February 2020

Kia ora,

Welcome to the second newsletter from the Health Promotion Agency/Te Hiringa Hauora (HPA) highlighting research published from November 2019 to February 2020.

Ngā mihi,

David Dundon-Smith
HPA Research Manager
Minimising Gambling Harm

Pokies in pubs and clubs – participation, harm and spending: Results from the 2018 Health and Lifestyles Survey

This infographic looks at pokie machine gambling at pubs and clubs and levels of gambling harm experienced.

Host responsibility for pokies in pubs and clubs: Results from the 2018 Health and Lifestyles Survey

This infographic presents key findings on gamblers’ knowledge of pub and club host responsibilities and player interactions with staff.

Second-hand gambling harm and concern about gambling within the community: Results from the 2018 Health and Lifestyles Survey

This short report presents key findings on experiences of second-hand gambling harm and concern about the level of gambling within communities.

There is an accompanying infographic.
Alcohol and pregnancy evidence summary

This evidence summary provides information on how alcohol affects the foetus and mother; the level of alcohol use during pregnancy in New Zealand; and whether there are safe levels and times for consuming alcohol when pregnant.

Key facts about drinking in New Zealand: Changes over time

This infographic describes trends in past-year drinking and hazardous drinking rates using New Zealand Health Survey data from 2006/07 to 2018/19.
Pre-drinking behaviour of people in the night-time economy

This report looks at what people in Hamilton CBD drank before going on a night out (pre-drinking). The research investigated where and when pre-drinkers obtained their alcohol, levels of intoxication, motivations for pre-drinking, and the prevalence of side-loading (drinking alcohol during a night out at a location other than a licensed venue, eg, a carpark).

Understanding alcohol use and subsequent harms in young people

This evidence summary confirms that understanding early drinking behaviour is important, with young people’s patterns of drinking continuing into adulthood. This demonstrates that targeting youth drinking can have implications not only for adolescents’ development in the short-term, but also long-term health and wellbeing.
Mental Health and Wellbeing

Te Oranga Hinengaro – Māori Mental Wellbeing infographic

This [factsheet](#) summaries key findings from the Te Oranga Hinengaro: Māori Mental Wellbeing report. It covers findings related to mental health and wellbeing, in particular around whanaungatanga and belonging, cultural connectedness and reconnection, and strength of cultural identity.

Te Kaveinga – Mental health and wellbeing of Pacific peoples infographic

This [infographic](#) takes key findings from the Te Kaveinga – Mental health and wellbeing of Pacific peoples report. It summarises key findings particularly around social connectedness, cultural connectedness, and examines diversity in the Pacific population through examining wellbeing for multi-ethnic Pacific people and Pacific sub-groups.
Skin cancer prevention

SunSmart behaviours of outdoor socialisers

This insights report presents key findings from qualitative research on the SunSmart behaviours of young adult (18 to 24-year-olds) outdoor socialisers.
Kupe data explorer

Visit Kupe the Health Promotion Agency/Te Hiringa Hauora’s (HPA) data explorer website.

Kupe lets you explore Health and Lifestyles Survey data about New Zealanders’ views and experiences across several topics including gambling, mental health and wellbeing, Māori cultural identity and tobacco, from 2006 to 2018.

Upcoming Research Publications

- Substance use behaviour among 14 and 15-year-olds.
- Smoking and vaping behaviours among 14 and 15-year-olds (results from the 2018 Youth Insights Survey).
- Awareness of places to get help for anxiety and depression – infographic.
- Research into the impact of alcohol use on Māori whānau wellbeing.
- Research into the impact of alcohol use on Pasifika family wellbeing.
- Taeao Malama: Alcohol use in Pacific peoples (results from the NZ Health Survey and the Attitudes and Behaviour towards Alcohol Survey).
- Changes and influences on adolescent drinking in New Zealand.
- Mental health discrimination in New Zealand.

For more information on HPA’s research, contact Research@hpa.org.nz or visit hpa.org.nz/our-work/research/publications