

# Tau Amanaki Onoono Ki Mua

Pacific peoples' youth substance use analyses from the  
pooled Youth Insights Survey (2014-2018)

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# Presentation Structure

Background & Methodology

How can results for individual Pacific peoples' identities be explored in an equitable manner?

Key research questions

What are Young Pacific peoples' substance use profiles?

What does the past-month substance use look like for Young Pacific peoples' communities?

How do demographic, social & wellbeing factors influence past-month substance use for Young Pacific peoples?

Concluding commentary & discussion points

References



# Background & Methodology



# Nothing About Pacific Without Pacific

This research has been guided by:

- Te Hiringa Hauora Pacific Advisory Group (PAG)
- Ngā Mokopuna a Māui, Te Hiringa Hauora Māori and Pasifika Caucus

The methodology has been guided by discussions with:

- Drua Pasifika Addictions Network
- Ministry of Pacific Peoples

Recent publications *Te Kaveinga: Mental Health & Wellbeing of Pacific peoples* and *Taeao Malama: Alcohol use in Pacific peoples* have highlighted the need for more in-depth analysis of Pacific peoples.

# Pacific peoples in Aotearoa NZ

**Nearly 1 in 10 New Zealanders are Pacific peoples.**

Pacific peoples are 8% of the total Aotearoa NZ population (SNZ, 2019).

- The Pacific peoples umbrella is comprised of many different Pacific peoples, including: **Samoans** (49%), **Cook Island Māori** (21%), **Tongans** (20%), & **Niueans** (8%) (SNZ, 2014).
- **Two-thirds** of Pacific peoples living in Aotearoa NZ were **NZ-born** (SNZ, 2014)
- Pacific peoples are Aotearoa NZ's **most youthful population**, with a median age of 23.4 (SNZ, 2019).
- Pacific peoples from **Realm countries** (**Cook Islands, Niue, Tokelau**) show substance use patterns more closely aligned to the Aotearoa NZ general population:
  - More **NZ-born**, more **multi-ethnic**, fewer Pacific language speakers than Samoans/Tongans (Ataera-Minster & Trowland, 2018).
  - More **liberal drinking norms** & higher reported **alcohol consumption** compared to Samoans/Tongans, **linked to longer migration history & exposure to NZ drinking norms** (Fa'alili-Fidow et al., 2016; Schaaf & Scragg, 2004; Schaaf, 2005; Samu et al., 2009).

# The story of Pacific peoples in Aotearoa New Zealand is one of the diaspora

**The term diaspora refers to a growing list of migratory groups, and refer to peoples' multiple sense of belonging and loyalties beyond national boundaries (Papoutsaki & Strickland, 2009).**

“Diaspora is an interesting concept because of the evolution of identity for Pacific peoples in the Aotearoa/New Zealand context, especially against the backdrop of ongoing links to the ‘homeland’, which is often reflected in one’s ‘space’. The growth of these Pacific communities in New Zealand over coming decades means that the politics of place and identity will become more significant, and will add to the complexity of culturally diverse societies in a globalised world” (Simati-Kumar, 2016).



# The role of diaspora in identity and culture for Pacific peoples

Many Pacific communities moved to Aotearoa to seek greater opportunities & a better education for their children (Simati-Kumar, 2016).

- Pacific peoples have migrated to Aotearoa in large numbers since the 1950s (Anae, 2000).

This fusion of knowledge and resources means that the types of knowledge one must exhibit to claim an identity are constantly changing (Anae, 2002).

- Families & diasporas are inter-connected and circulate culturally specific knowledge and resources back and forth between multiple communities back home and in Aotearoa.

# Pacific identity exists in multiple layers within Aotearoa

“The Pacific is here – in Auckland and New Zealand – rather than a colonial other ‘out there’ in either a geographical sense or as racialized problem within New Zealand civic society” (Spoonley, 2000).






- On one layer, a new identity is on the verge of being formed in Aotearoa among second and third generation Pacific peoples in Aotearoa – a **pan-ethnic identity, a blending of cultures, values, ethnicities & beliefs** (Macpherson, 2004).
- On another layer, there is often more than one culture that a person identifies with. Pacific peoples often navigate **multiple different identities simultaneously**. These are separate but also related, and hold distinct significance to the individual’s identity (Simati-Kumar, 2016).



# Methodology

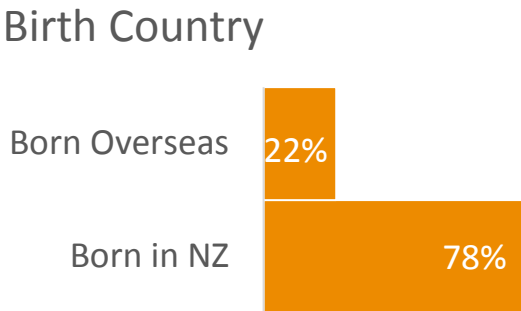
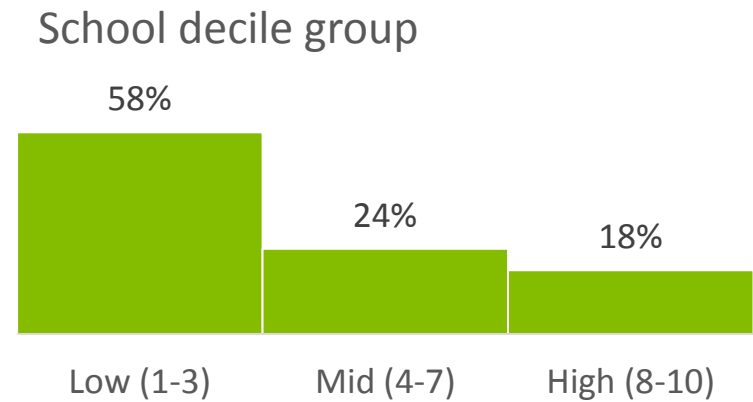
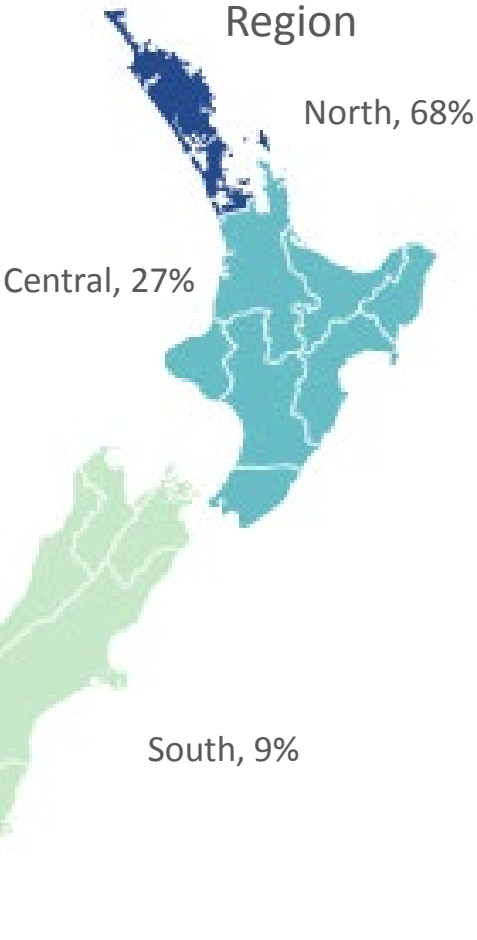
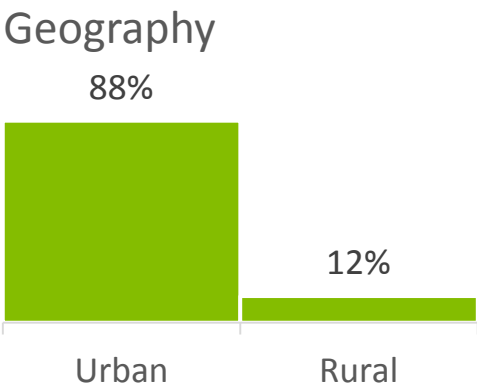
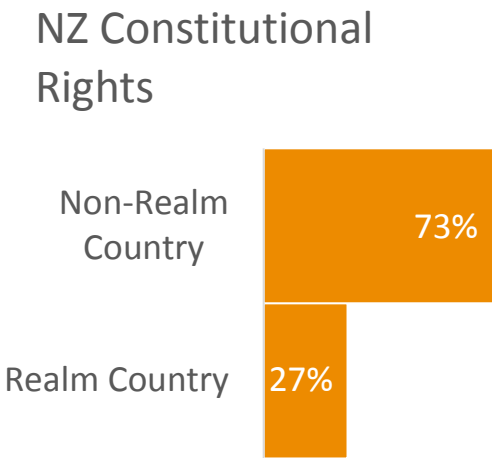
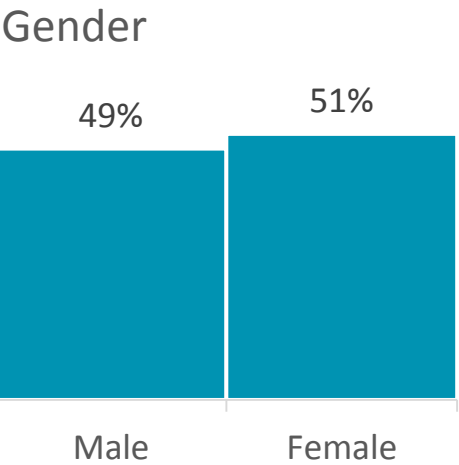
Who	What	When	Where
<p>Year 10 students (predominantly 14-15 year olds)*</p> <p>Total sample population: N = 8,651</p> <p>Total sample Pacific peoples population: N = 1,191</p>	<p>Youth Insights Survey (YIS)</p> <p>Collects data on health-related behaviours, lifestyles, activities, &amp; connectedness. Monitors a broad spectrum of risk &amp; protective factors related to substance use &amp; smoking uptake among young people.</p>	<p>Pooled dataset collected from:</p> <ul style="list-style-type: none"> <li>• 2014</li> <li>• 2016</li> <li>• 2018</li> </ul> <p>One limitation of this study is it only looks at Year 10 school students and does not have any information on young people not attending school.</p>	<p>Nationwide paper-based survey of Year 10 students conducted in schools every 2 years.</p> <p>A subset of all eligible schools were randomly selected every survey cycle. One Year 10 class was randomly selected from a list of mutually exclusive Year 10 classes at each selected school.</p>

# Methodology

Past-month substance use (proxy for current use)	Demographic Factors	Social & Behavioural Influencers	Wellbeing & Connection Factors (high vs low scores)
 <b>Smoking</b> (cigarettes)  <b>Vaping</b> (e-cigarettes)  <b>Cannabis</b> (marijuana)  <b>Drinking</b> (any alcohol)  <b>heavy episodic drinking</b> (more than 5 drinks at one time or event)	<b>Adjustments</b> <ul style="list-style-type: none"> <li>Gender</li> <li>School decile group</li> </ul> <b>Region</b> <ul style="list-style-type: none"> <li>North v Central v South</li> <li>Urban v Rural</li> </ul> <b>Diaspora story</b> <ul style="list-style-type: none"> <li>Realm Country status</li> <li>Birth Country status</li> </ul>	<b>Parent/caregiver behaviour</b> <ul style="list-style-type: none"> <li>Parent/caregiver smoking</li> </ul> <b>Top 5 friend/s behaviour</b> <ul style="list-style-type: none"> <li>Top 5 friend/s smoking</li> <li>Top 5 friend/s drinking</li> </ul>	<b>Individual</b> <ul style="list-style-type: none"> <li>Self esteem</li> <li>MHI-5 Score*</li> </ul> <b>Family</b> <ul style="list-style-type: none"> <li>Parent connectedness</li> <li>Family connectedness</li> </ul> <b>Community</b> <ul style="list-style-type: none"> <li>Religion connectedness</li> <li>School connectedness</li> </ul>

\*MHI-5 is the Mental Health Inventory, which is used as a screening measure of mental health & can be used for adolescents & children (Rivera-Riquelme et al., 2019).

