

# Alcohol Use in New Zealand Survey (AUiNZ) 2019/20

High-level results

Prepared for the Te Hiringa Hauora/Health Promotion Agency by:  
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# ALCOHOL USE IN NEW ZEALAND SURVEY (AUiNZ) 2019/20

## HIGH-LEVEL RESULTS

This artwork was created using Nielsen data.

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# EXECUTIVE SUMMARY

- Four out of five adults (18+) have consumed alcohol in the last year (83%), and over half (55%) have drunk alcohol in the last week.
- To reduce the long-term health risks from alcohol, Te Hiringa Hauora recommends that New Zealanders adhere to the low-risk alcohol drinking advice. In 2019/20, 62% of adults followed this advice (note, this includes non-drinkers).
- However, almost two in five (38%) drank above these limits, putting themselves at greater risk of long-term health conditions, including breast and bowel cancer.
- In particular:
  - 37% drank above the recommended daily limit (no more than 2/3 standard drinks a day for females/males)
  - 18% drank above the recommended weekly limit (no more than 10/15 standard drinks a week for females/males)
  - 8% did not have at least two alcohol-free days a week.
- Among last-week drinkers, less than a third (30%) drank within the low-risk alcohol drinking advice.
- Young people (aged 18-24 years) are less likely to have consumed alcohol in the last week (46% compared with 56% of those aged 25 and over). However, young drinkers are putting themselves at increased risk of injury by drinking above the occasional drinking limit (no more than 4/5 standard drinks in a single occasion for females/males). Among last-week drinkers aged 18-24 years, 59% drank above this limit compared to 40% of last-week drinkers aged 25 and over.
- Mid-life adults aged 45-64 years were more likely to have consumed alcohol in the last-week (60%) and were less likely to follow the low-risk alcohol drinking advice (57% of mid-life adults met the drinking advice compared with 62% of the total population).
- In the last year, 46% of respondents have experienced harm, either from their own or someone else's drinking. Young people aged 18-24 years were more likely to experience harm from alcohol (63%) compared to those aged 25 and over (44%).
- One in eleven drinkers (9%) said that someone had raised concern about their drinking in the last year.

# INTRODUCTION AND METHODOLOGY

The Alcohol Use in New Zealand Survey (AUiNZ) provides information about the attitudes and behaviours of New Zealanders towards alcohol. This is a nationwide survey of New Zealand residents aged 18 years and over, using a mix of self-completion methods. A total of 4,545 adults completed this survey between August 2019 and March 2020, including 1,285 Māori.

Detailed information about the survey approach and sample profile can be found in Appendix II and in the *Alcohol Use in New Zealand Survey 2019/20 Methodology Report*.

## BACKGROUND

The aim of the survey is to monitor public attitudes and behaviour around alcohol, with robust representation of key sub-populations. In particular, Te Hiringa Hauora monitors and reports on adherence to its **low-risk alcohol drinking advice** (see page 9 for details).

Results will be used to develop and implement evidence-informed alcohol advice, policies, programmes, resources and other activities.



MEASURE ALCOHOL CONSUMPTION



MEASURE ALCOHOL-RELATED BEHAVIOURS



MEASURE ATTITUDES TOWARDS DRINKING

## METHODOLOGY



### Method

Respondents were invited to complete the survey either online or on paper. Potential respondents were selected from the Electoral Roll, which allowed for the inclusion of the majority of the population. Māori were oversampled to improve the precision of Māori results and to enable detailed sub-group analysis for Māori.



### Fieldwork dates\*

Wave 1: 2 August – 22 September 2019

Wave 2: 1 November 2019 – 6 January 2020

Wave 3: 31 January – 22 March 2020



| Sample                 | Size (n=) | Margin of Error (95% CI) |
|------------------------|-----------|--------------------------|
| <b>Total</b>           | 4,545     | ±1.5%                    |
| <b>18-24 year-olds</b> | 930       | ±3.2%                    |
| <b>Māori</b>           | 1,285     | ±2.7%                    |

\*Fieldwork was completed before COVID-19 Alert Level 4 lockdown came into force at 11:59 pm Wednesday 25 March 2020.

# NOTES TO THE REPORT

## DEFINITIONS

**Last-week drinker:** A respondent who reported having a drink containing alcohol in the last 7 days.

**Drinker:** A respondent who reported having a drink containing alcohol in the last 12 months (including those who had a drink in the last 7 days).

**Non-drinker:** A respondent who reported that they have not had a drink containing alcohol in the last 12 months or have never had a drink.

## WEIGHTING

Survey results are weighted to be representative of the total New Zealand adult population according to age, gender, ethnicity and region. Survey results reported for Māori are also weighted to be representative of the Māori adult population according to age and gender. Weighting was based on StatsNZ 2018 Census results (for more details on weighting, please see the Methodology Report).

## GENERALISABILITY OF FINDINGS

The proportion of respondents who consumed alcohol in the last year is slightly higher than reported through the 2019/20 NZ Health Survey (83% in the AUiNZ Survey compared with 81.5% in the NZ Health Survey). However, this difference may be explained by the inclusion of 15-17 year-olds in the NZ Health Survey. Results from AUiNZ are therefore likely to be generalisable to the NZ population.

## BASE SIZES

All base sizes ( $n=$ ) shown are unweighted base sizes. Due to a small number of respondents who skipped questions while completing the paper questionnaire, base sizes may vary slightly as they exclude those who did not answer a particular question.

## ROUNDING

Due to the effects of rounding, percentages shown in charts may not always add to 100.

# NOTES TO THE REPORT (CONTINUED)

## REPORTING ON SIGNIFICANT DIFFERENCES

Please note, for simplicity the report commentary only highlights a difference between two results if this difference is:

1. Statistically significant (at the 95% confidence level); and
2. Greater than five percentage points (with the exception of comparing males to females or 18-24 year-olds to 25 and over).

Unless otherwise stated, significant differences are reported in comparison to all respondents and are based on unadjusted rates. More detailed comparisons based on adjusted rates are available in our data explorer, Kupe <http://kupe.hpa.org.nz/>.

## CALIBRATION TO STANDARD DRINKS

This survey aims to provide reliable measures of daily and weekly consumption, within the constraints of the methodology (self-completion) and acknowledging the limitations of people's ability to accurately recall and honestly report alcohol consumption. A standard drink contains 10g of pure alcohol, and is not usually the same as a glass of wine or beer poured in a bar or at home.

Respondents to this survey reported the number of drinks they had consumed based on the most commonly used drinks and drinking vessels, rather than being asked to report their consumption as a number of standard drinks. Therefore, a standard drink calibration ratio has been applied at the analysis stage to calibrate reported consumption to standard drinks. For further information on the calibration ratios, please see Appendix I.

## ADDITIONAL ANALYSIS



This report is published alongside a separate report presenting results for Māori respondents only. Detailed population breakdowns (by age, sex, ethnicity, deprivation and region) are also available on our data explorer, Kupe <http://kupe.hpa.org.nz/>.





