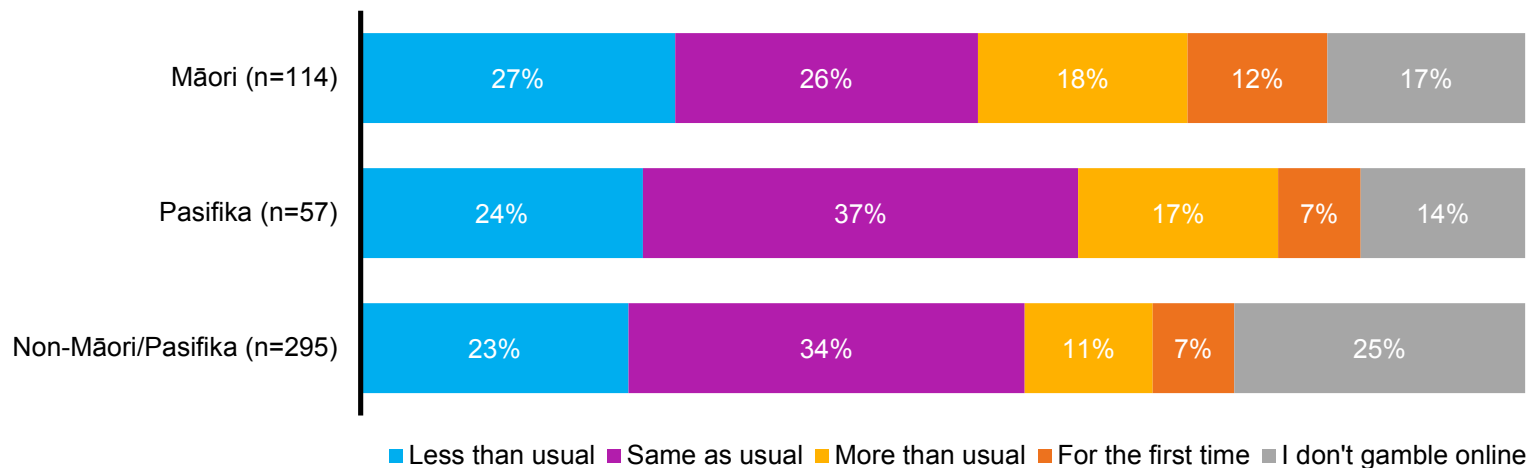
ONLINE GAMBLING SINCE LOCKDOWN



Base: Those who gamble (n=461)

Q113. Thinking now just about gambling that you do online. Which of the following best describes how much you have been gambling online since we went to Level 4 lockdown, have you...

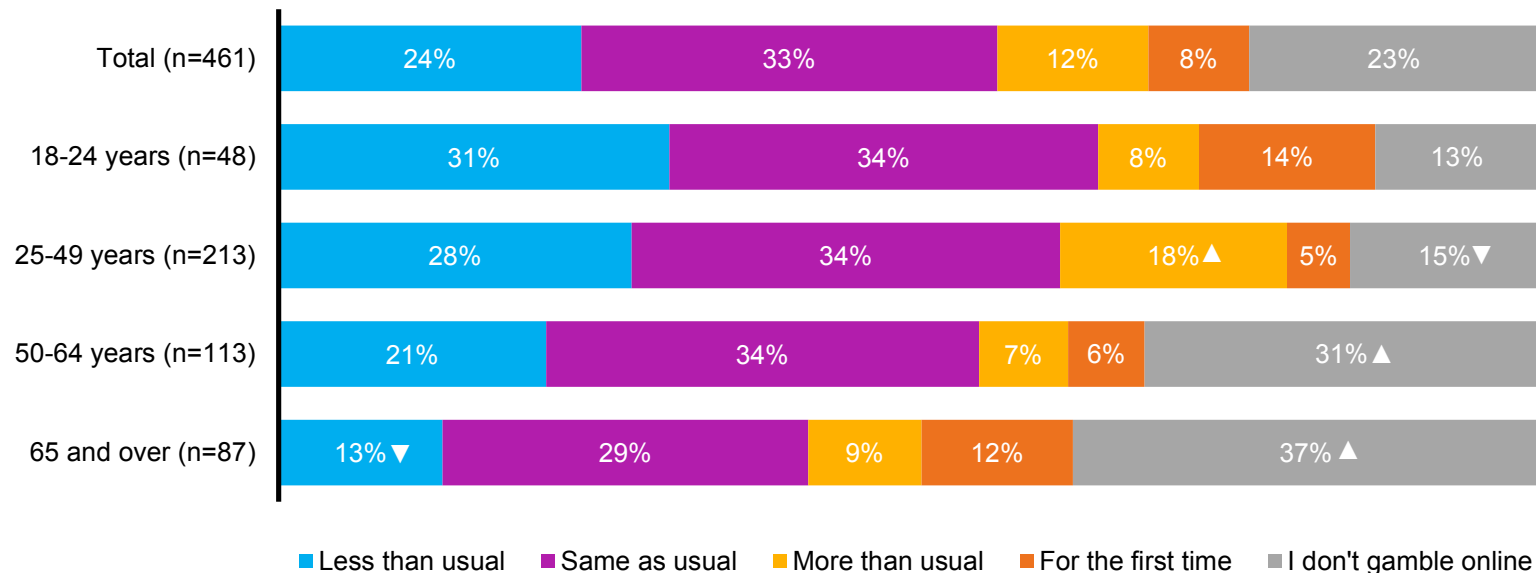
HOW ONLINE GAMBLING HAS CHANGED SINCE LOCKDOWN, BY ETHNIC GROUP



Base: Those who gamble

Q113. Thinking now just about gambling that you do online. Which of the following best describes how much you have been gambling online since we went to Level 4 lockdown, have you...