# Young Pacific peoples sample – demographic breakdown\*



\*The demographic breakdown of the sample was similar to that of the national Youth Pacific peoples population.



**How can results for individual Pacific peoples' identities be explored in an equitable manner?**





# Stats New Zealand Prioritised Ethnicity

## Prioritisation:

1. Māori
2. Pacific
3. Asian
4. Other/New Zealand European

Stats New Zealand prioritised ethnicity method is a treaty-centric and equity focused prioritisation of ethnicity for Aotearoa New Zealand populations, with Māori at the forefront.

It allows for distinct and comparable categories (one person per category) so that advanced statistical analyses on ethnicity can be made.





# Re-prioritised Ethnicity with a Pacific peoples focus

## Re-prioritisation:

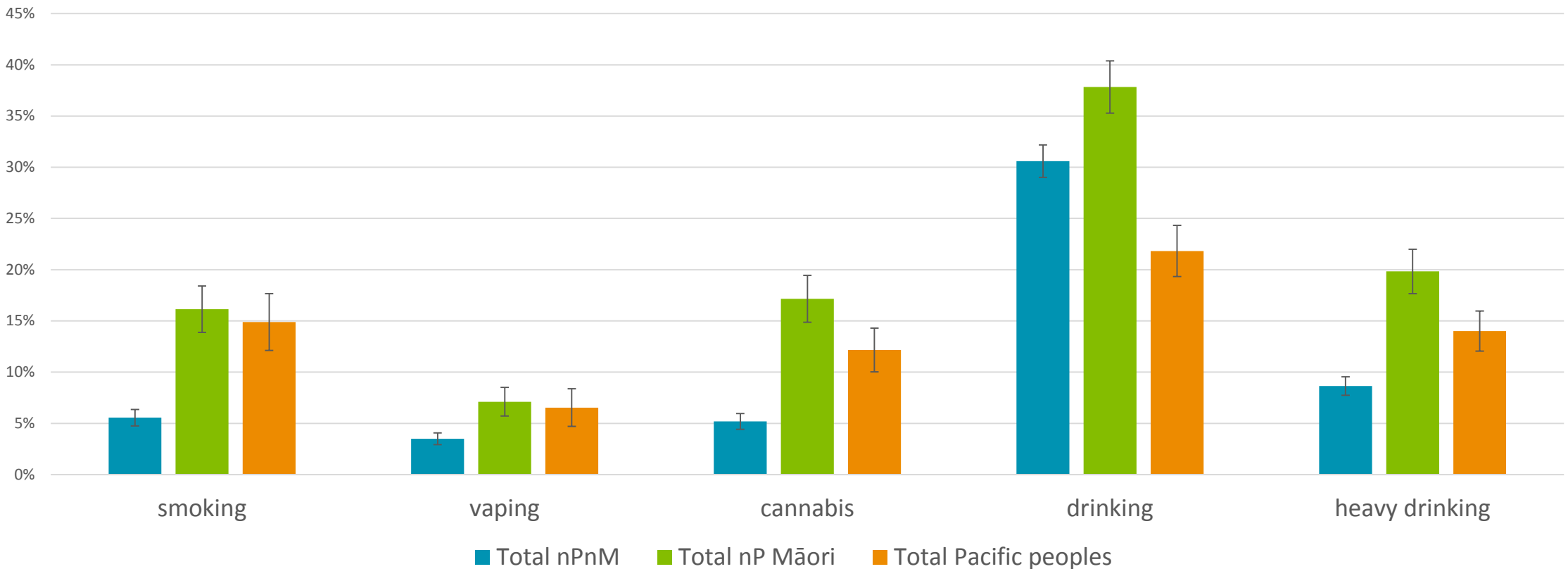
1. Pacific
2. non-Pacific Māori
3. non-Māori/non-Pacific (nMnP)

By re-prioritising ethnicity, we are providing an equity-based model of research. The categories remain distinct, with one person allocated to each category.

This means this re-prioritised ethnicity variable can still be used in statistical analyses. This method provides voice to under-represented groups other than Māori, such as Pacific peoples.



# Young Pacific peoples' past-month substance use using re-prioritised ethnicity\*



non-Māori/non-Pacific n=5,703 | non-Pacific Māori n=1,757 | Pacific peoples n=1,191

\*non-Pacific/non-Māori (nPnM) was used as the reference group for the Pacific peoples substance use comparison to the wider population.



# Re-prioritised ethnicity with a specific Pacific focus

## Re-prioritisation:

1. Samoan\*
2. non-Samoan Pacific (nSP)
3. non-Pacific Māori
4. nMnP

We have taken this a step further to look at different Pacific peoples populations. The categories remain distinct, with one person allocated to each category.

This means this re-prioritised ethnicity variable can still be used in statistical analyses. This method provides voice to people who are not often seen in quantitative analyses.

People who identify as both Samoan & Niuean (for example) will be represented in **both** the Samoan and the Niuean analyses.\*\*

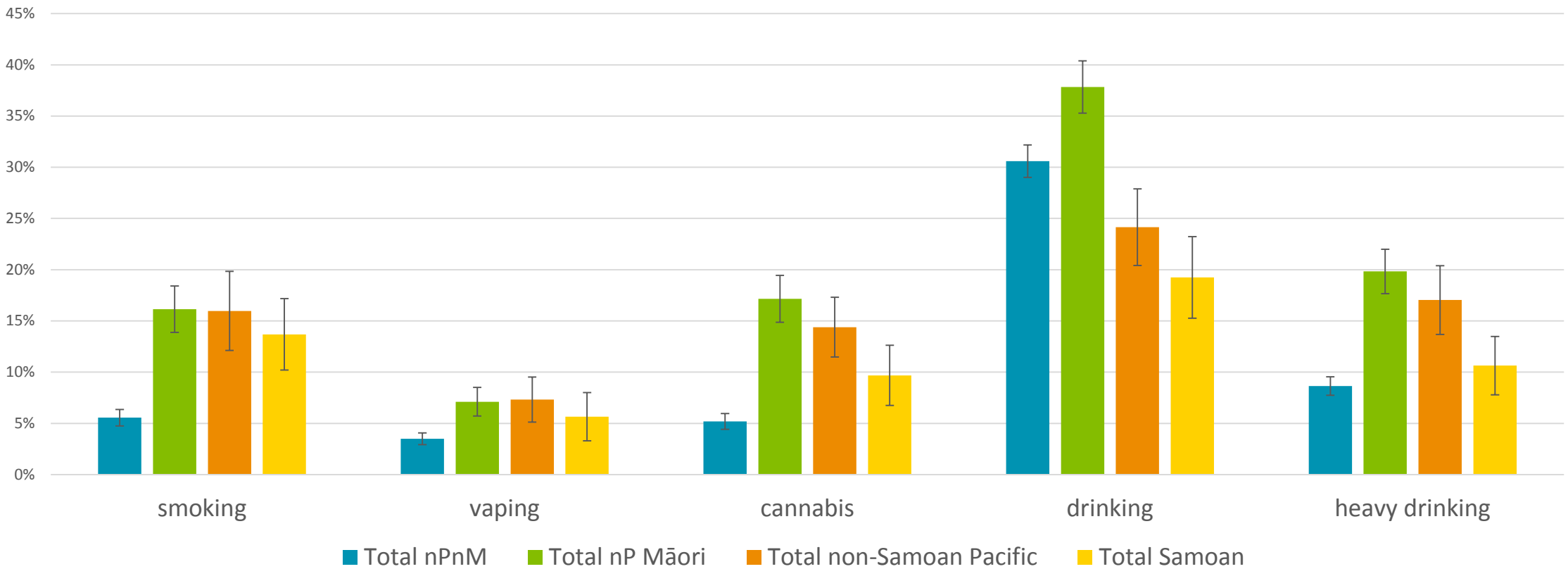
\*The same analysis design was run for Tongan, Cook Island Maori, Niuean & Māori+Pacific peoples.

\*\*Comparisons cannot be drawn between different re-prioritised ethnicity analyses as these are each based on totals.





# Young Samoan past-month substance use using re-prioritised ethnicity



nPnM n=5,703 | non-Pacific Māori n=1,757 | non-Samoan Pacific n=646 | Samoan n=545

\*For the remainder of the results, only the nPnM and Pacific subgroup [Samoan shown here] will be shown visually.

# Key research questions





# Key research questions

1. What are Young Pacific peoples' substance use profiles?
2. What does past-month substance use look like for different Young Pacific peoples' communities?
3. How do demographic, social & wellbeing factors influence past-month substance use for Young Pacific peoples?





