

# Key facts about drinking in New Zealand

## Alcohol use in New Zealand

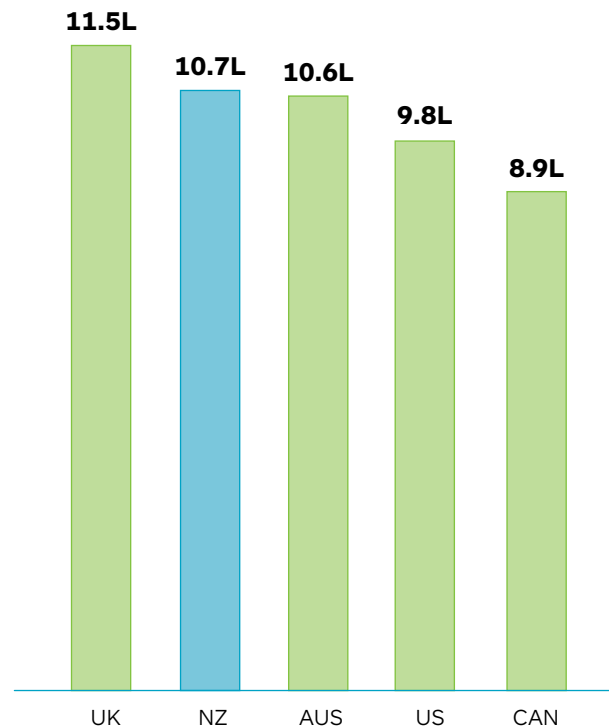


**4 in 5 adults** drink alcohol.\*



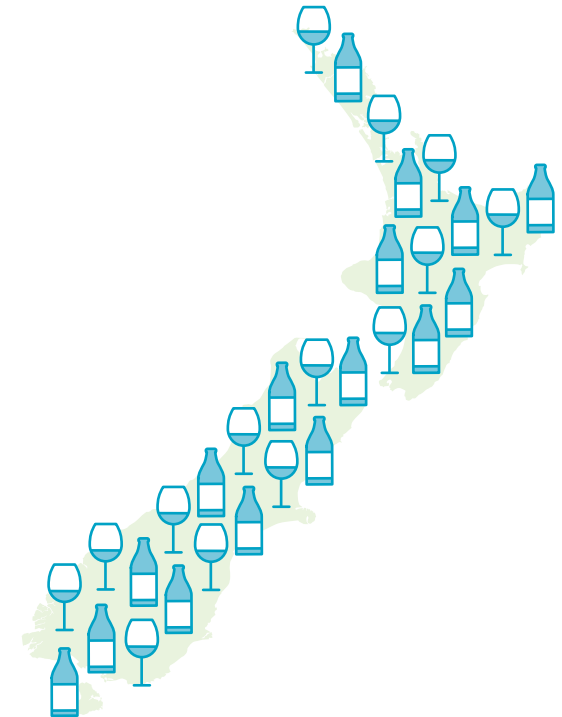
**1 in 4 drinkers** drink hazardous.\*\*

New Zealand's consumption of pure alcohol per person is **similar to Australia**, lower than the United Kingdom, and higher than the United States and Canada.



**35 million litres**

of pure alcohol are available in New Zealand each year – **an average of two standard drinks per person a day.**



Source: New Zealand Health Survey 2017/18.

Source: World Health Organization, 2016 data.

Source: Stats NZ, Alcohol available for consumption data, December 2018 data.

\*Adults who drink alcohol have had a drink in the past year.

\*\*Hazardous drinkers are those past-year drinkers who scored 8 or more on the Alcohol Use Disorders Identification Test (AUDIT).

For more information on the AUDIT, see [https://www.who.int/substance\\_abuse/activities/sbi/en/](https://www.who.int/substance_abuse/activities/sbi/en/)