HOW ONLINE GAMBLING HAS CHANGED SINCE LOCKDOWN, BY AGE GROUP

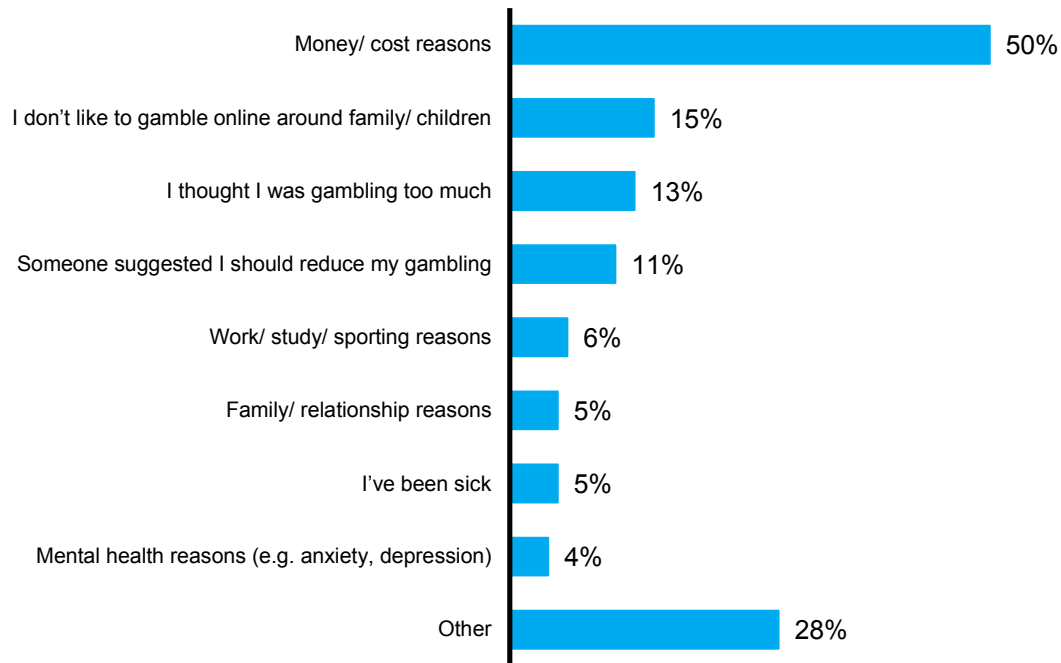


▲ ▼ significantly different to total

Base: Those who gamble

Q113. Thinking now just about gambling that you do online. Which of the following best describes how much you have been gambling online since we went to Level 4 lockdown, have you...

HALF THOSE WHO REPORT GAMBLING ONLINE LESS DURING LOCKDOWN SAY THIS IS DUE TO COST/MONEY

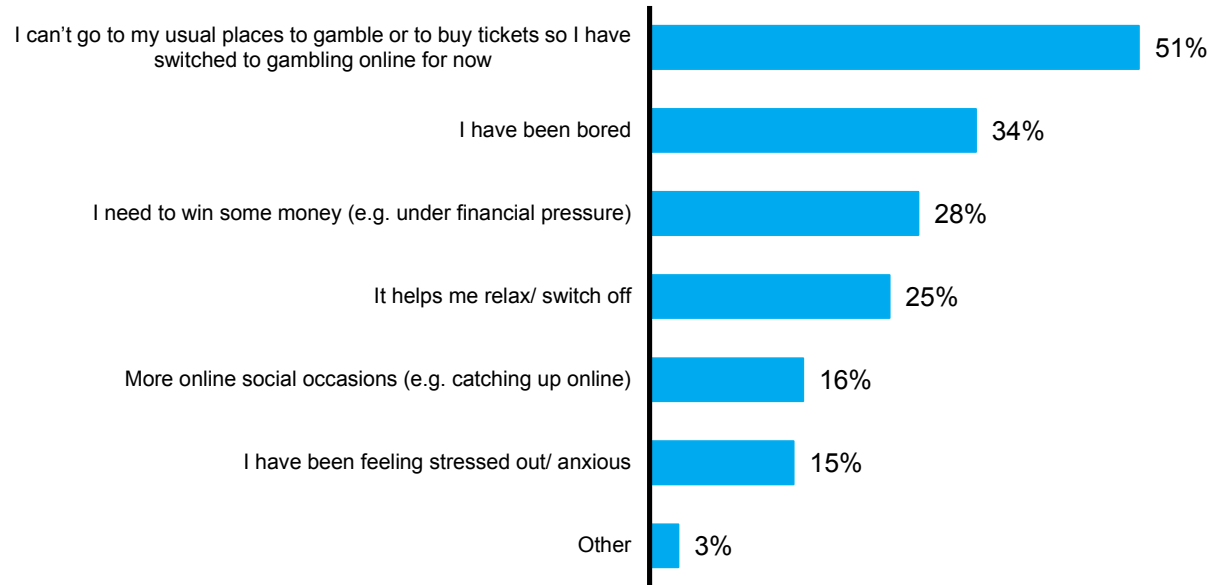


Base: Those who have been gambling online less since lockdown (n=107)

Q115. Please select all the reasons why you have been gambling less online since the Level 4 lockdown.