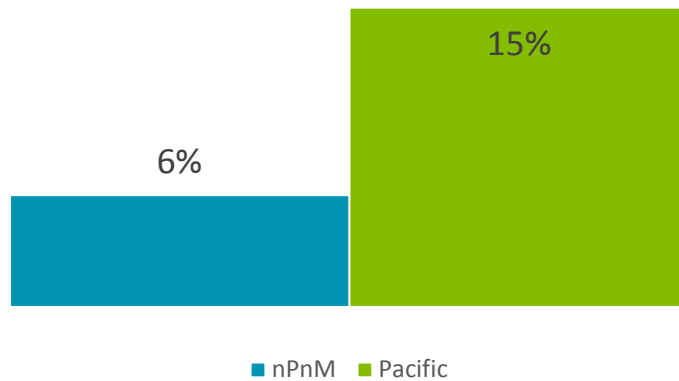
**What are Young Pacific peoples' past-month substance use profiles?**



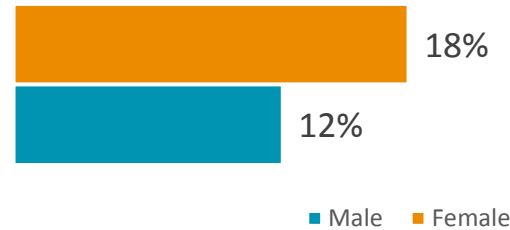
# Young Pacific peoples' past-month smoking



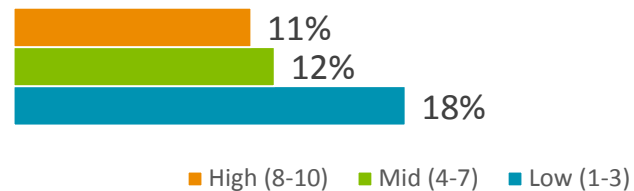
Young Pacific peoples were **twice as likely** to engage in past-month **smoking** as nPnM



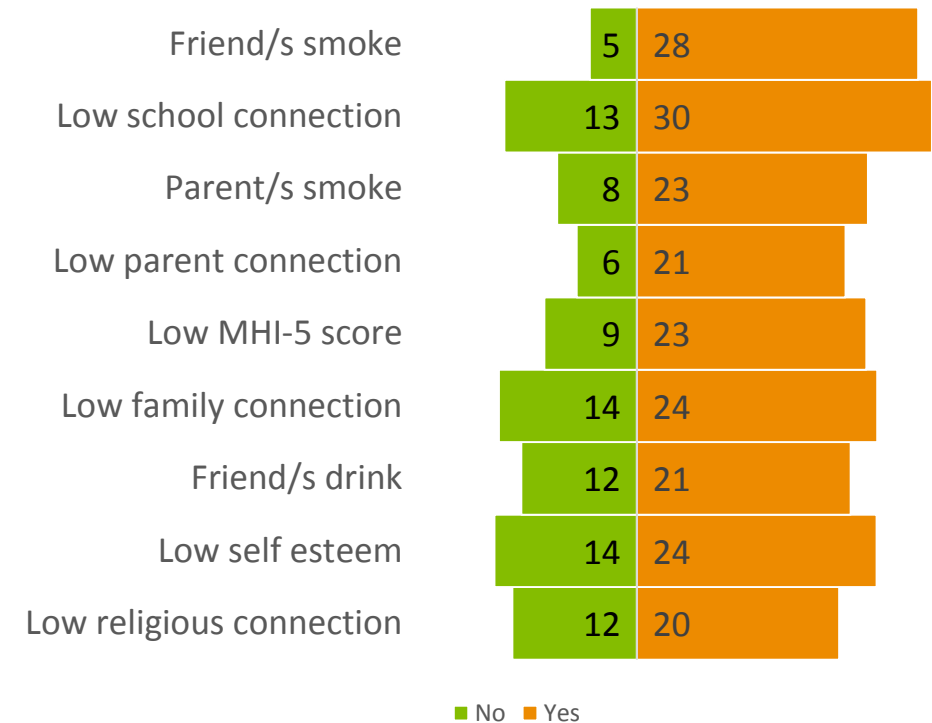
Young Pacific **women** engaged in past-month smoking **1.5x more** than young men



Young Pacific peoples at **low-decile schools** engaged in past-month smoking **more than those** at high-decile schools



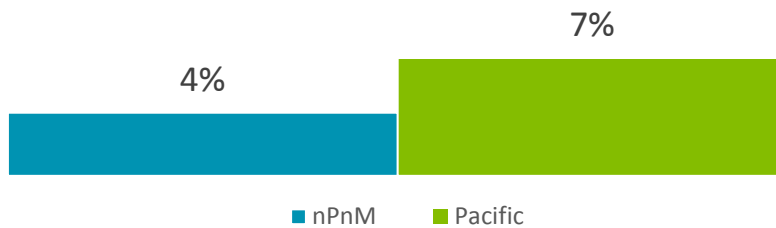
All low wellbeing scores & **presence of behavioural influences** are related to **higher past-month smoking rates**



# Young Pacific peoples' past-month vaping



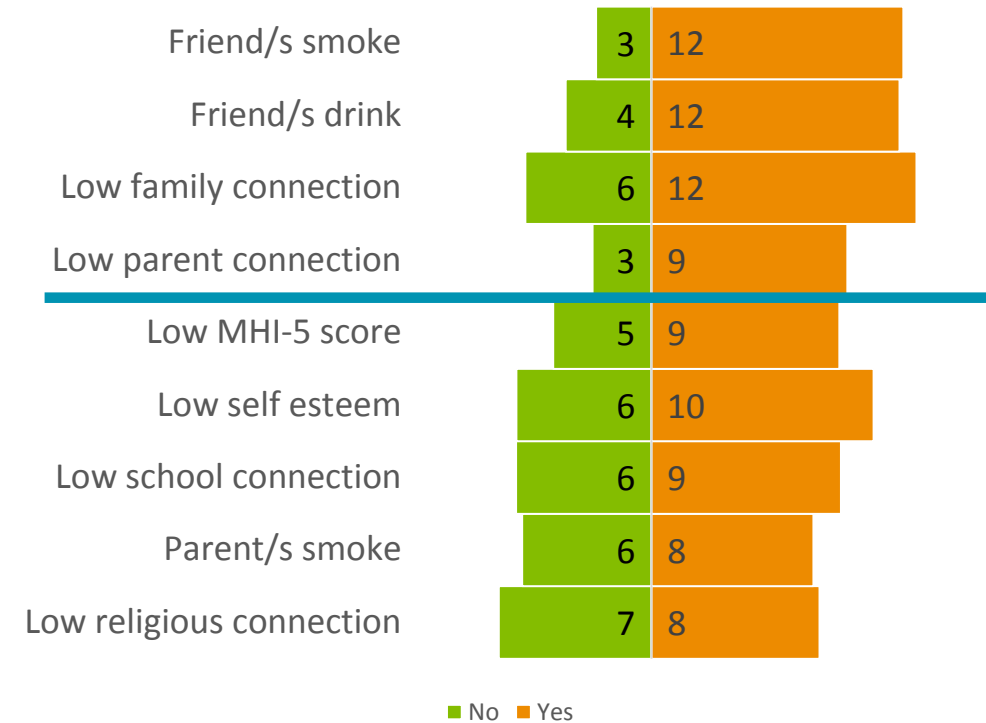
Young Pacific peoples were **1.8x more likely** to engage in past-month **vaping** than nPnM



## Fewer Young Pacific peoples vaped compared to other substance use

There were **no significant differences** in vaping rates between any of the demographic factors

Higher vaping rates were related to friends' behaviours, MHI-5 scores & family and parent connectedness\*

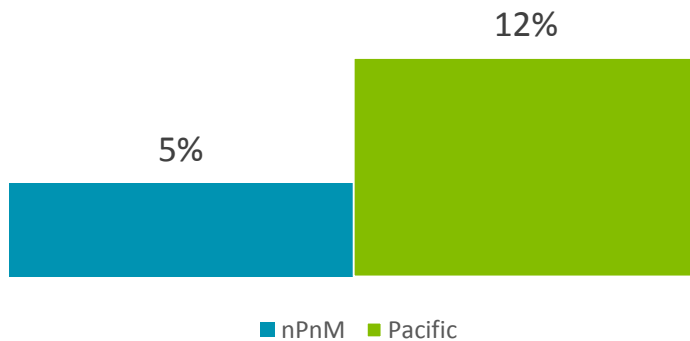


\*Differences between high and low MHI-5, self esteem, school connection, parent/s smoking, and religious connection scores were not statistically significant.

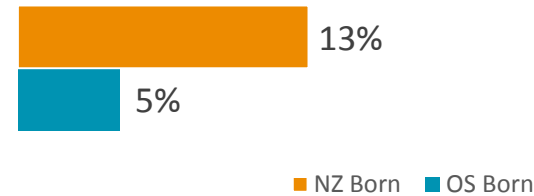
# Young Pacific peoples' past-month cannabis use



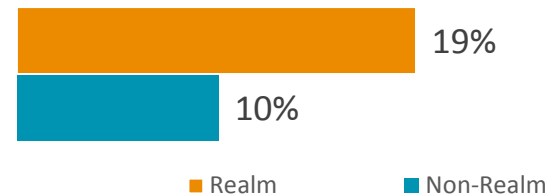
Young Pacific peoples' past-month use of **cannabis** use was **1.9x more** than nPnM



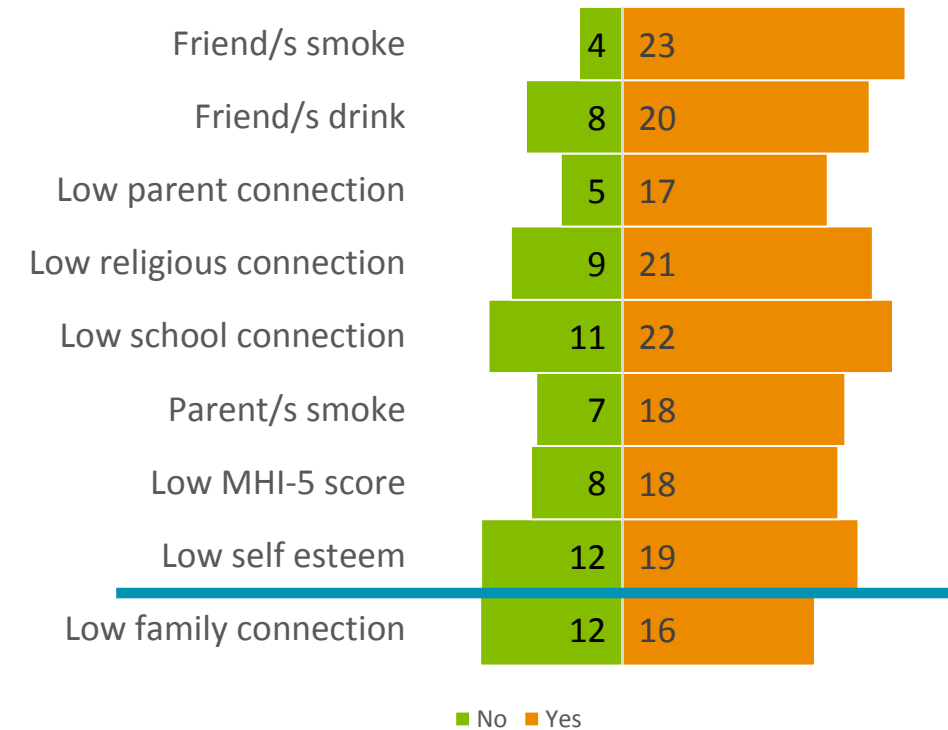
New Zealand born Young Pacific peoples were **2.9x more likely** to engage in past-month **cannabis\*** use than overseas-born



