



Kia ora,

Welcome to the first newsletter from the Health Promotion Agency/Te Hiringa Hauora (HPA) highlighting research published from July to October 2019.

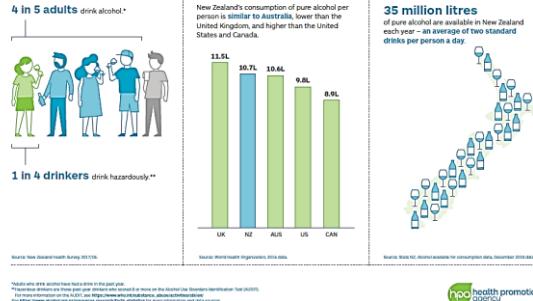
Ngā mihi,

David Dundon-Smith
HPA Research Manager

Alcohol

Key facts about drinking in New Zealand

Alcohol use in New Zealand



Key facts about drinking in New Zealand

'Key facts about drinking in New Zealand'

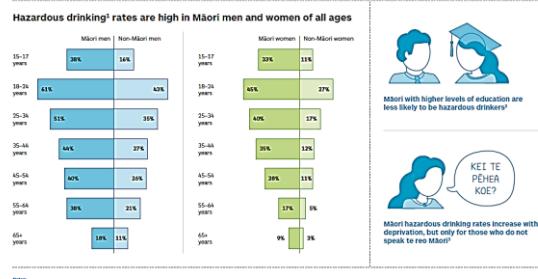
shows key statistics on alcohol use, hazardous drinking and harms from drinking based on data from the New Zealand Health Survey 2017/18.

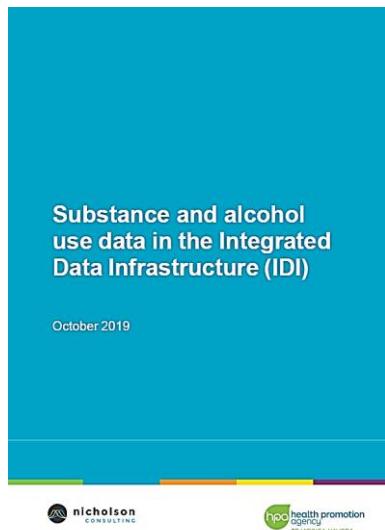
Hazardous drinking in New Zealand: Māori and non-Māori

This [infographic](#) describes hazardous drinking rates for Māori and non-Māori by sex and age-group. It highlights that hazardous drinking rates are high in Māori men and women of all ages, and shows the potentially protective effect education and cultural connectedness (using speaking te reo Māori as a proxy for this) has on hazardous drinking rates

Hazardous drinking in New Zealand: Māori and non-Māori

Results for past-year drinkers who have an established pattern of drinking that carries a high risk of damage to their health



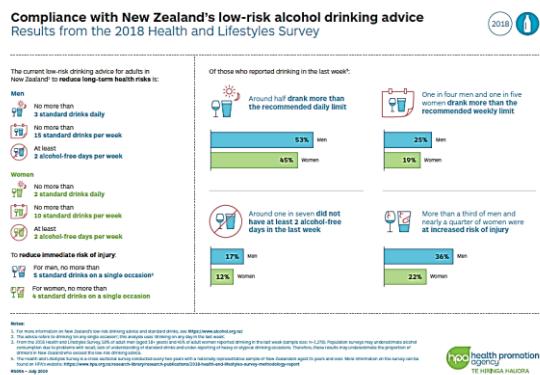


Substance and alcohol use in the Integrated Data Infrastructure (IDI)

This [technical report](#) has been written for researchers using New Zealand's Integrated Data Infrastructure (IDI) to undertake research into alcohol and other drugs. This guide sets out what data on alcohol and other drugs is available in the IDI and how this information can be used to define populations of interest (substance use population and alcohol use in utero population).

Diminished inclusivity in public space: How alcohol reduces people's use and enjoyment of public spaces

This [literature review](#) explores what is known about the ways local supply and use of alcohol affect the amenity (pleasantness/attractiveness) and inclusivity (the extent to which people are willing to enter, use or live in) of public spaces. It found that loss of amenity and inclusivity has a disproportionate negative impact on women, younger people and more socially deprived communities.