# TE HIRINGA HAUORA LOW-RISK ALCOHOL DRINKING ADVICE

In this report, reference is made to whether or not respondents adhered to the low-risk alcohol drinking advice promoted by Te Hiringa Hauora. This includes advice for reducing the long-term health risks from drinking (3 elements) and the risk of injury from drinking.

## Advice for reducing long-term health risks from drinking

|  | 1. Standard drinks <u>daily</u> | 2. Standard drinks <u>per week</u> | 3. Alcohol-free days <u>per week</u> |
|--|---------------------------------|------------------------------------|--------------------------------------|
|  <b>Males</b>   | No more than<br><b>3</b>        | No more than<br><b>15</b>          | At least<br><b>2</b>                 |
|  <b>Females</b> | No more than<br><b>2</b>        | No more than<br><b>10</b>          |                                      |

## Advice for reducing the risk of injury from drinking

|  | Standard drinks <u>daily</u> |
|--|------------------------------|
|  <b>Males</b>   | No more than<br><b>5</b>     |
|  <b>Females</b> | No more than<br><b>4</b>     |

### NOTE ON STANDARD DRINKS



A standard drink contains 10g of alcohol, it isn't usually the same as a glass of wine or beer poured in a bar or at home.

Further information can be found at [www.alcohol.org.nz](http://www.alcohol.org.nz)

# GENERAL PATTERNS OF ALCOHOL CONSUMPTION IN NZ

# ALCOHOL CONSUMPTION IN NEW ZEALAND

The majority of respondents (83%) had consumed alcohol in the last year, with more than half (55%) reporting drinking in the last week.

**Last-week drinkers** were more likely to:

- live in a rural area (66% had a drink in the last 7 days)
- live in the least deprived areas (60%)
- be aged 45-64 (60%).



Males were more likely to be **last-week drinkers** (60%) than females (50%).

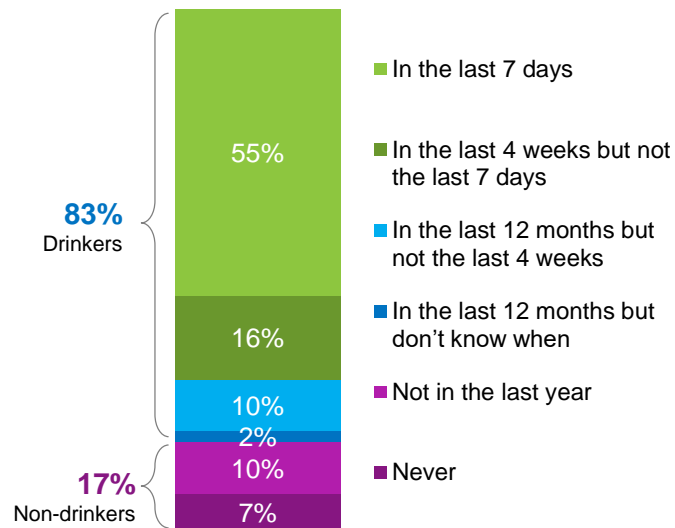


Those aged 25 and over were more likely to be **last-week drinkers** (56%) than those aged 18-24 (46%).

One in six respondents (17%) had not consumed alcohol in the last year.

**Non-drinkers** were more likely to be living in areas of high deprivation (i.e. poverty) (22%).

Timing of last alcoholic drink



Base: All respondents (excluding don't know/can't recall) (n=4,469)  
Q1. When did you last have a drink containing alcohol?

# DAILY ALCOHOL CONSUMPTION

1. The low-risk alcohol drinking advice recommends having no more than 3 standard drinks per day for males, or no more than 2 standard drinks per day for females.

Almost two-thirds (63%) of respondents drank at or below the recommended daily drinking limit.\*

Respondents were less likely to drink within the daily limit if they:

- live in a rural area (56% drank within the daily limit)
- are aged 45-64 (58%).

## Last-week drinkers

Among last-week drinkers, a third (33%) drank at or below the recommended daily drinking limit. The average number of drinks consumed on each occasion was 3.5 standard drinks for females and 4.7 for males.



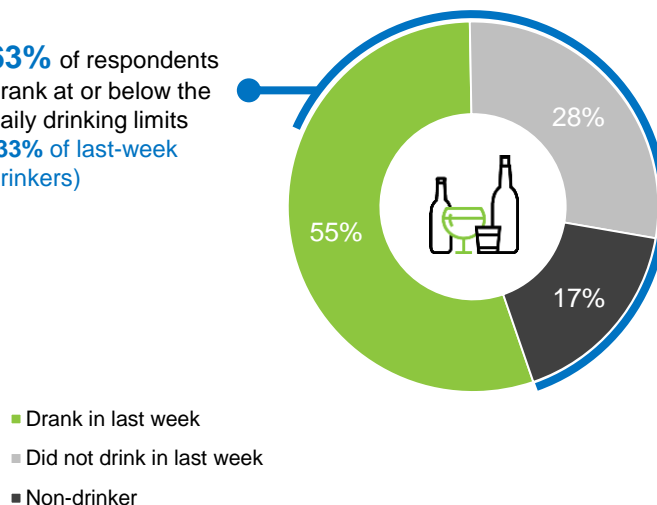
18-24 year-old males drank an average of 7.3 standard drinks per occasion compared with older males aged 25 and over (4.5 per occasion).



18-24 year-old females drank more per occasion (6.4 standard drinks) than females aged 25 and over (3.3 standard drinks).

## Alcohol consumption in the last week

63% of respondents drank at or below the daily drinking limits (33% of last-week drinkers)



Base: All respondents (n=4,440)

\* Note: This includes non-drinkers

# WEEKLY ALCOHOL CONSUMPTION

2. The low-risk alcohol drinking advice recommends having no more than 15 standard drinks a week for males, or no more than 10 standard drinks a week for females.

The majority of respondents (82%) drank at or below the recommended weekly limit.\*

Respondents who live in a rural area were less likely to drink within the recommended weekly limit (77% drank at or below the weekly drinking limit).

## Last-week drinkers

Among last-week drinkers, two-thirds (67%) drank at or below the weekly drinking limit. On average, males had 15.1 standard drinks in a week while females had 9.8 standard drinks a week.



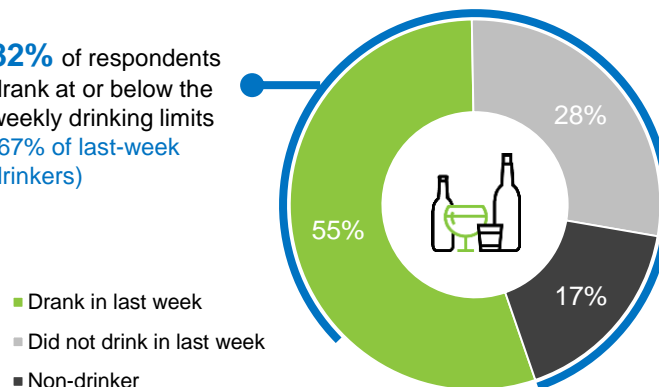
18-24 year-old males drank an average of 16.5 standard drinks per week, compared to 15.0 per week for males aged 25 and over.