Young Pacific peoples from **Realm countries** were **1.9x more likely** to engage in past-month **cannabis** than non-Realm



**Higher past-month cannabis use** was related to all behaviour presence and lower wellbeing scores\*\*



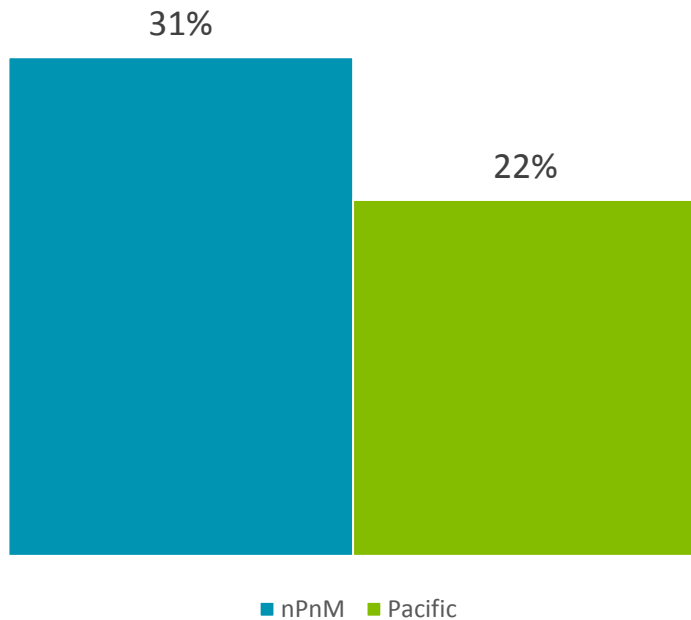
\*Only 2016 & 2018 data included in analysis of this factor.

\*\*Family connectedness (high vs low) differences were not significant for drinking.

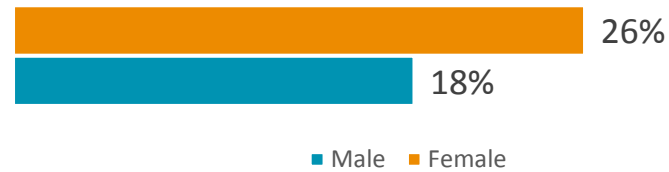
# Young Pacific peoples' past-month drinking



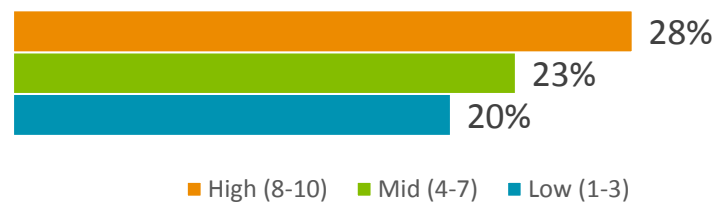
Young Pacific peoples engaged in past-month drinking significantly less than nPnM



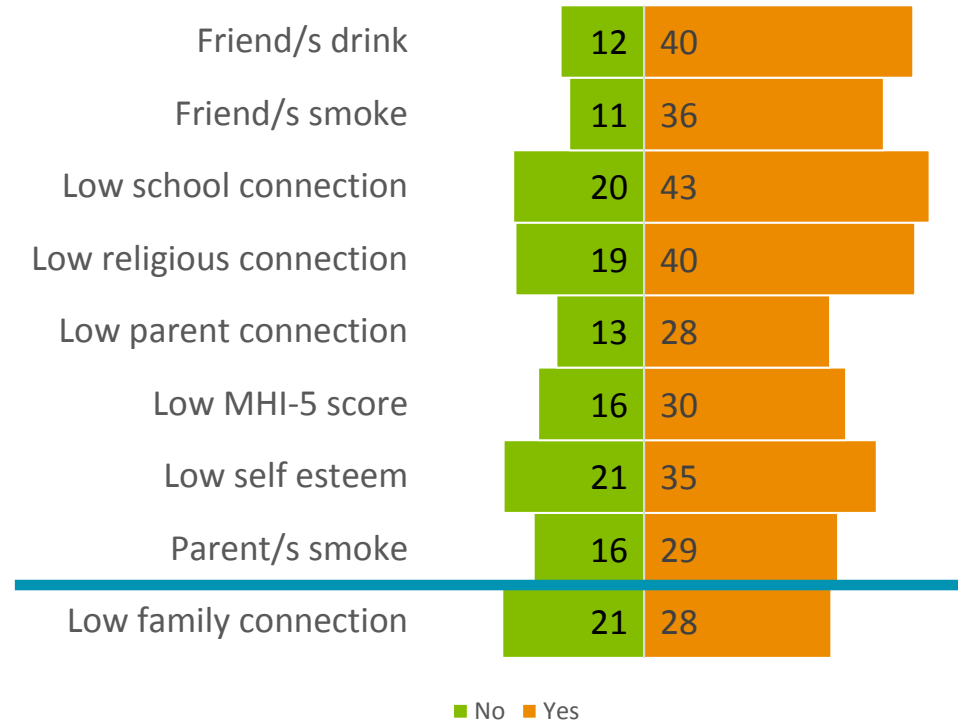
Young Pacific **women** engaged in past-month **drinking** nearly **1.5x more** than Young Pacific men



Young Pacific peoples at **high-decile schools** engaged in past-month **drinking more** than low-decile schools



**Higher past-month drinking rates** were related to all behaviour presence and lower wellbeing scores\*

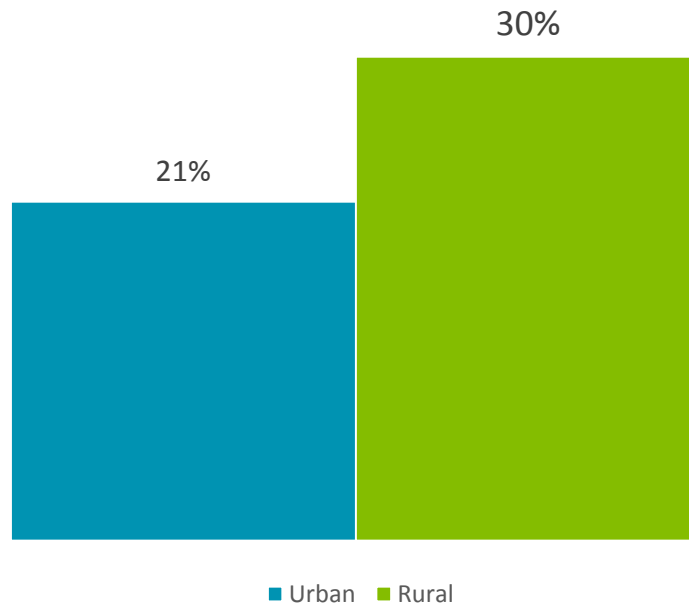




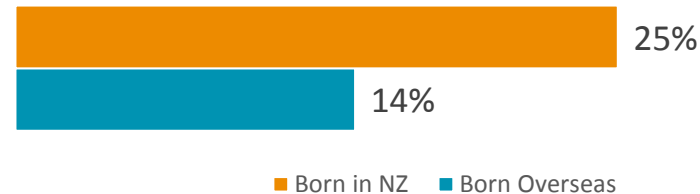
# Young Pacific peoples' past-month drinking



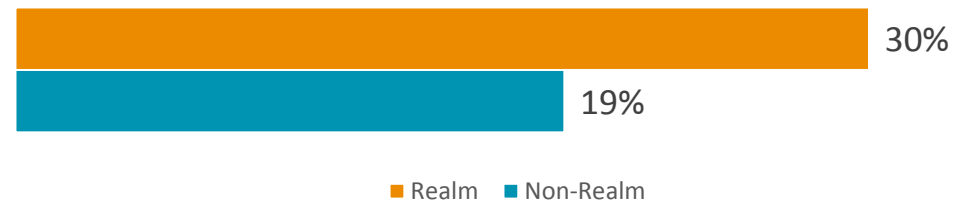
**Rural** Young Pacific peoples were **nearly 1.5x more likely** to engage in past-month drinking than urban



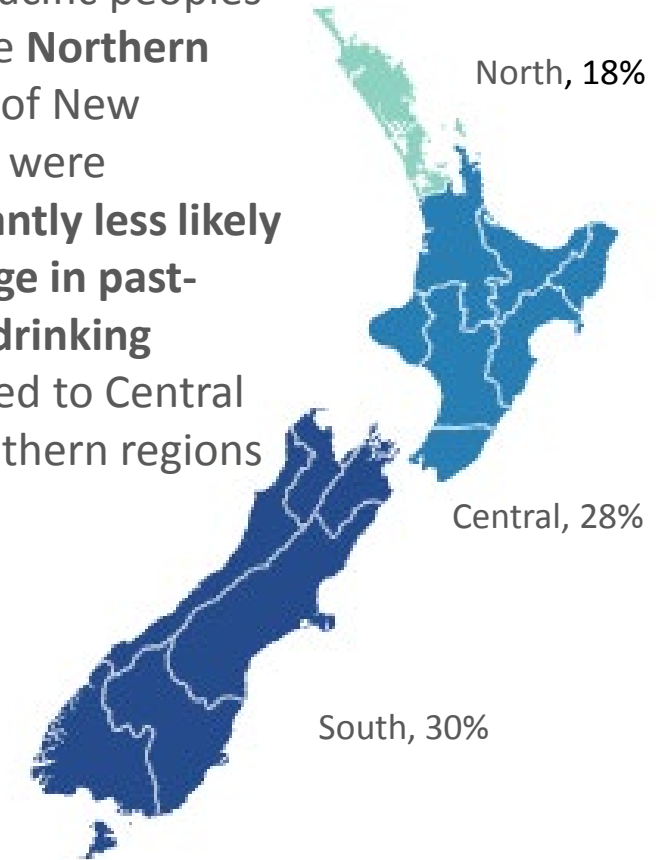
Young Pacific peoples **born in New Zealand** were **1.7x more likely** to engage in past-month drinking compared to those born overseas\*



Young Pacific peoples from **Realm countries** were **1.6x more likely** to engage in past-month drinking than non-Realm



Young Pacific peoples from the **Northern regions** of New Zealand were **significantly less likely** to engage in past-month drinking compared to Central and Southern regions

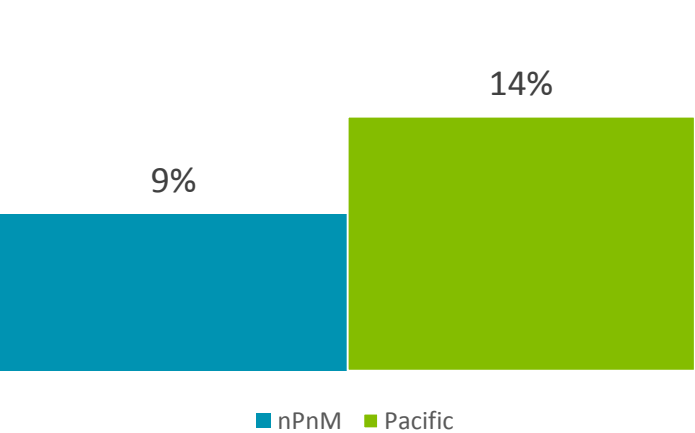


\*Only 2016 & 2018 data included in analysis of this factor.