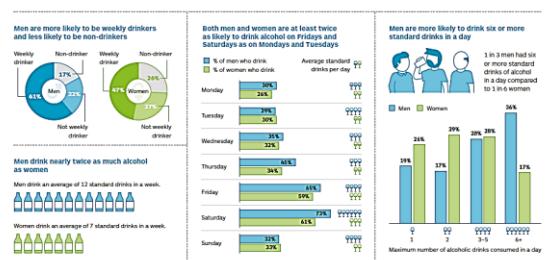
Compliance with New Zealand's low-risk alcohol drinking advice: Results from the 2018 Health and Lifestyles Survey

This [infographic](#) shows that around half of people drink more than the recommended daily limit in HPA's low-risk drinking advice. Around one in seven people do not have at least two alcohol-free days in the week.

Weekly alcohol use in New Zealand: Results from the 2018 Health and Lifestyles Survey

This [infographic](#) shows that men are more likely to be weekly drinkers and drink nearly twice as much alcohol as women.

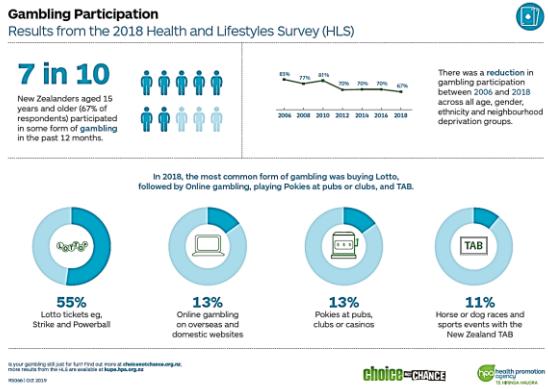
Weekly alcohol use in New Zealand
Results from the 2018 Health and Lifestyles Survey



Notes:
1. The health and lifestyles Survey is a cross-sectional survey conducted every two years with a nationally representative sample of New Zealanders aged 15 years and over. More information about the survey can be found at www.stats.govt.nz.
2. Females have a lower rate of alcohol consumption than males.
3. Standard drink measure is defined as 10g of pure ethanol. One standard drink is equivalent to one 375ml bottle of beer, one 100ml glass of wine or one 25ml shot of spirits.
Source: Ministry of Health, 2018 Health and Lifestyles Survey. Data available at www.stats.govt.nz/documents/reports-and-publications/2018-health-and-lifestyles-survey.

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Minimising Gambling Harm



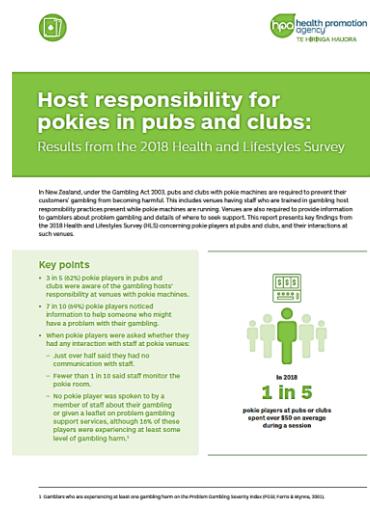
Gambling participation: Results from the 2018 Health and Lifestyles Survey

This [infographic](#) provides high-level statistics about the type of gambling New Zealand adults have participated in. 7 in 10 adults participated in some form of gambling in the past 12 months, with buying Lotto the most common form of gambling.

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

This [insights report](#) looks at participation in pokie machine gambling at pubs and clubs, players' knowledge of pub and club host responsibilities, and players' interactions with staff. 3 in 5 pokie players in pubs and clubs are aware of the gambling hosts' responsibility at venues with pokie machines.

There is an accompanying [infographic](#).



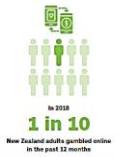
 

**Online gambling
in New Zealand:**
Results from the 2018 Health and Lifestyles Survey

With the advent of mobile and digital technology, online gambling is more prevalent. The percentage of New Zealanders gambling online is increasing. This report presents results from the 2018 Health and Lifestyles Survey (HLS). It focuses on the profile of online gamblers and the types of online gambling in which they participated. We compared findings against the previous survey's findings where possible. Online gamblers are those who gambled online, or internet, on New Zealand-hosted websites and apps (domestic) or on overseas-hosted websites, in the last 12 months.

Key Points

- Over 520,000 (13%) New Zealand adults (aged 15 years and over) took part in online gambling in the last 12 months.
- 1 in 6 (16%) gamblers¹ gambled online in the previous 12 months.
- The most common form of online gambling was playing a lottery or raffle.
- Online gamblers were over twice as likely to experience gambling-related harm compared to gamblers who did not gamble online.