INCREASED (OR STARTING) GAMBLING ONLINE IS OFTEN A SUBSTITUTION FOR GAMBLING IN PERSON

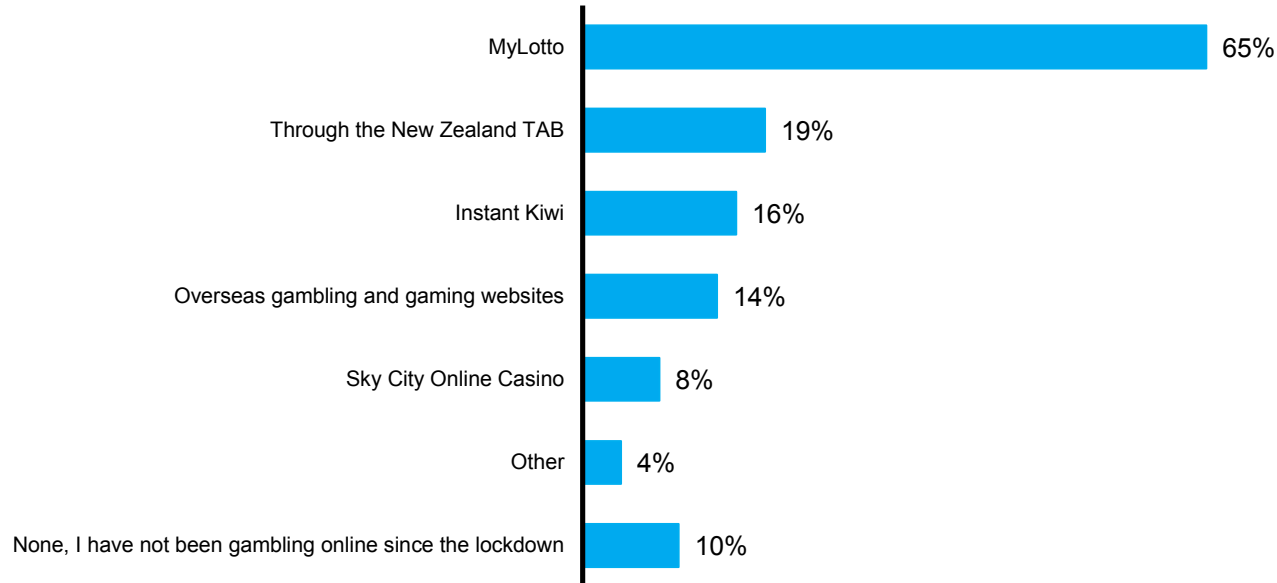
Others have increased their online gambling to relieve boredom, to help relaxation or because they are under financial pressure



Base: Those who have been gambling online more since lockdown (n=103)

Q116. Please select all the reasons why you have been gambling more online/ started gambling online since the Level 4 lockdown.

USE OF ONLINE GAMBLING SITES SINCE LOCKDOWN



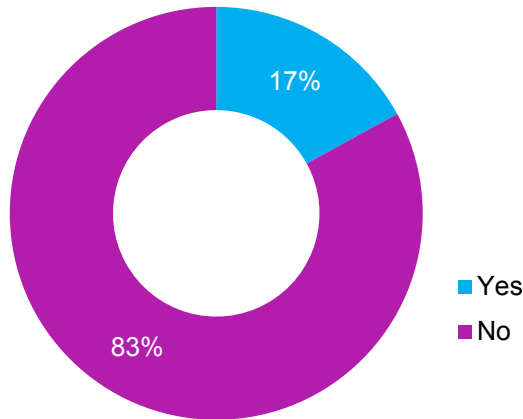
Base: Those who gamble online (n=359)

Q114. In which of the following ways have you been gambling online since Level 4 lockdown?

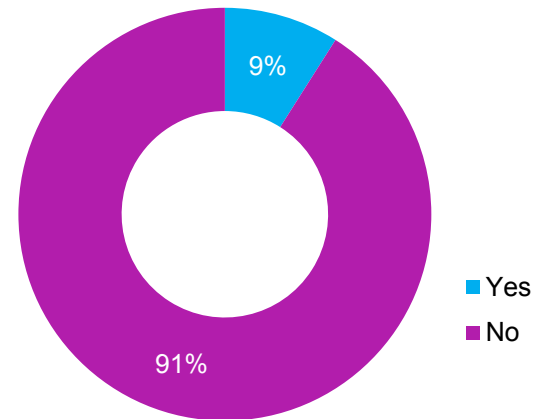
SINCE LOCKDOWN, 17% OF GAMBLERS HAVE STARTED WORRYING ABOUT THEIR GAMBLING

9% of respondents with gamblers in the household have started worrying about someone else's gambling

YOUR OWN GAMBLING
(n=461)