Similarly, 18-24 year-old females drank more per week than females aged 25 and over (an average of 11.7 standard drinks per week compared to 9.6).

## Alcohol consumption in the last week

82% of respondents drank at or below the weekly drinking limits (67% of last-week drinkers)



Base: All respondents (n=4,440)

\* Note: This includes non-drinkers

# FREQUENCY OF ALCOHOL CONSUMPTION

3. The low-risk alcohol drinking advice recommends having at least two alcohol-free days a week.

Nearly all respondents (92%) had at least two alcohol-free days in the last week.\*

Respondents aged 65 and over were the least likely to have at least two alcohol-free days a week (85%).



Females were more likely to have at least two alcohol-free days (94%) than males (90%).



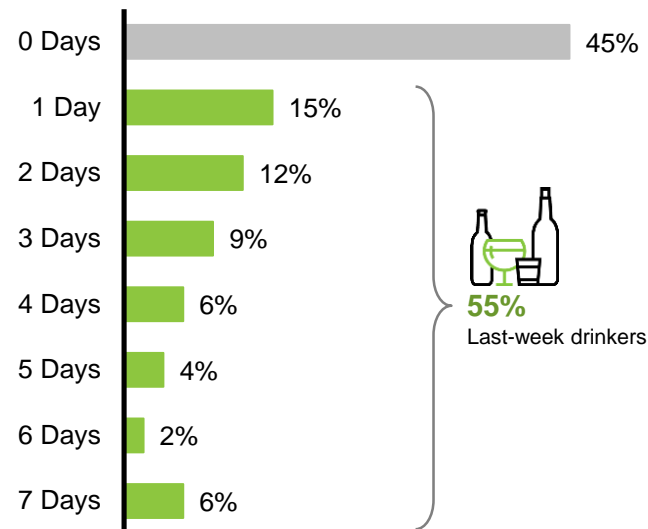
Younger adults (18-24 year-olds) were more likely to have at least two alcohol-free days (98%) compared to adults aged 25 and over (91%).

## Last-week drinkers

- The majority of last-week drinkers (85%) had at least two alcohol-free days.
- 90% drank on a weekend day (Friday-Sunday), while 64% drank on a weekday (Monday-Thursday).

\* Note: This includes non-drinkers

## Number of days alcohol was consumed in the last 7 days



Base: All respondents (n=4,469)  
Q16. On which days did you have an alcoholic drink?

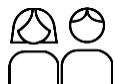
# ADHERENCE TO ADVICE (LONG-TERM HEALTH RISK)

*Adherence to all three elements of the low-risk alcohol drinking advice (as outlined on the previous three pages).*

**3 out of 5 respondents (62%) followed all three elements of the low-risk alcohol drinking advice.\* However, among last-week drinkers, only 30% met the advice.**

Respondents were less likely to follow the low-risk alcohol drinking advice if they:

- live in a rural area (54% adhered to all three elements)
- are aged 45-64 (57%).



Males were less likely to follow the low-risk alcohol drinking advice (60%) than females (64%).

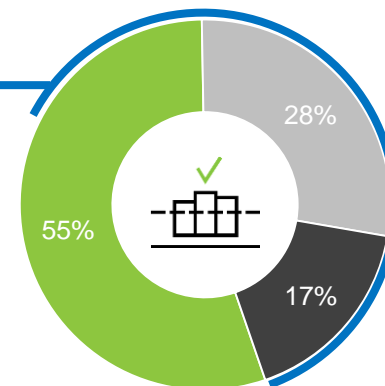


Respondents aged 25 and over were less likely to follow the low-risk alcohol drinking advice (61%) than younger people aged 18-24 (65%).

## Alcohol consumption in the last week

**62%** of respondents meet all 3 elements of the advice (30% of last-week drinkers)

- Drank in last week
- Did not drink in last week
- Non-drinker



Base: All respondents (n=4,440)

\* Note: This includes non-drinkers

# ADHERENCE TO ADVICE TO REDUCE LONG-TERM HEALTH RISKS FROM DRINKING

| <b>% who adhered to advice in the last week</b>                            | <b>All respondents*</b><br>(n=4,440) | <b>Last-week drinkers</b><br>(n=2,411-2,422) | <b>18-24 year-old last-week drinkers</b><br>(n=442-443) | <b>25 and over last-week drinkers</b><br>(n=1,969-1,979) |
|--|--------------------------------------|--|---|--|
| <b>1. No more than 2 (females) or 3 (males) standard drinks per day</b>    | 63%                                  | 33%  | 25%   | 34%  |
| <b>2. No more than 10 (females) or 15 (males) standard drinks per week</b> | 82%                                  | 67%  | 64%   | 67%  |
| <b>3. At least 2 alcohol-free days per week</b>                            | 92%                                  | 85%  | 96%   | 84%  |
| <b>Adhered to all 3 elements in the last week</b>                          | <b>62%</b>                           | <b>30%</b>                                   | <b>25%</b>  | <b>31%</b>   |

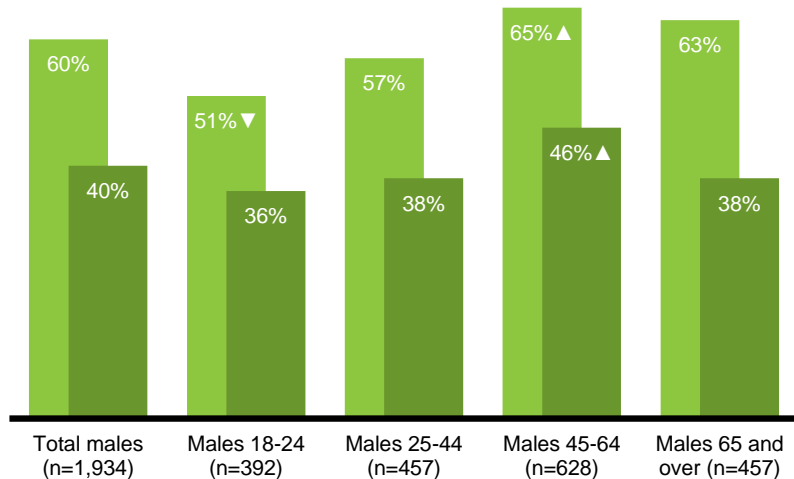
\* Note: This includes non-drinkers



# CONSUMPTION BY AGE AND GENDER



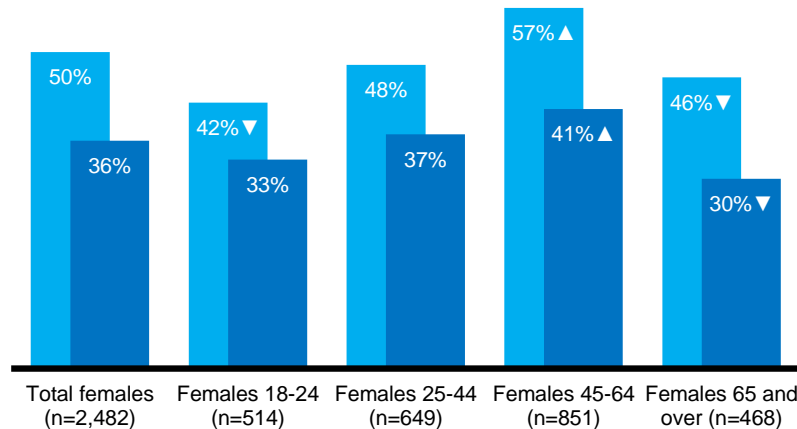
Male weekly alcohol consumption



■ % had a drink in the last 7 days  
 ■ % do not meet all 3 elements of advice



Female weekly alcohol consumption



■ % had a drink in the last 7 days  
 ■ % do not meet all 3 elements of advice

▲ ▼ significantly different to gender total

Base: All respondents (excluding don't know/can't recall)