In 2018
1 in 10
New Zealand adults gambled online
in the past 12 months

¹ Gambler is defined as a respondent who has involved in at least one gambling activity in the past 12 months. Gambling activities range from those involving small amounts of money, such as playing a lottery or raffle, to those involving larger amounts of money, such as buying a ticket for a fund-raising lottery or raffle or gambling with friends on the Melbourne Cup. It also includes gambling on websites or via apps.

Online gambling in New Zealand: Results from the 2018 Health and Lifestyles Survey

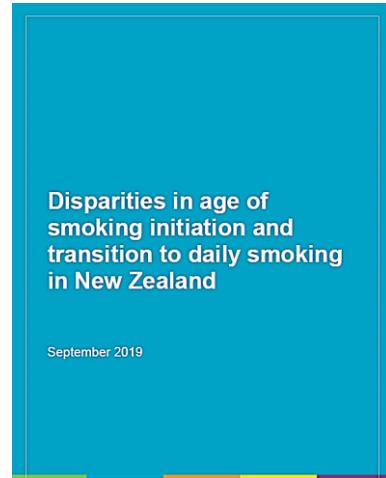
This [report](#) shows that over 520,000 (13%) New Zealand adults (aged 15-years and over) engaged in online gambling in 2018. Online gamblers are over twice as likely to be at-risk of some level of gambling related harm compared to gamblers who do not gamble online.

There is an accompanying [infographic](#).

Tobacco Control

Disparities related to the age of smoking initiation and transition into daily smoking in New Zealand

This [report](#) investigates the age of smoking initiation and transition into daily smoking. It illustrates that in general smoking uptake occurs during adolescence, with Māori initiating smoking and becoming daily smokers at a younger age than the general population.



'Smokefree 2025' goal awareness and support among 14 and 15-year olds: Results from the 2018 Youth Insights Survey

This [brief report](#) describes the awareness and support for the 'Smokefree 2025' goal among 14 and 15-year-olds. In 2018, 45% of 14 and 15-year-olds were aware of the 'Smokefree 2025' goal with significant disparities across the predominant ethnic groups. Awareness was higher among European/Other (52%) and lower for Māori (44%). Pacific (47%) and Asian (49%) 14 and 15-year-olds also had lower awareness than European/Other. Among total response ethnic groups¹, Non-Pacific (47%) compared with Pacific (34%) never smokers² (46%), compared with current smokers (54%). Students aged 14 and 15 years-old attending high decile schools (53%) compared with those at low decile schools (37%).

Mental Health and Wellbeing

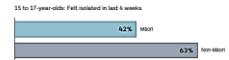
Māori aged 15 to 17 less isolated than their peers: Findings from the Mental Health and Wellbeing Survey

The proportion of people reporting feeling isolated decreases with age (highest for young people). A new [analysis](#) has found that Māori aged 15 to 17 report significantly less isolation than non-Māori aged 15 to 17.

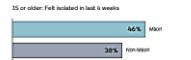
Māori aged 15 to 17 less isolated than their peers Findings from the Mental Health and Wellbeing Survey



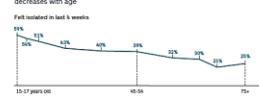
Young Māori are less likely to feel isolated than young non-Māori*



Adult Māori are more likely to feel isolated than non-Māori*



For all but young Māori, isolation is felt more by young people and decreases with age



This means:

- ➊ We will explore how isolation varies with age.
- ➋ We will work to understand why isolation for Māori aged 15 to 17 is so much lower.
- ➌ In the future, researchers must avoid combining the 15 to 17 age-group with older populations – they are simply too different.

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2018 Mental Health and Wellbeing Survey

Methodology Report

August 2019

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2018 Mental Health and Wellbeing Survey (MHWS) methodology report

This [methodology report](#) details the procedures and protocols followed to ensure the MHWS produces high quality, robust data.

Upcoming Research Publications

November 2019

- Alcohol and pregnancy evidence summary
- Pokies in pubs and clubs (participation)
- Inequities in gambling harm: Changes over time
- Te Oranga Hinengaro - Māori mental wellbeing factsheet

December 2019

- Pre-drinking behaviour of people in the night-time economy
- Predictors for co-morbid substance use
- Second-hand gambling harm and concern about gambling within the community (results from the 2018 Health and Lifestyles Survey)
- Perceived prevalence and actual prevalence of smoking
- Understanding of UVR and sun safe behaviours by outdoor socialisers and outdoor workers
- Smoking-related attitudes (results from 2018 Youth Insights Survey)



For more information on HPA's research, contact

Research@hpa.org.nz

or visit

hpa.org.nz/our-work/research/publications