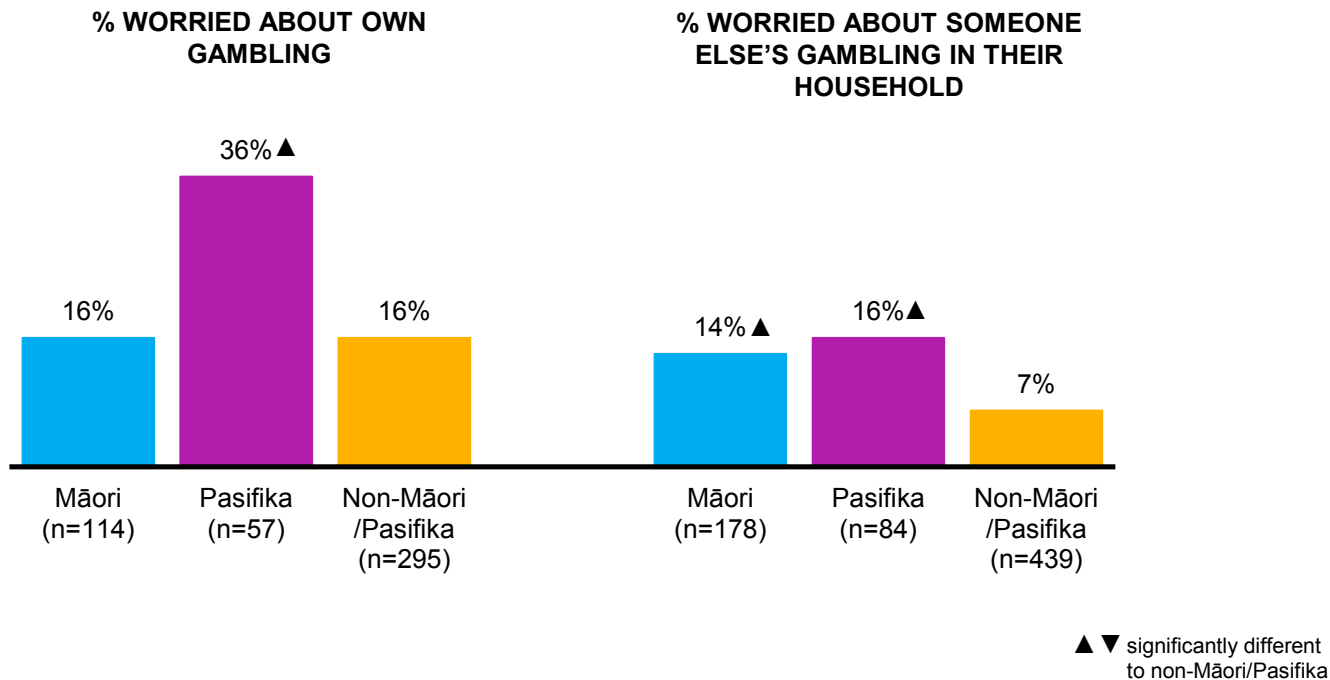
SOMEONE ELSE'S GAMBLING IN YOUR HOUSEHOLD (n=693)



Base: Those who gamble and All respondents (Excluding Not applicable - no one in my household gambles)

Q117. Since level 4 lockdown, have you started to worry at all about...

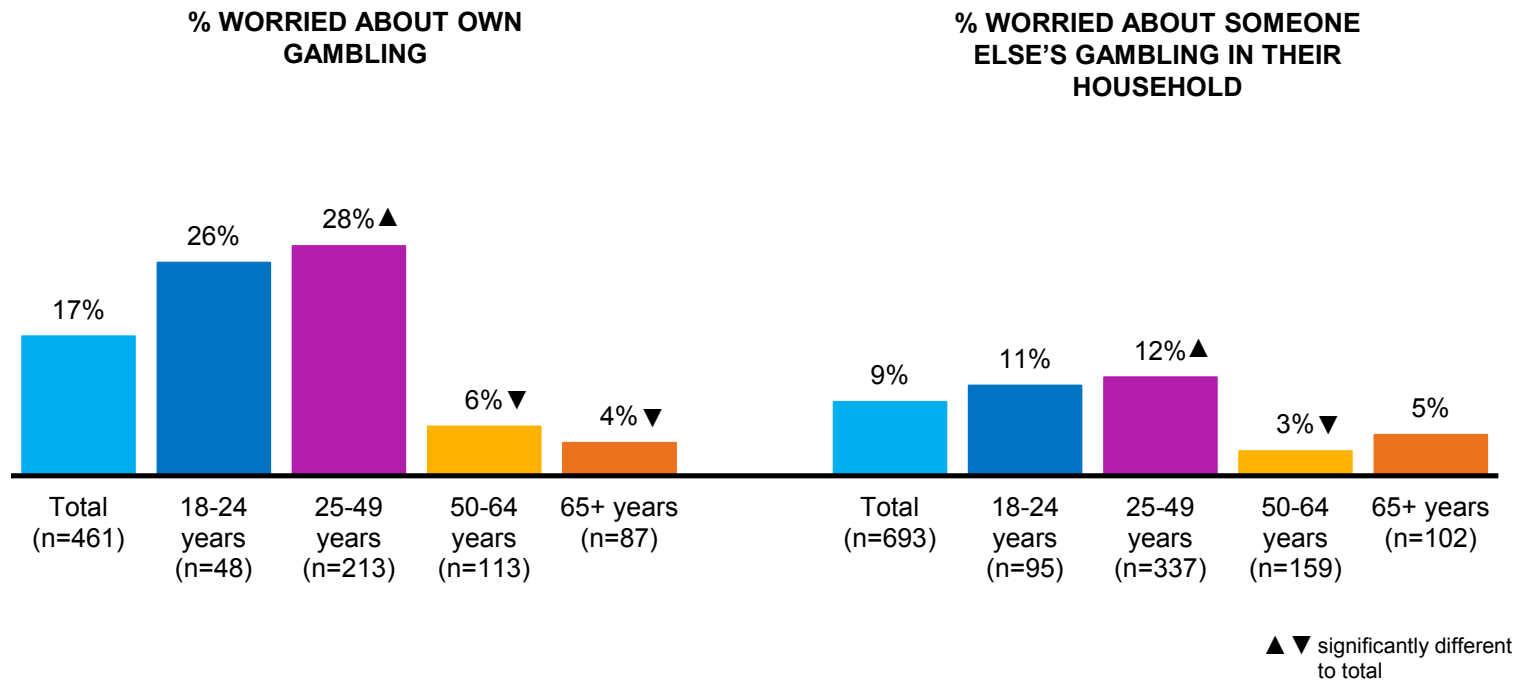
CONCERN ABOUT GAMBLING DURING LOCKDOWN, BY ETHNICITY