Q1. When did you last have a drink containing alcohol? And total number of **standard drinks** in the last week from 7-day consumption diary

# SINGLE OCCASION LIMIT TO REDUCE INJURY RISK

*To reduce the risk of alcohol-related injury, Te Hiringa Hauora recommends having no more than 5 standard drinks on any single occasion for males, or no more than 4 standard drinks on any single occasion for females.*

Three-quarters of respondents (77%) drank at or below the single occasion limit in the last week.\*



Males were less likely to drink within the single occasion limit (74%) compared to females (80%).



18-24 year-olds were less likely to drink within the single occasion limit (73%) compared to those aged 25 and over (78%).

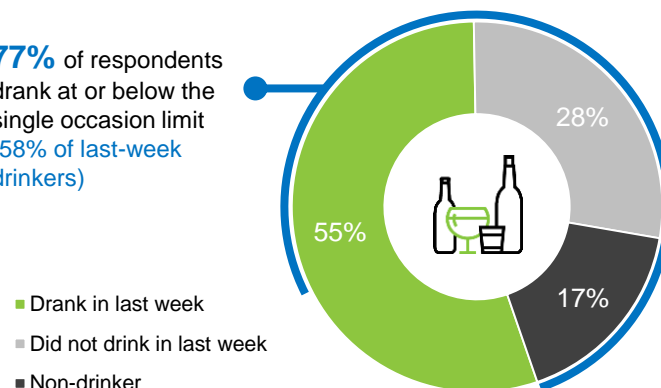
## Last-week drinkers

Among last-week drinkers, 58% drank at or below the single occasion limit.

- Male last-week drinkers were less likely to drink within the single occasion limit (56%) compared to females (61%).
- 18-24 year-old last-week drinkers were less likely to drink within the single occasion limit (41%) compared with those aged 25 and over (60%).

## Alcohol consumption in the last week

77% of respondents drank at or below the single occasion limit (58% of last-week drinkers)



Base: All respondents (n=4,440)

\* Note: This includes non-drinkers

# INSTANCES OF VERY HEAVY DRINKING OCCASIONS AMONG LAST-WEEK DRINKERS

13% of last-week drinkers consumed 10 or more standard drinks in a single occasion in the last week.

Of the total number of **drinking occasions** reported in the last week, 7% involved the consumption of 10 or more standard drinks.

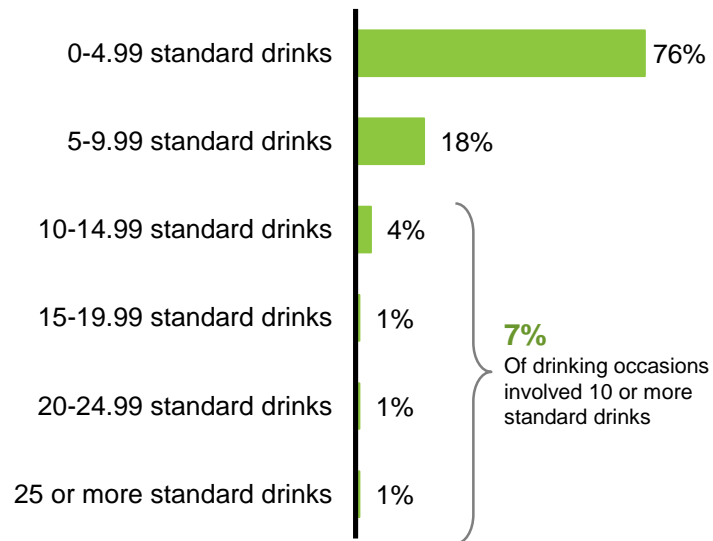


Males were more likely to have consumed 10 or more standard drinks in a single occasion (16%) compared to females (10%).



18-24 year-olds were more likely to have consumed 10 or more standard drinks in a single occasion (30%) compared to those aged 25 and over (12%).

Number of standard drinks consumed in a single occasion, by last-week drinkers



Base:  $n=7,189$  drinking occasions ( $n=2,411$  last-week drinkers consumed alcohol on an average of three occasions in a week).

# DRINKING BEHAVIOURS AND CUTTING BACK

# FREQUENCY OF GETTING DRUNK WHEN DRINKING

Nearly one fifth (18%) of drinkers got drunk\* some or most/all of the time.

Drinkers who live in the most deprived areas were more likely to get drunk some or most/all of the time (25%).

Those who reported getting drunk some or most/all of the time were less likely to:

- be aged 45-64 (11%) or 65 and over (3%)
- live in the least deprived areas (13%).



Males were more likely to get drunk some or most/all of the time (20%) compared with females (16%).

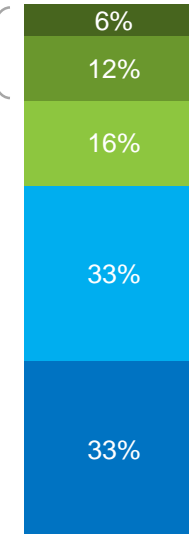


18-24 year-olds were more likely to get drunk some or most/all of the time (45%) compared with those aged 25 and over (14%).

## How often people get drunk when they are drinking



18%  
Get drunk some or most/all of the time when they are drinking



- Most or all of the time
- Some of the time
- Once in a while
- Hardly ever
- Never

Base: Drinkers (n=3,756)

Q9. How often do you get drunk when you are drinking?

\*By 'drunk' we mean any of the following: feeling more confident and chatty, having slower reaction times, losing coordination and have trouble remembering things, mood changes (unhappiness or increased wellbeing) or having a hangover the next day.

# DRINKING WITH THE INTENTION OF GETTING DRUNK

One in eight drinkers (12%) said they intended to get drunk\* some or most/all of the time.

Those who drank with the intention of getting drunk some or most/all of the time were more likely to live in the most deprived areas (19% intend to get drunk).

They were less likely to be aged 45-64 (5%) or 65 and over (1%).



Males were more likely to intend to get drunk some or most/all of the time (14%) compared to females (10%).