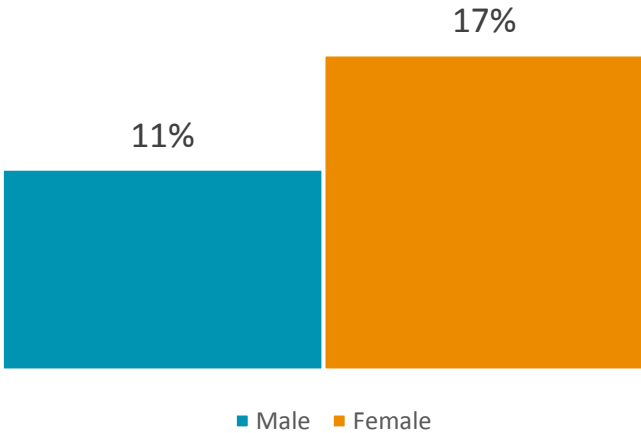


# Young Pacific peoples' past-month heavy episodic drinking

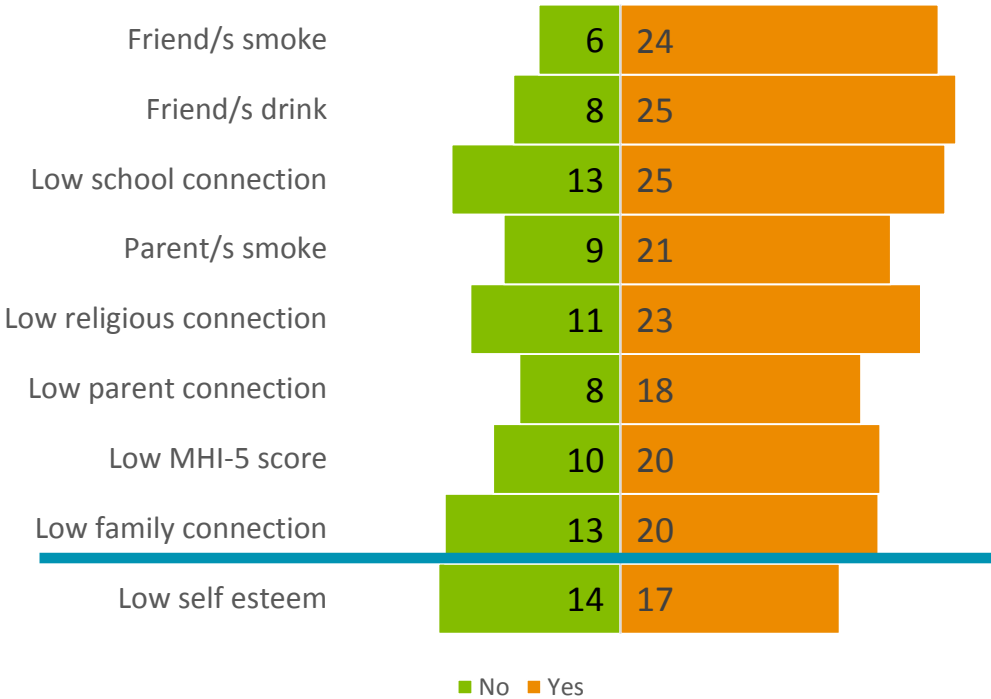
Young Pacific peoples were **1.4x more likely** to engage in heavy episodic drinking than nPnM



Young Pacific **women** were over **1.5x more likely** to engage in **heavy episodic drinking** compared to young men



**Higher heavy episodic drinking rates** were related to behaviour presence and lower wellbeing scores\*

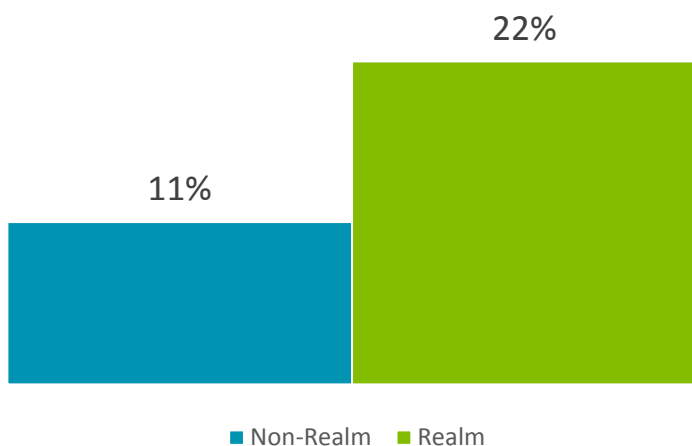


\*Self esteem scores (high vs low) differences were not significant for heavy episodic drinking.

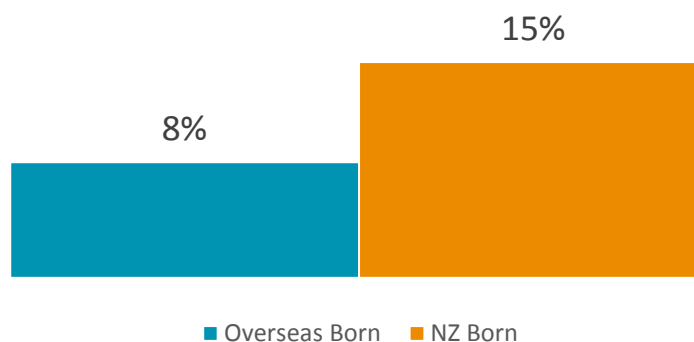


# Young Pacific peoples' past-month heavy episodic drinking

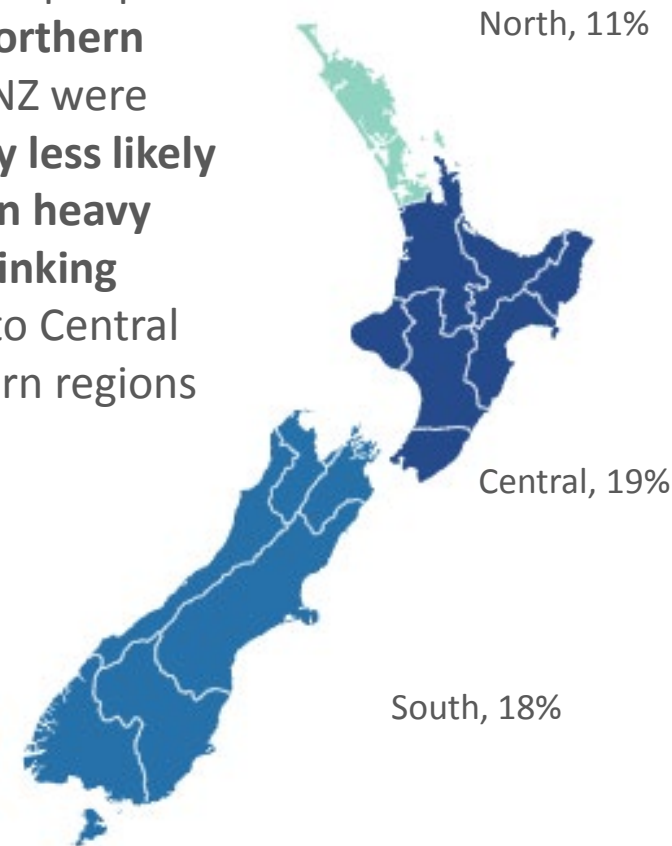
Young Pacific peoples from **Realm countries** were **twice as likely** to engage in **heavy episodic drinking** compared to non-Realm



**New Zealand born** Young Pacific peoples were **twice as likely** to engage in **heavy episodic drinking\*** compared to overseas born



Young Pacific peoples from the **Northern** regions of NZ were **significantly less likely** to engage in **heavy episodic drinking** compared to Central and Southern regions

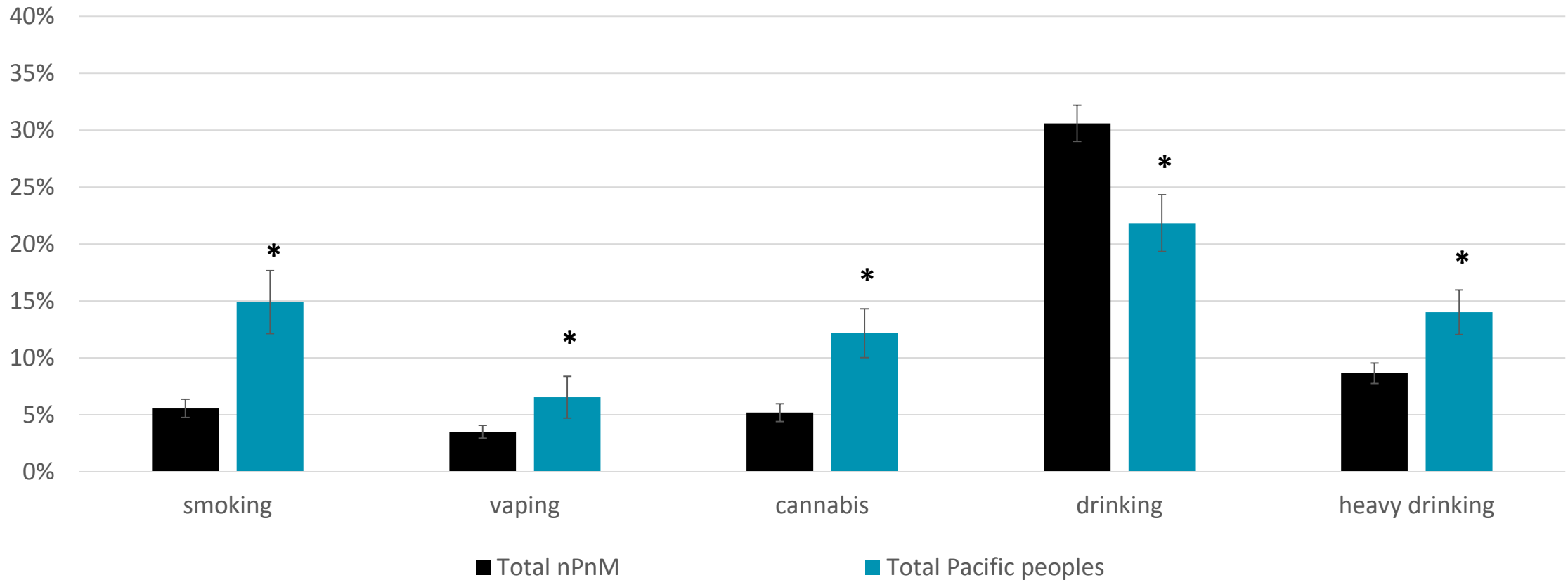
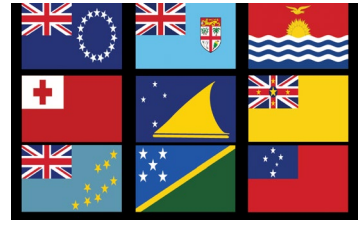


\*Only 2016 & 2018 data included in analysis of this factor.