Base: Those who gamble and All respondents (Excluding Not applicable - no one in my household gambles)

Q117. Since level 4 lockdown, have you started to worry at all about...

CONCERN ABOUT GAMBLING DURING LOCKDOWN, BY AGE GROUP



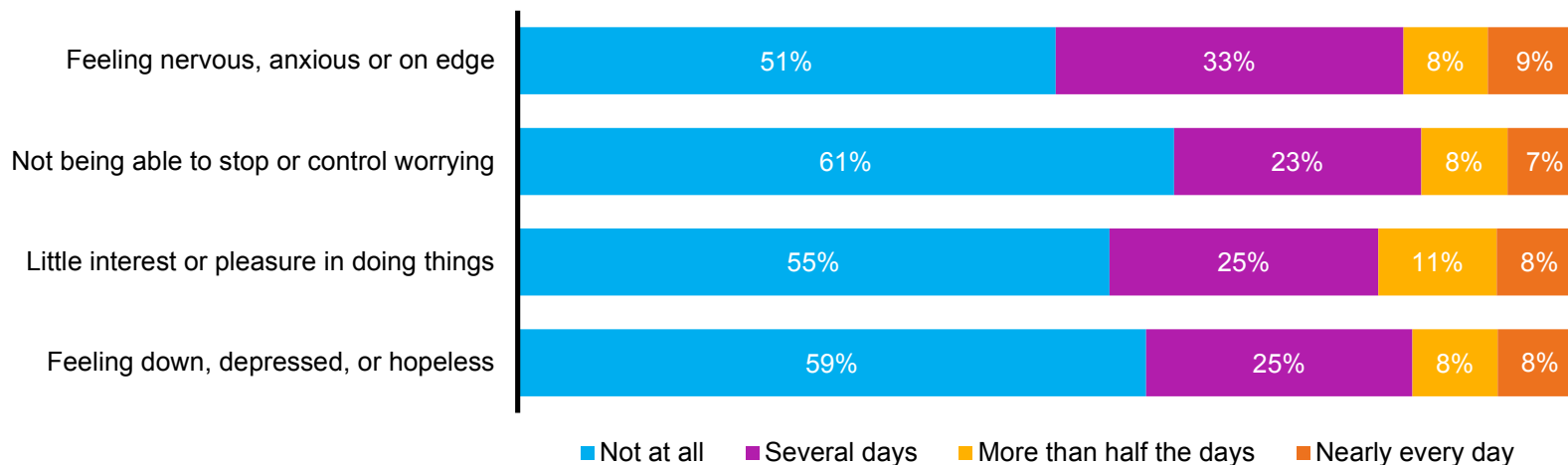
Base: Those who gamble and All respondents (Excluding Not applicable - no one in my household gambles)
Q117. Since level 4 lockdown, have you started to worry at all about...

SECTION 4: MENTAL HEALTH AND WELLBEING

LOCKDOWN HAS HAD A SIGNIFICANT IMPACT ON MENTAL HEALTH AND WELLBEING, BUT THERE HAVE BEEN SOME POSITIVE OUTCOMES

- Using the PHQ-4 tool, 17% of respondents could be classified as experiencing moderate to severe psychological distress since lockdown, with a further 24% experiencing mild distress
- Distress is higher among the 18-24 year age group (60%) and the 25-49 year age group (54%) and lowest among those aged 65 years or more (13%)
- 48% of respondents report a loss or reduction in income for themselves and/or a member of their household as a result of COVID-19, with most impact among those aged 25-49 years (62% live in households negatively impacted financially)
- 88% recognised at least one positive outcome from lockdown, including more time for family, friends and activities, a heightened sense of community and renewed appreciation of life.