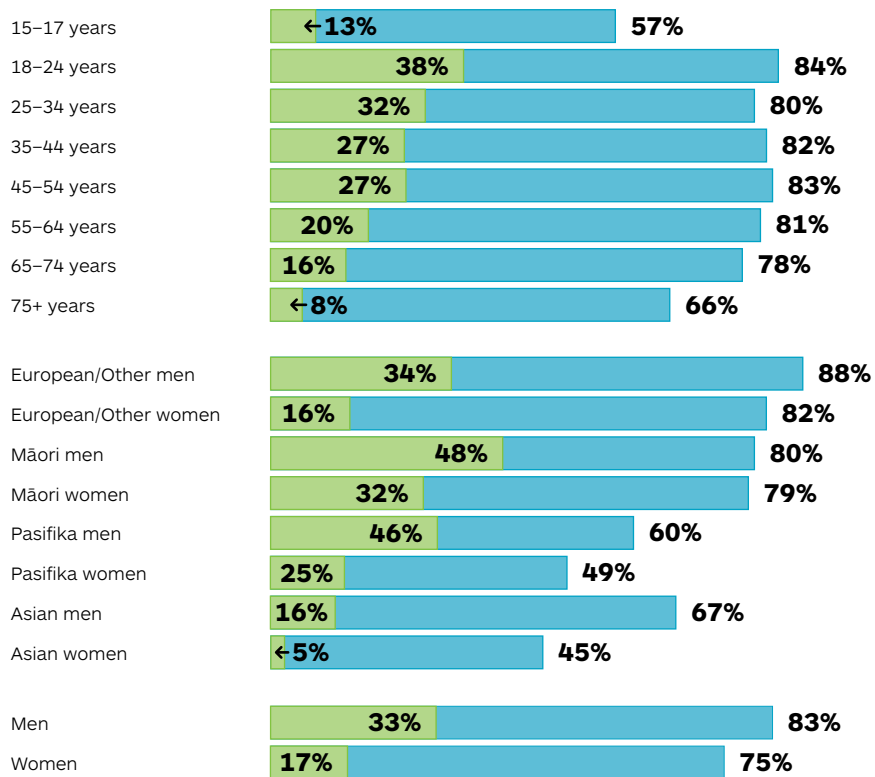
See <https://www.alcohol.org.nz/resources-research/facts-statistics> for more information and data sources.

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## Hazardous drinking in New Zealand



The number at the end of each bar shows the percentage of the population who drank in the past year. The **green** bars show the percentage of past-year drinkers who drank at hazardous levels.\*



Source: New Zealand Health Survey 2017/18.

Among those that drink...

**2 in 5**

18 to 24-year-olds are hazardous drinkers.

**1 in 4**

45 to 54-year-olds are also hazardous drinkers.



**Men are twice as likely**

as women to be hazardous drinkers.



Source: New Zealand Health Survey 2017/18.

**1 in 2 Māori men** who drink



and

**1 in 3 Māori women**

who drink are hazardous drinkers.



Source: New Zealand Health Survey 2017/18.

**Pasifika and Asian men and women are the least likely to drink alcohol**

but hazardous drinking is high among Pasifika who do drink.

Source: New Zealand Health Survey 2017/18.

\*Hazardous drinkers are those past-year drinkers who scored 8 or more on the Alcohol Use Disorders Identification Test (AUDIT). See <https://www.alcohol.org.nz/resources-research/facts-statistics> for more information and data sources.

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## Harms from drinking alcohol



memory loss      diabetes complications      blackouts      lung infections  
 liver disease and cancer      stroke      decreased fertility      birth defects      sexual dysfunction      bowel cancer

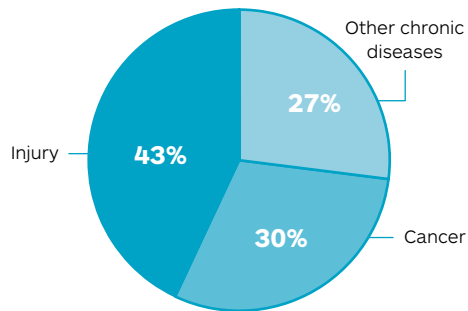
### Alcohol is linked to **more than 200** disease and injury conditions

thinning bones      falls      gout      heart disease  
 sleep disturbance      pancreatitis      anxiety and depression      hallucinations      road traffic accidents      alcohol poisoning  
 drowning      suicide      assaults      obesity      cancer of mouth and throat      nerve damage

Source: World Health Organization and [alcohol.org.nz](http://alcohol.org.nz).

### 800 deaths

of New Zealanders aged 0 to 79 years were due to alcohol in 2007.



Source: Connor et al (2013).\*\*

Men are over **2x more likely** to die from drinking alcohol than women.



Source: Connor et al (2013).\*\*

The 'death rate' from drinking alcohol is disproportionately **higher for Māori**.



### 2 in 5 offences

that involve assault, abduction, robbery, threats or damage to property and

### 1 in 3

family violence incidents **are known to involve alcohol**.



Sources: New Zealand Crime & Safety Survey, 2014; New Zealand Crime & Victims Survey, 2018.

Alcohol is known to be a factor in **1 in 5 fatal crashes**.



Source: Ministry of Transport, 2015–17 data.

\*Rate per 100,000 age-standardised to WHO world population.

\*\* Connor, J., Kydd, R., Shield, K., & Rehm, J. (2013). *Alcohol-attributable burden of disease and injury in New Zealand: 2004 and 2007*. Wellington: Health Promotion Agency.

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