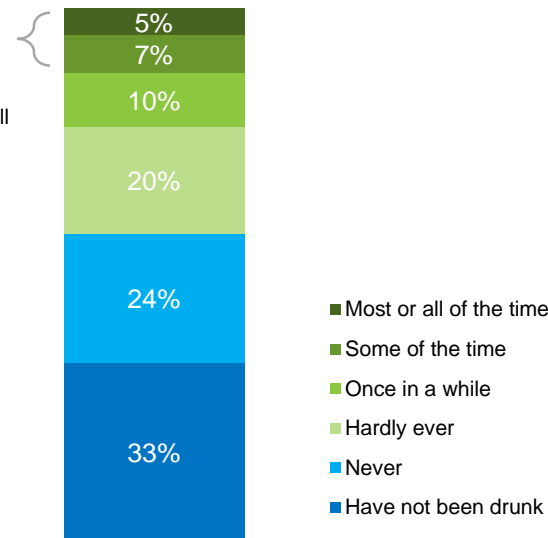


18-24 year-olds were more likely to intend to get drunk some or most/all of the time (40%) compared to those aged 25 and over (8%).

## How often people drink with the intention of getting drunk



12%  
Drink with the  
intention of  
getting drunk  
some or most/all  
of the time



Base: Drinkers (n=3,750)

Q10. How often do you drink with the intention of getting drunk?

\*By 'drunk' we mean any of the following: feeling more confident and chatty, having slower reaction times, losing coordination and have trouble remembering things, mood changes (unhappiness or increased wellbeing) or having a hangover the next day.

# CUTTING BACK ON DRINKING

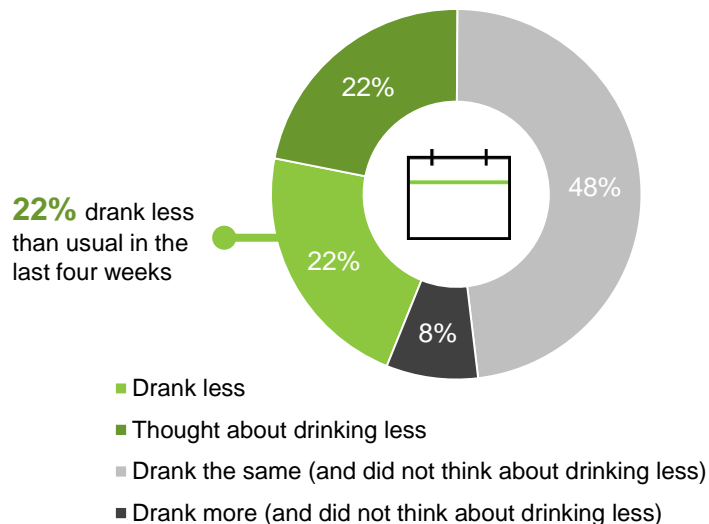
**22% of drinkers said they had cut back on drinking in the last 4 weeks.**

Drinkers were more likely to have cut back on alcohol if they live in areas of high deprivation (29% have cut back).

**A further 22% of drinkers had thought about drinking less, but did not.**

Those who thought about drinking less (but did not) were more likely to be males (25%) than females (18%).

Drinking in the last four weeks



Base: Drinkers (n=3,719)

Q4. Thinking about how often and how much you drank in the last 4 weeks, was this about the same as you would usually drink, or did you drink more or less than usual?

Q5. Over the last 4 weeks, did you think about drinking less?

# TRIGGERS FOR CUTTING BACK ON DRINKING

Physical health was the main reason given by both those who had drunk less (54%) and those who thought about drinking less (84%).

Of those who did drink less, the second most common reason was that *it just happened because of circumstances* (27%).

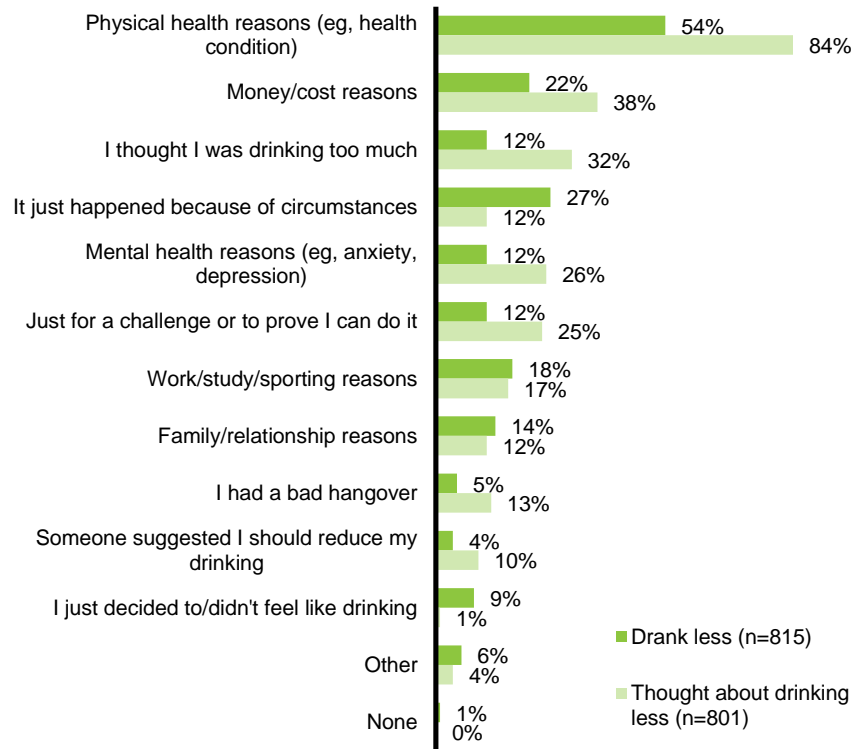
In comparison, those who thought about drinking less were more likely to report doing so because of *money/cost* (38%), *I thought I was drinking too much* (32%) and for *mental health reasons* (26%).



18-24 year-olds who drank less were more likely to say *It just happened because of circumstances* (37%) or for *work, study or sporting reasons* (27%) compared to those aged 25 and over (25% and 17%, respectively).

18-24 year-olds who thought about drinking less were more likely to say it was because of *mental health reasons* (36%) or because they *had a bad hangover* (21%) compared to those aged 25 and over (25% and 12%, respectively).

## Reasons why people drank less or thought about drinking less



Base: Those who drank less or thought about drinking less (n=1,616)

Q6. Please select all the reasons why you drank less/thought about drinking less?



# ATTITUDES TOWARDS DRINKING AND INFLUENCES ON DRINKING

# SOCIAL ATTITUDES TO DRINKING

The majority (85%) of last-year drinkers said they sometimes chose not to drink at social occasions; however, 45% said they enjoyed social occasions more when they drank.

Males were more likely to say:

- having a drink at social occasions is an important part of their lifestyle (37% compared with 25% of females)
- they enjoy social occasions more when they drink (53% compared with 37% of females).

Females were more likely to sometimes choose not to drink at social occasions (88% compared with 83% of males).