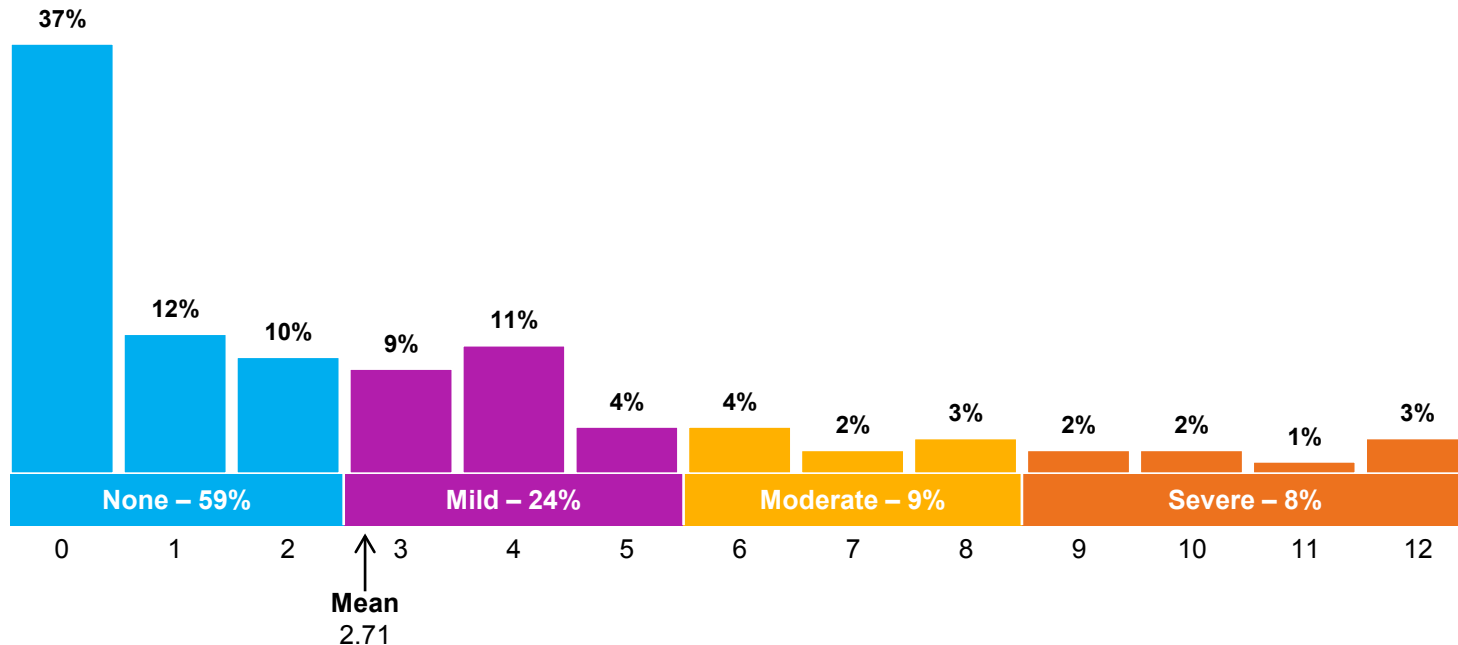
49% HAVE FELT NERVOUS, ANXIOUS OR ON EDGE SINCE LOCKDOWN



Base: All respondents (n=1190)

Q26. Since Level 4 lockdown, how often have you been bothered by the following problems?

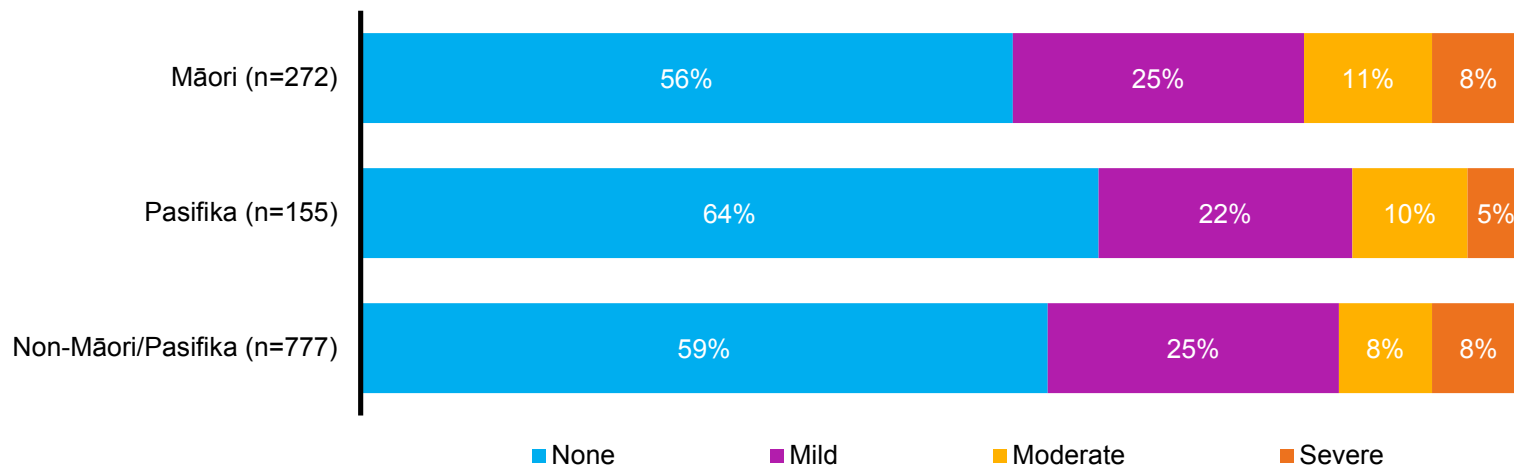
THE PREVIOUS FOUR STATEMENTS CAN BE COMBINED TO MEASURE PSYCHOLOGICAL DISTRESS, WITH RATINGS RANGING FROM NONE TO SEVERE



Base: All respondents (n=1190)

Q26. Since Level 4 lockdown, how often have you been bothered by the following problems?