**What does the  
past-month  
substance use look  
like for Young  
Pacific peoples'  
communities?**



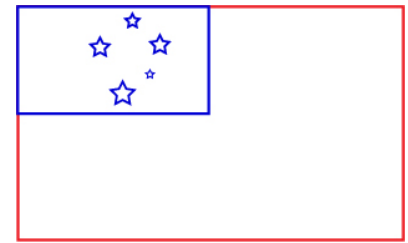
# Young Pacific peoples' past-month substance use



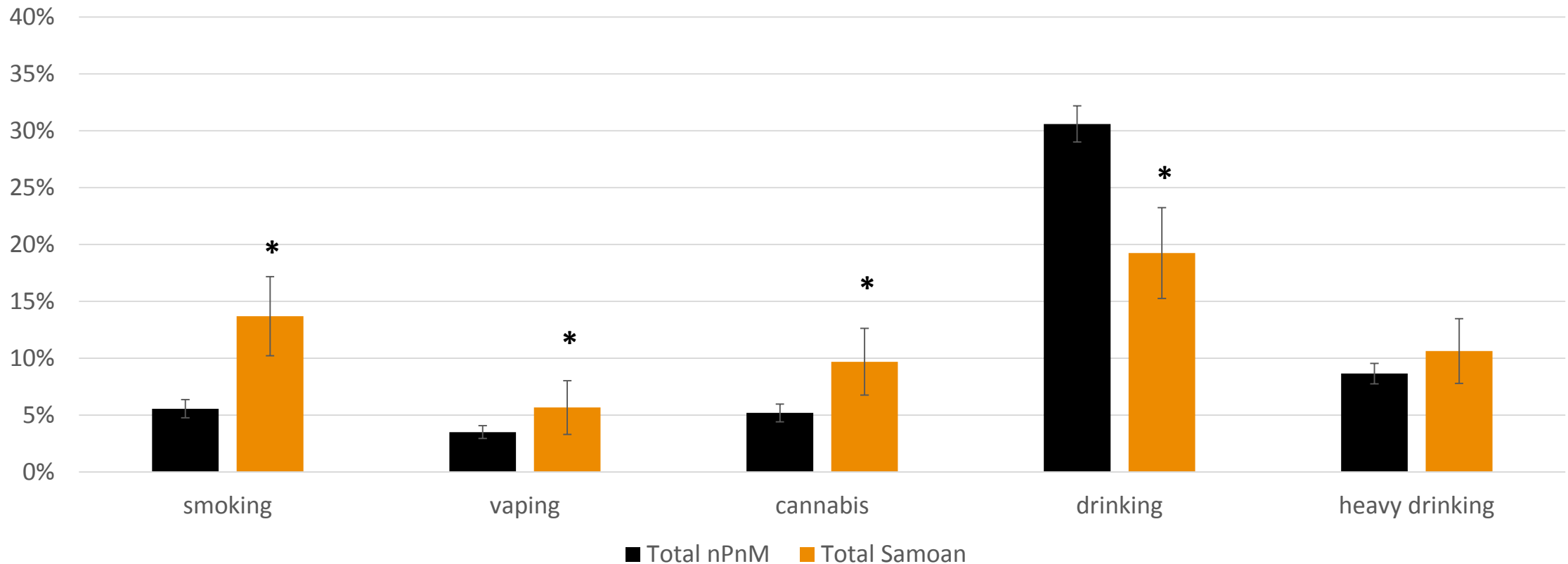
nPnM n=5,703 | Pacific peoples n=1,191

\*p<0.05, indicates statistically significant differences compared to nPnM reference group.





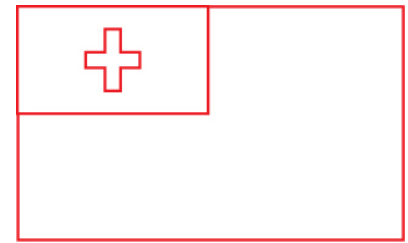
# Young Samoan past-month substance use



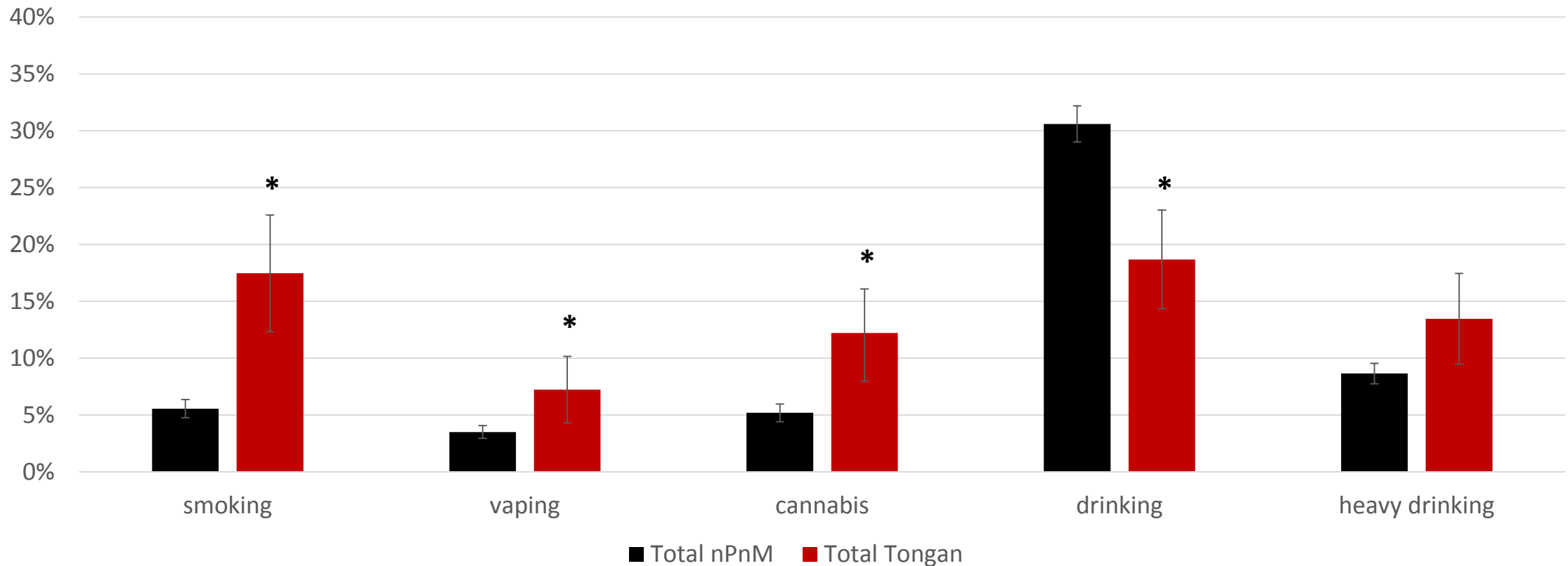
Samoa n=545

\*p<0.05, indicates statistically significant differences compared to nPnM reference group.

Samoa flag image: <https://www.countryflags.com/en/flag-of-samoa.html>



# Young Tongan past-month substance use

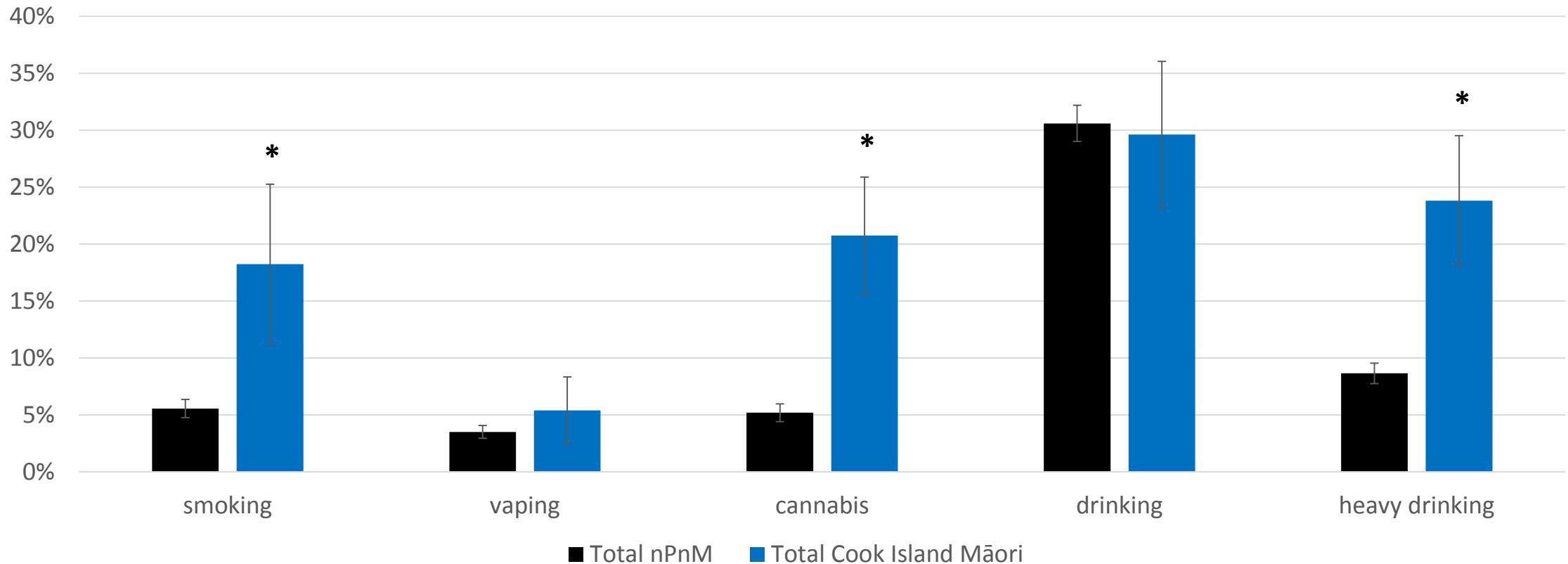
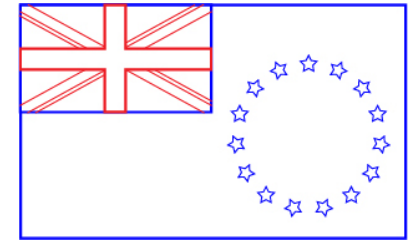


Tongan n=336

\*p<0.05, indicates statistically significant differences compared to nPnM reference group.