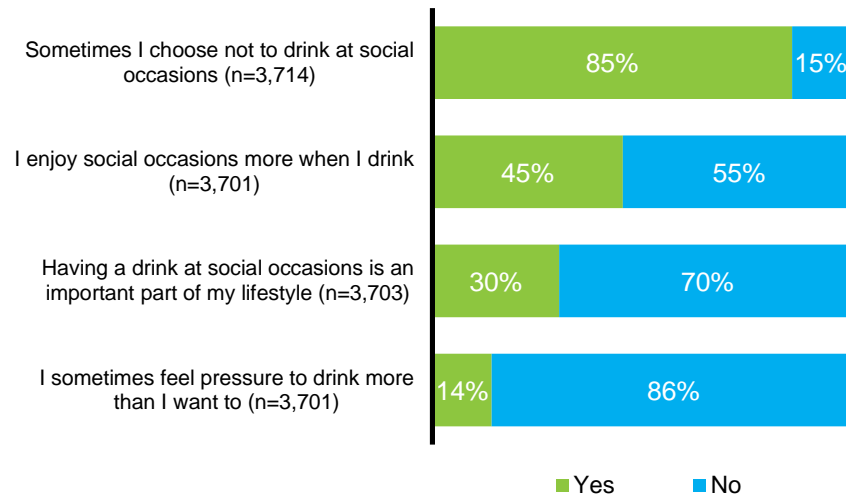


18-24 year-olds were more likely to *sometimes feel pressure to drink more than I want to* (24%) compared with those aged 25 and over (13%).

18-24 year-olds were also more likely to say *they enjoy social occasions more when they drink* (55% compared with those aged 25 and over (44%)).



## Social attitudes to drinking



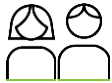
Base: Drinkers

Q3. Please indicate which of the following apply to you.

# INFLUENCES ON DRINKING

More than a quarter (28%) of respondents said their friends influenced them to drink more. Work colleagues were the second highest influence on respondents drinking more (18%).

Partners and family/whānau were more likely to influence respondents to drink less.



Males were more likely to be influenced to drink more by friends, work colleagues and sports, activity or hobby clubs.

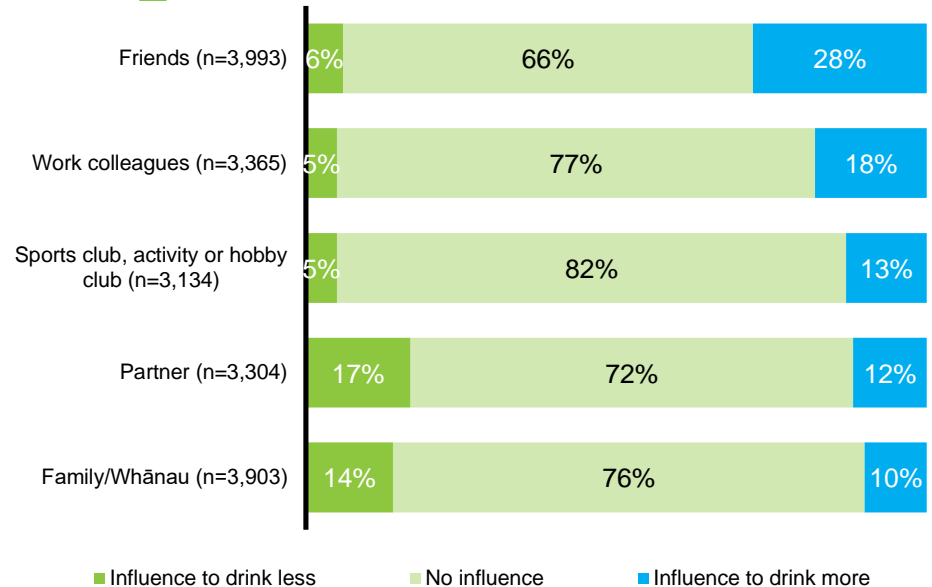
Females were more likely to be influenced to drink more by their partner or family/whānau.



Friends and work colleagues were most likely to influence 18-24 year-olds to drink more (53% and 25%, respectively).



## Influences on how much and how often people drink



Base: All respondents (excluding not applicable)

Q20. How much influence would you say each of the following currently has on how much and how often you drink?

# ATTITUDES TO DRINKING

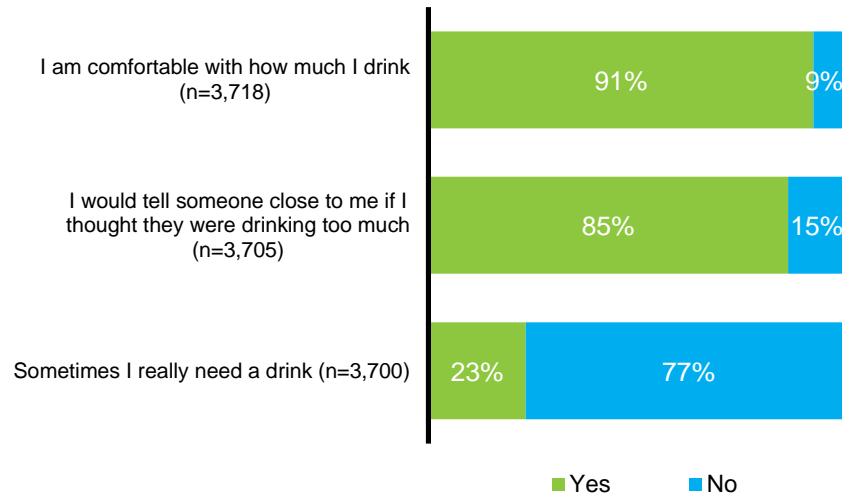
Nearly all of the respondents who consumed alcohol in the last year (91%) were comfortable with how much they drink.

The majority of drinkers (85%) said they would tell someone close to them if they thought they were drinking too much.

A quarter of drinkers (23%) said they *sometimes really need a drink*. Middle-aged drinkers (25-44 years-old) were more likely to say this (28%).



## Attitudes to drinking



Base: Drinkers

Q3. Please indicate which of the following apply to you.

# CONCERN RAISED ABOUT DRINKING

A small proportion of drinkers (9%) said someone had raised concern about their drinking in the last year.

Concern about drinking usually came from someone close to them (7%), while 1% said it had been a doctor or health worker and a further 1% said both had raised concern.

Males (13%) were more likely to say someone had raised concern about their drinking than females (5%).

## Last-week drinkers

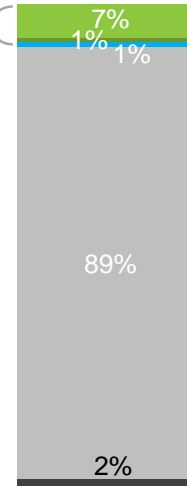
Last-week drinkers who did not meet the low-risk alcohol drinking advice were more likely to say someone had raised concern about their drinking (14%) than those who drank within the recommended limits (3%).

Among those who did not meet the advice, 12% had concern raised by someone close to them and 3% had concern raised by a doctor or health worker.



## Concern raised about how much they are drinking

9% have had someone raise concern about their drinking



- Yes, only someone close to me
- Yes, only a doctor or health worker
- Yes, both someone close to me and a doctor or healthworker
- No
- Can't recall

Base: Drinkers (n=3,752)

Q11. In the last 12 months, has anyone raised concerns with how much you are drinking?

# HARMS FROM OWN AND OTHERS' DRINKING

# HARM EXPERIENCED FROM DRINKING

In the last 12 months, almost half (46%) of respondents have experienced harm, either from their own or someone else's drinking.