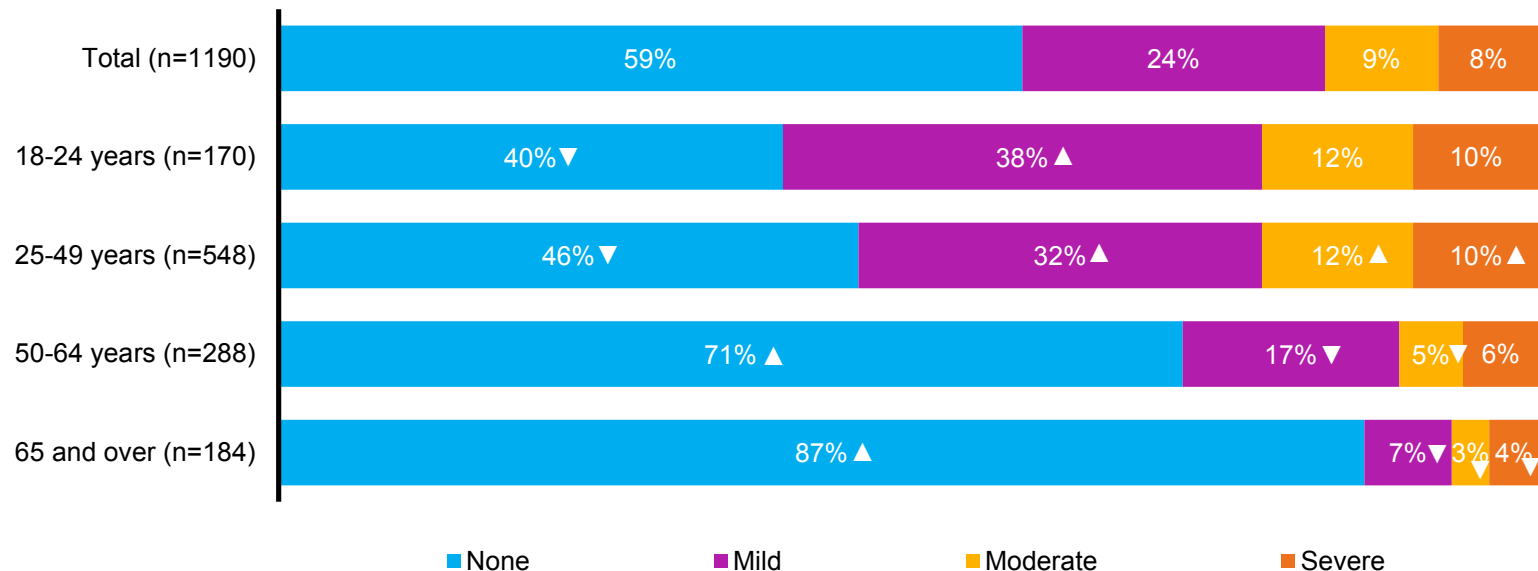
RATINGS OF PSYCHOLOGICAL DISTRESS, BY ETHNIC GROUP



Base: All respondents

Q26. Since Level 4 lockdown, how often have you been bothered by the following problems?

RATINGS OF PSYCHOLOGICAL DISTRESS, BY AGE GROUP

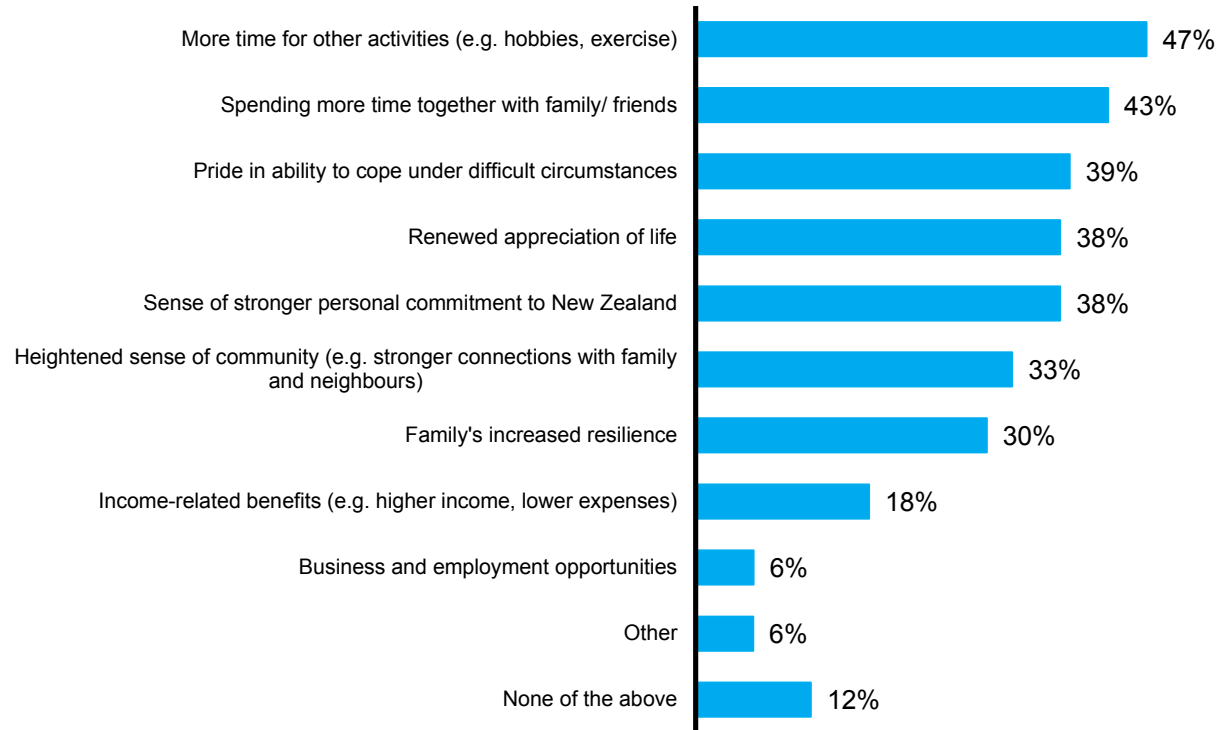


▲ ▼ significantly different to total

Base: All respondents

Q26. Since Level 4 lockdown, how often have you been bothered by the following problems?