Tongan flag image: <https://www.countryflags.com/en/flag-of-tonga.html>

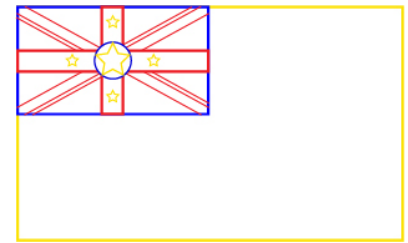
# Young Cook Island Māori past-month substance use



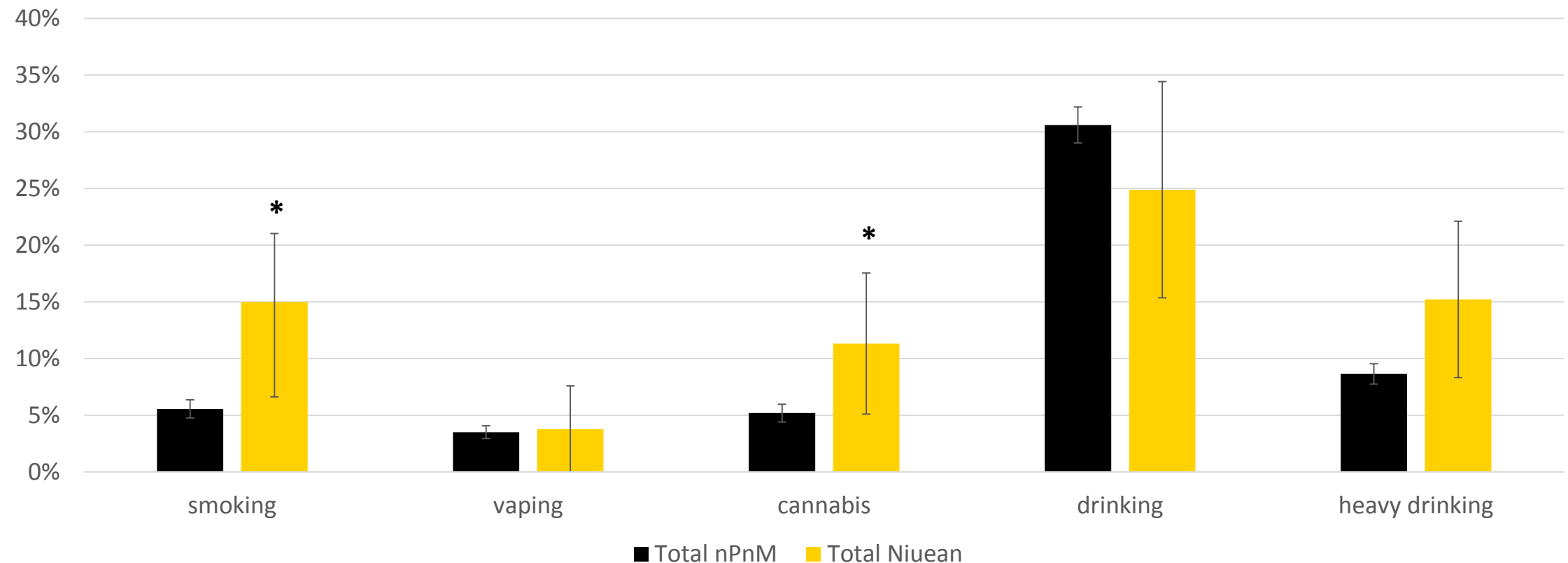
Cook Island Māori n=248

\*p<0.05, indicates statistically significant differences compared to nPnM reference group.

Cook Island flag image: <https://www.britannica.com/topic/flag-of-Cook-Islands>

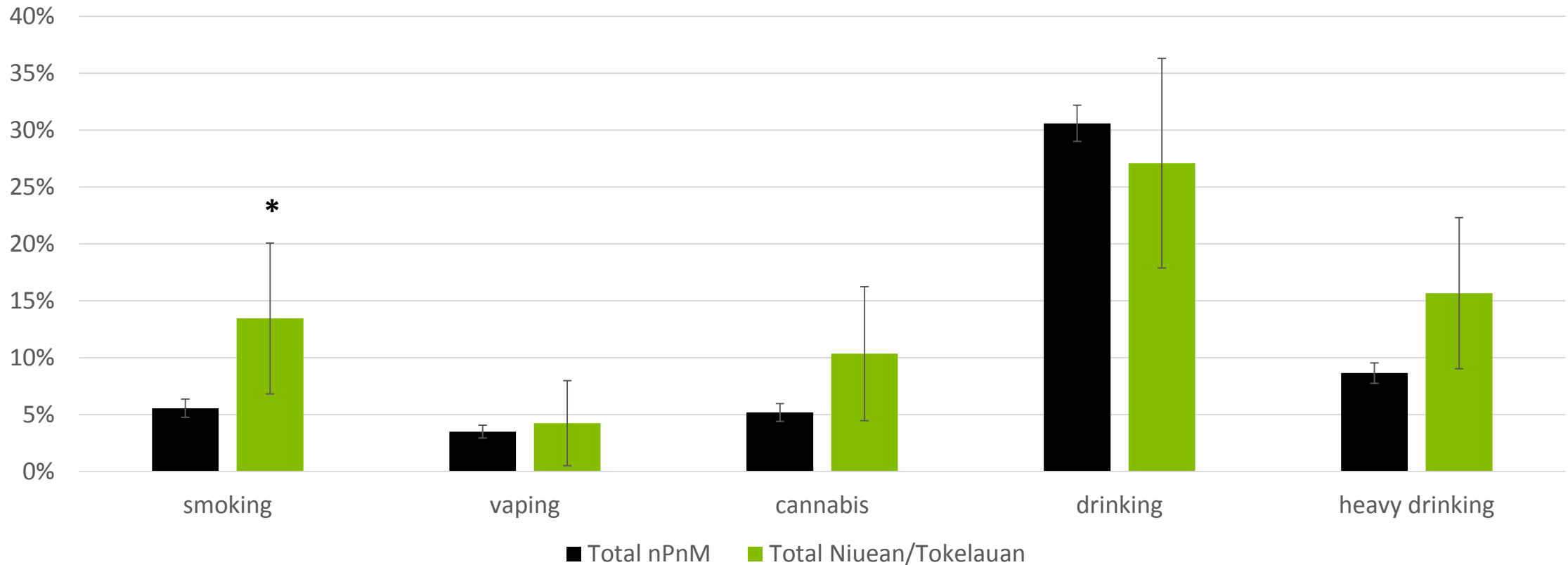
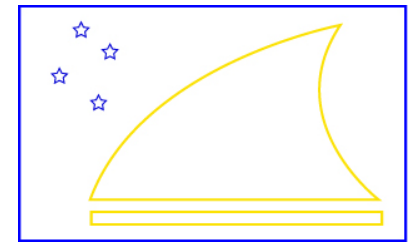


# Young Niuean past-month substance use



Niuean n=93  
\*p<0.05, indicates statistically significant differences compared to nPnM reference group.  
Niuean flag image: <https://www.countryflags.com/en/flag-of-niue.html>

# Young Niuean and Tokelauan combined past-month substance use



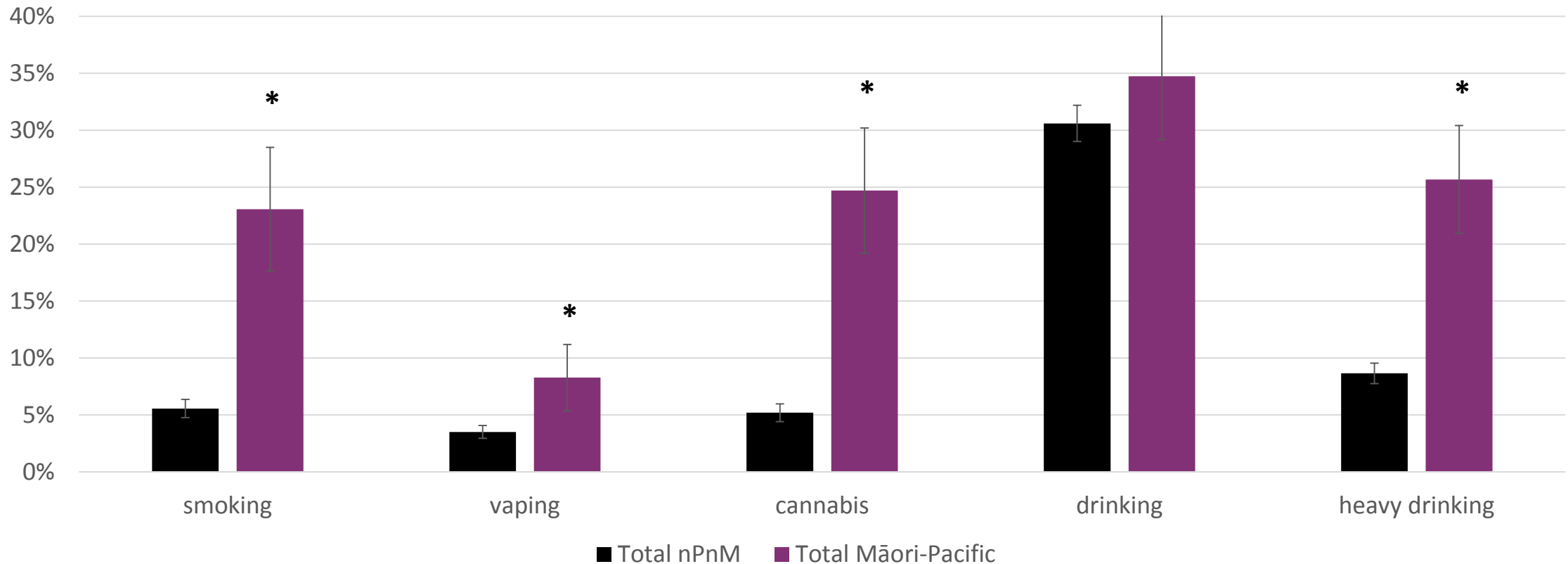
Niuean/Tokelauan n=103

\*p<0.05, indicates statistically significant differences compared to nPnM reference group.

Tokelau flag image: [https://en.wikipedia.org/wiki/Flag\\_of\\_Tokelau](https://en.wikipedia.org/wiki/Flag_of_Tokelau)



# Young Māori-Pacific past-month substance use



Māori-Pacific n=346

\*p<0.05, indicates statistically significant differences compared to nPnM reference group.