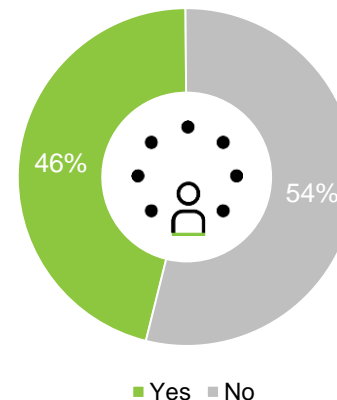
Respondents were more likely to have experienced harm from someone else's drinking (39%) than their own drinking (27%).

Those who experienced harm, either from their own or someone else's drinking, were more likely to live in the most deprived areas 53%, compared to 41% in the least deprived areas.



18-24 year-olds were more likely to experience harm (63%) compared with those aged 25 and over (44%).

Experienced harm from their own or someone else's drinking in the last 12 months



Base: All respondents (n=4,545)

Q23. Please select all of the following that you have experienced over the last 12 months because of your drinking?

Q24. Please select all of the following that you have experienced over the last 12 months because of another person's drinking?

# EXPERIENCES OF HARM FROM OWN DRINKING

A quarter (27%) of drinkers have experienced harm from their own drinking in the last 12 months.

The most common harm was *experiencing a blackout or memory loss* (11%).

Those who had experienced harm from their own drinking were more likely to:

- be aged 18-24 (47% had experienced harm) and 25-44 (34%)
- live in the most deprived areas (35%).

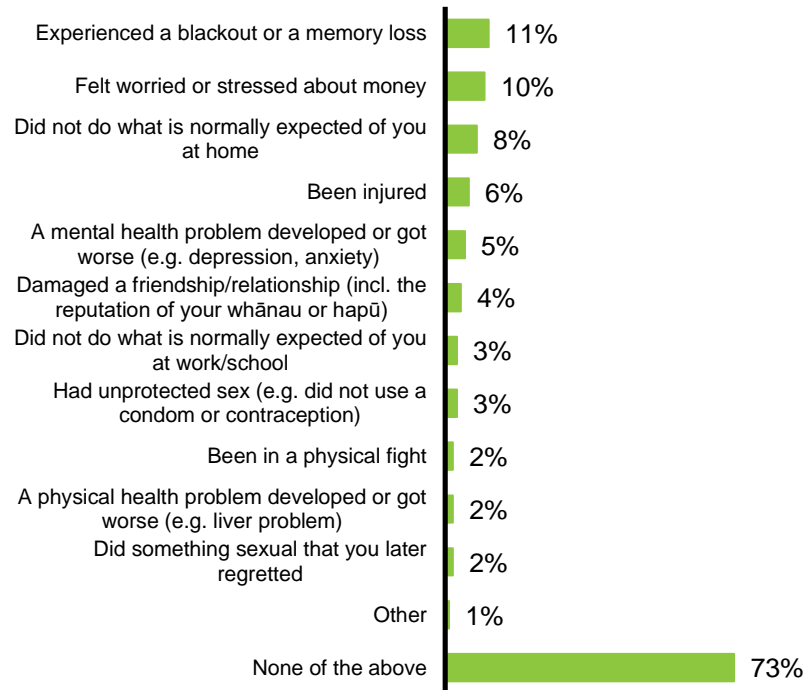


Males were more likely to have experienced harm from their own drinking (30%) compared to females (23%).



18-24 year-olds were more likely to have experienced harm from their own drinking (47%) compared to those aged 25 and over (24%).

## Types of harm experienced from own drinking in last 12 months





# TOP THREE HARMS FROM OWN DRINKING

The most common harms experienced from a drinker's own drinking were *experiencing a blackout or memory loss* or *feeling worried or stressed about money*.

|   | 18-24<br>(n=788)                            | 25-44<br>(n=945)  | 45-64<br>(n=1,243)                                       | 65+<br>(n=724)   | Male<br>(n=1,628)   | Female<br>(n=2,032)                                      |
|---|---|---|--|--|---|--|
| 1 | Experienced a blackout or memory loss (25%) | Experienced a blackout or memory loss (15%)               | Felt worried or stressed about money (8%)                | Felt worried or stressed about money (4%)                                  | Felt worried or stressed about money (11%)                | Experienced a blackout or memory loss (10%)              |
| 2 | Been injured (16%)                          | Did not do what is normally expected of you at home (13%) | Experienced a blackout or memory loss (6%)               | A physical health problem developed or got worse (e.g. liver problem) (2%) | Experienced a blackout or memory loss (11%)               | Felt worried or stressed about money (8%)                |
| 3 | Felt worried or stressed about money (16%)  | Felt worried or stressed about money (12%)                | Did not do what is normally expected of you at home (5%) | Experienced a blackout or a memory loss (2%)                               | Did not do what is normally expected of you at home (10%) | Did not do what is normally expected of you at home (7%) |

Base: Drinkers (n=3,700)

Q23. Please select all of the following that you have experienced over the last 12 months because of your drinking?

# EXPERIENCES OF HARM FROM OTHERS' DRINKING

39% of all respondents have experienced harm from someone else's drinking in the last 12 months.

The most common harm was *feeling worried or stressed about another person's drinking* (21%) followed by *feeling unsafe in a public place* (17%).

Those who had experienced harm from someone else's drinking were more likely to be living in the most deprived areas (45% had experienced harm).

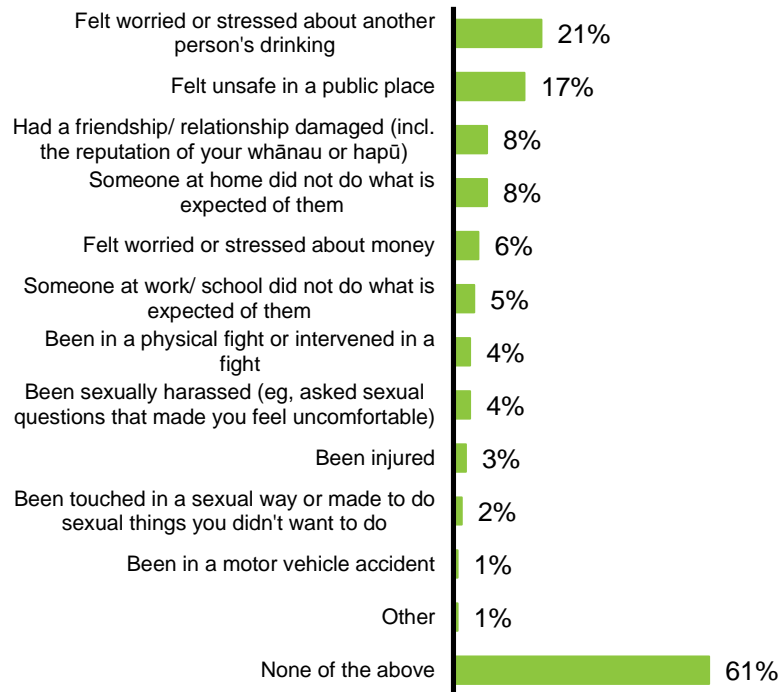


Females were more likely to have experienced harm from someone else's drinking (41%) compared to 35% of males.