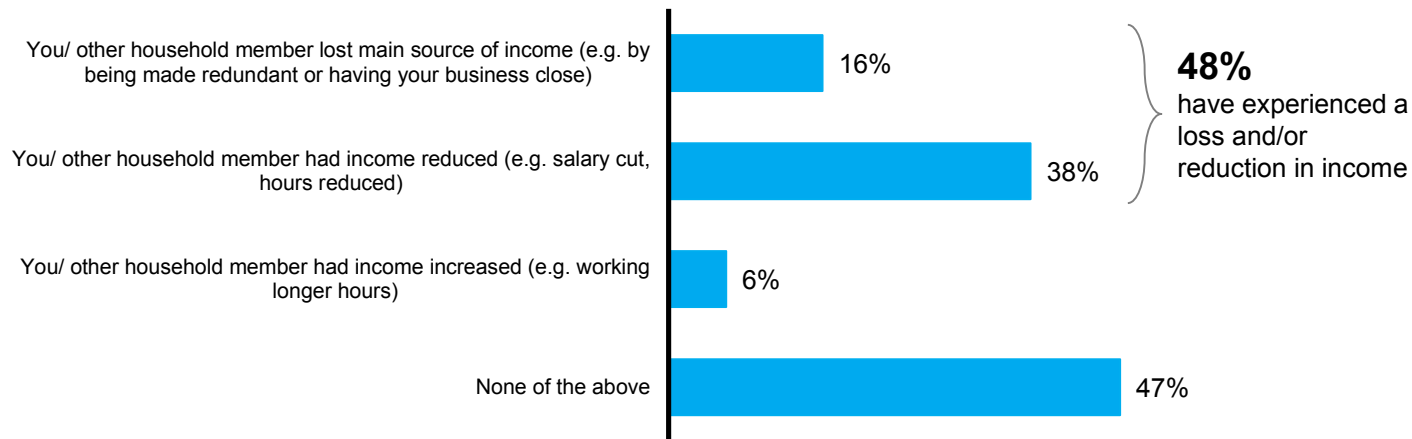
NINE IN TEN RESPONDENTS RECOGNISE SOME POSITIVE OUTCOMES FROM LOCKDOWN



Base: All respondents (n=1190)

Q27. Please indicate which, if any of these, you are experiencing since New Zealand went to Level 4 lockdown?

NEARLY HALF (48%) HAVE EXPERIENCED A LOSS OR REDUCTION IN INCOME



Base: All respondents (n=1190)

Q28. Have any of the following happened to you/ your household as a result of Covid-19?

IMPACT ON INCOME, BY ETHNICITY

Impact	Māori (n=272)	Pasifika (n=155)	Non-Māori/ Pasifika (n=777)
You/ other household member lost main source of income (e.g. by being made redundant or having your business close)	17%	19%	15%
You/ other household member had income reduced (e.g. salary cut, hours reduced)	40%	30%	38%
You/ other household member had income increased (e.g. working longer hours)	12%▲	11%▲	5%
None of the above	42%	47%	49%

▲ ▼ significantly different to non-Māori/Pasifika

Base: All respondents

Q28. Have any of the following happened to you/ your household as a result of Covid-19?

IMPACT ON INCOME, BY AGE GROUP

Impact	Total (n=1190)	18-24 (n=170)	25-49 (n=548)	50-64 (n=288)	65+ (n=184)
You/ other household member lost main source of income (e.g. by being made redundant or having your business close)	16%	15%	19%▲	16%	9%▼
You/ other household member had income reduced (e.g. salary cut, hours reduced)	38%	44%	43%▲	39%	20%▼
You/ other household member had income increased (e.g. working longer hours)	6%	15%▲	6%	5%	3%
None of the above	47%	35%▼	42%▼	48%	71%▲

▲ ▼ significantly different to total

Base: All respondents

Q28. Have any of the following happened to you/ your household as a result of Covid-19?

APPENDIX

A SELECTION OF COMMENTS

"I'm not a big drinker anyway but enjoy a red wine usually a couple of nights a week. At the start of lockdown I was feeling more stressed due to unknowns regarding income and Kiwisaver losses, but now I'm feeling great as I know where things are at. Although its tight financially I can manage. If I'm careful. So now I'm getting lots of things done at home which is great!"

"I think during Covid-19 don't need to open alcohol shop. It increasing lots of family and environment problems."

"We make our own beer and alcohol so at present we have had no need to buy supplies."

"As result of lockdown have found people when out walking friendlier, smile and a greeting always whilst respecting distance. Better still the increase in numbers and great to see families out there - together."

"I feel anxious because of the grocery stores having huge lines and only one person going in. I don't like using my nursing pass to pass these lines because of the way people are treating us when we use them but spending my few days off work standing in line and having to calculate spending and doing shopping alone (due to partner being now unemployed) drives anxiety."

The background is a vibrant blue with a complex, wavy, 3D-like texture that resembles liquid or fabric. The waves are layered and create a sense of depth and movement. In the center, the word "nielsen" is written in a white, lowercase, serif font. Below the text is a horizontal line of eight white dots, evenly spaced.

nielsen
.....