Māori-Pacific image: Te Hiringa Hauora



**How do demographic, social and wellbeing factors influence past-month substance use for Young Pacific peoples?**

# Overall trends showed Young Pacific peoples are more protected from past-month substance use if they have:



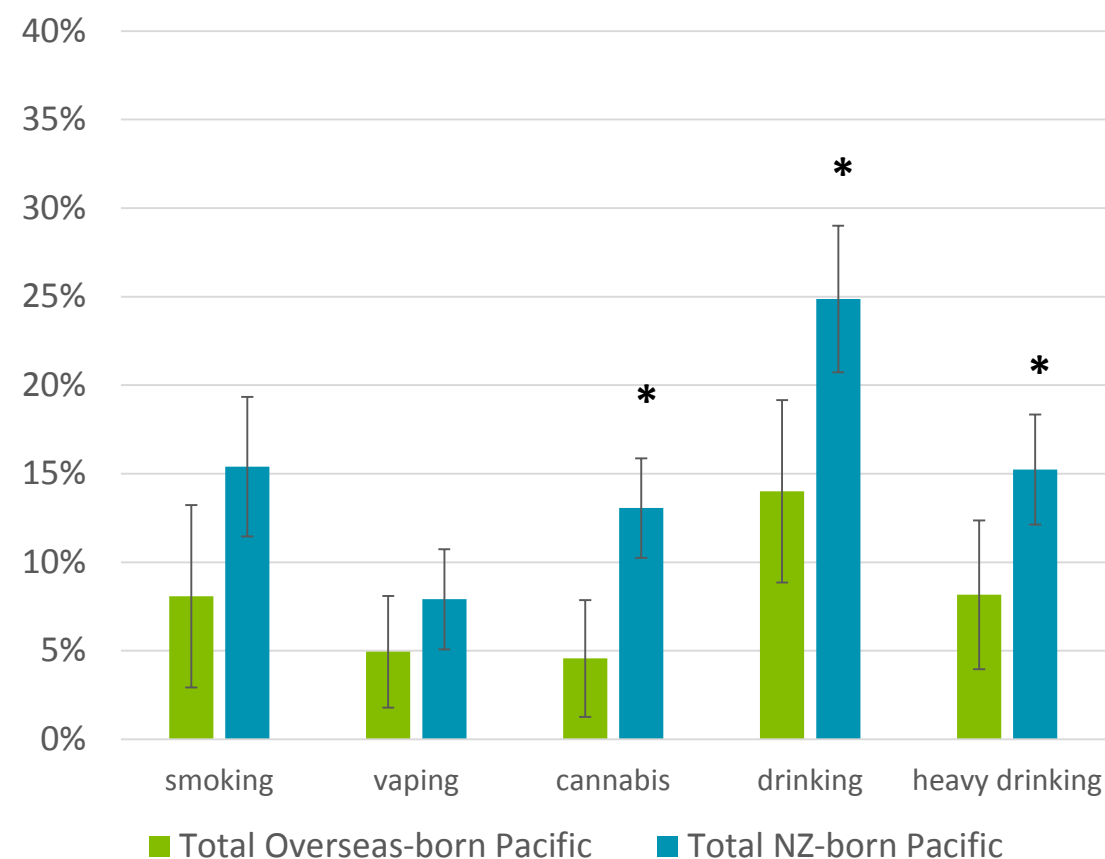
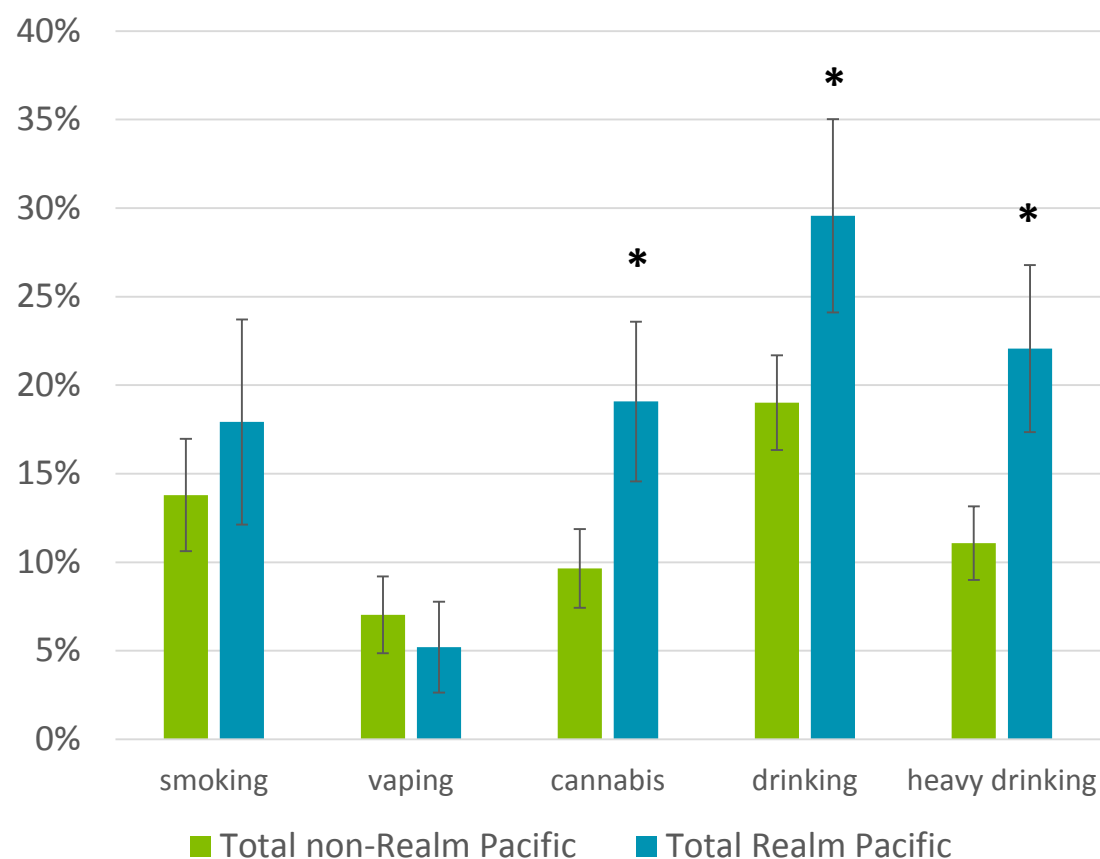
- Close friend/s who do not smoke
- Close friend/s who do not drink
- Higher MHI-5 scores (indicating low depression/anxiety)
- Strong parent/caregiver connectedness
- Parent/s who do not smoke\*
- Strong school connectedness\*
- Higher self esteem\*\*

\* All except for vaping.

\*\* All except for vaping & heavy episodic drinking.



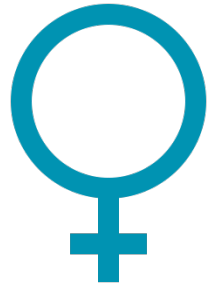
# Young New Zealand born and Realm Pacific peoples reported higher past-month use of cannabis, drinking and heavy drinking



\*\*p<0.05, indicates statistically significant differences compared to reference group (non-Realm Pacific & Overseas-born Pacific).



# The impact of demographic factors on past-month substance use varied by Pacific ethnic group



Samoan and Cook Island Māori **girls** were **more likely to report drinking** in the past month than Samoan and Cook Island Māori boys. Cook Island Māori **girls** engaged in past-month **smoking and cannabis use more** than Cook Island Māori boys.



Samoans who attended **high-decile schools** engaged in past-month **drinking and smoking more** than Samoans attending low-decile schools.

Young Pacific peoples engaged in past-month substance use differently depending on what ethnicity they identified with and where in New Zealand they lived.



**Young Samoans** living in **urban areas** engaged in more past-month cannabis use, drinking, and heavy drinking more than Samoans living in rural areas.

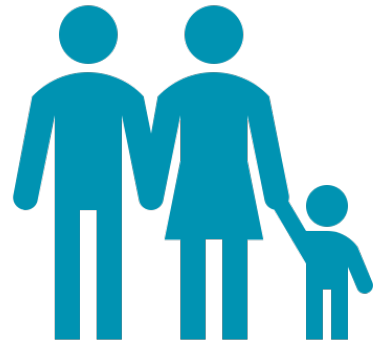
Young Tongans in Central regions engaged in past-month cannabis use more than those living in Northern regions.

Young Māori-Pacific in Northern regions engaged in past-month smoking more than those living in Central regions.



Young Samoans living in Southern regions engaged in less past-month vaping than those living in Northern regions.

# Social and behavioural influences were consistently the strongest factors related to substance use, regardless of ethnicity



Having **parents** and **friends** who **do not smoke** and having a **close connection with parents/ caregivers** were the biggest protective factors against past-month smoking **across all ethnicities.**

Having **friends** who **do not drink** and having **friends** who **do not smoke** were the biggest protective factors against past-month drinking **across all Pacific ethnicities.**

# Protective wellbeing and connectedness factors for Young Pacific peoples varied by ethnic identity



Young Samoans engaged in less past-month cannabis, drinking, and heavy drinking if they had **high self esteem**.



Young Tongans were particularly influenced by their families. Tongans with **higher family and parent connectedness** engaged in less past-month use across all five substances.



Young Cook Island Māori who had **higher mental health scores** and had **higher religious connectedness** engaged in less past-month cannabis and drinking. Those with **higher school connectedness** engaged in less past-month smoking.



Young people from Niue with **higher mental health scores** engaged in less past-month smoking and drinking. They also engaged in less past-month drinking if they had **close connections with their parents**.



**Strong parent connectedness** was a protective factor against past-month use of all five substances for Young Māori-Pacific. Having **good mental health** was a protective factor against past-month smoking, cannabis, drinking, and heavy drinking.



# Concluding commentary and discussion points



# Social and environmental factors transcended ethnic identity in terms of substance use risk when looking at all young Pacific peoples together



Young Pacific peoples, Māori, and the total results all showed the same **significant trends** for parent and friend substance use behaviours, connectedness and wellbeing factors.



**Stronger connectedness, better wellbeing & parents/friends NOT engaged in substance use** may be **protective factors** against past-month substance use for young Pacific peoples.

# Young Pacific peoples were affected by substance use in different ways



Different young Pacific peoples showed **unique protective and risk factors, demonstrating the need for diversity** in reporting data for young Pacific peoples.



While it is easier to gather pan-Pacific data, it is **equally as important to look at individual communities** where possible.

# Higher reported substance use was related to the impacts of the Pacific diaspora and the effects of Aotearoa New Zealand colonisation



This was shown through **lower reported past-month substance use for Young non-Realm & Overseas-born Pacific peoples.**



This was also shown through **higher reported past-month substance use for Young Realm, New Zealand born and Māori-Pacific peoples.**



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