18-24 year-olds were more likely to have experienced harm from someone else's drinking (52%) compared to those aged 25 and over (37%).

## TYPES OF HARM EXPERIENCED FROM OTHERS' DRINKING IN LAST 12 MONTHS



# TOP THREE HARMS FROM OTHERS' DRINKING

Respondents were most likely to say they had *felt worried or stressed about another person's drinking*. This was consistent across all age groups and gender, with the exception of 18-24 year-olds. For 18-24 year-olds the most common harm was *feeling unsafe in a public place*.

|   | 18-24<br>(n=924)   | 25-44<br>(n=1,124)   | 45-64<br>(n=1,499)  | 65+<br>(n=948)   | Male<br>(n=1,931)   | Female<br>(n=2,516)  |
|---|--|--|---|--|---|--|
| 1 | Felt unsafe in a public place (28%)  | Felt worried or stressed about another person's drinking (21%)                           | Felt worried or stressed about another person's drinking (22%)                          | Felt worried or stressed about another person's drinking (16%) | Felt worried or stressed about another person's drinking (16%)                          | Felt worried or stressed about another person's drinking (25%)                           |
| 2 | Felt worried or stressed about another person's drinking (25%)                           | Felt unsafe in a public place (20%)  | Felt unsafe in a public place (15%)   | Felt unsafe in a public place (9%)                             | Felt unsafe in a public place (16%)   | Felt unsafe in a public place (17%)  |
| 3 | Had a friendship/relationship damaged (including the reputation of whānau or hapū) (13%) | Had a friendship/relationship damaged (including the reputation of whānau or hapū) (10%) | Had a friendship/relationship damaged (including the reputation of whānau or hapū) (9%) | Felt worried or stressed about money (3%)                      | Had a friendship/relationship damaged (including the reputation of whānau or hapū) (7%) | Had a friendship/relationship damaged (including the reputation of whānau or hapū) (10%) |

Base: All respondents (n=4,495)

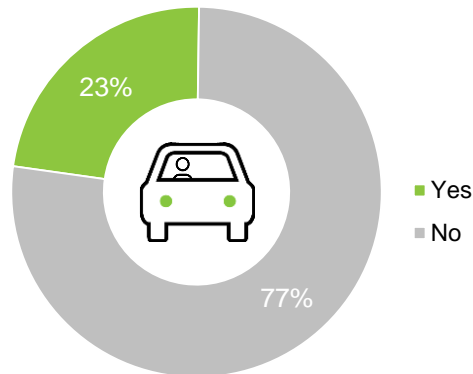
Q24. Please select all of the following that you have experienced over the last 12 months because of another person's drinking?

# DRINK-DRIVING

15% of all respondents said they *sometimes drove when they were not 100% sure they were under the legal driving limit*. Males were more likely to say this (21%) than females (10%).

In the last year, one in four drinkers (23%) said they had driven after drinking alcohol. Among all respondents, 13% had been in a vehicle with a driver who had been drinking.

**Driven after drinking**  
(even if they may have been under the legal limit)

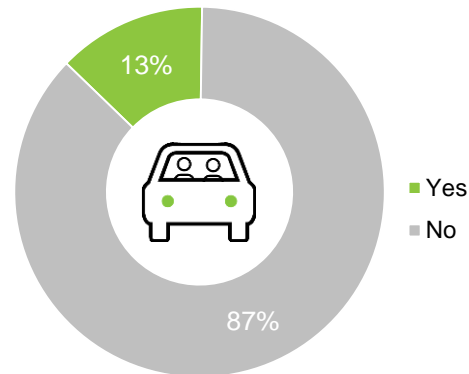


Males were more likely to have driven after drinking (30%) compared with females (16%).

Base: Drinkers ( $n=3,700$ )

Q23. Please select all of the following that you have experienced over the last 12 months because of your drinking?

**Been in a vehicle after the driver had been drinking**  
(even if the driver may have been under the legal limit)



18-24 year-olds were more likely to have been in a vehicle with a driver who had been drinking (17%) compared with those aged 25 and over (12%).

Base: All respondents ( $n=4,495$ )

Q24. Please select all of the following that you have experienced over the last 12 months because of another person's drinking?

# APPENDIX I: CALIBRATION DETAILS

# CAPTURING ALCOHOL CONSUMPTION ACCURATELY

## BACKGROUND

This survey aims to provide reliable measures of daily and weekly consumption, within the constraints of the methodology (self-completion) and acknowledging the limitations of people's ability to accurately recall and honestly report alcohol consumption. It has been acknowledged that reporting consumption in standard drink measures is too hard for respondents. The concept of standard drinks is generally not understood or reported correctly by respondents, and many find the task of calculating their alcohol consumption in terms of standard drinks (even with guidelines provided) too difficult. Therefore, for this survey, the decision was made to collect alcohol consumption information in terms of 'number of drinks/glasses' and provide guidelines in the form of an illustration.

A standard drink calibration ratio has then been applied at the analysis stage to each drink to calibrate reported consumption to standard drinks. These ratios were determined through research on actual pour volumes and alcohol sales data on the most commonly drunk alcohol bottle volumes and strengths. The ratios for each drink type and volume are shown in the table below. See the Methodology Report for further information about the questionnaire and calibration study.

## STANDARD DRINK CALIBRATION RATIOS

|                 | BEER         |       | WINE  | CIDER        | SPIRITS          |          |                        |
|-----------------|--------------|-------|-------|--------------|------------------|----------|------------------------|
| Alcohol type    | Can / bottle | Pint  | Glass | Can / bottle | RTD can / bottle | Cocktail | Shot / shot with mixer |
| Volume          | 330ml        | 450ml | 150ml | 330ml        | 250ml and 330ml  | -        | 30ml                   |
| Alcohol content | 4.5%         | 4.5%  | 13%   | 5%           | 7% and 5%        | -        | 40%                    |
| Standard drinks | 1.2          | 1.6   | 1.5   | 1.3          | 1.4              | 1.8      | 1                      |

# APPENDIX II: SAMPLE PROFILE

# GENDER AND AGE

## GENDER

|                | Unweighted count (n=) | Weighted % |
|----------------|-----------------------|------------|
| Male           | 1,958                 | 49%        |
| Female         | 2,532                 | 51%        |
| Gender diverse | 25                    | 0%         |

Base: All respondents  
Q31. Are you...

## AGE

|             | Unweighted count (n=) | Weighted % |
|-------------|-----------------------|------------|
| 18-24 years | 930                   | 12%        |
| 25-44 years | 1,128                 | 35%        |
| 45-64 years | 1,520                 | 33%        |
| 65 and over | 967                   | 20%        |

Base: All respondents  
Age as stated in the Electoral Roll



# ETHNICITY AND REGION

## ETHNICITY

|                      | Unweighted count (n=) | Weighted % |
|----------------------|-----------------------|------------|
| New Zealand European | 3,369                 | 71%        |
| Māori                | 1,285                 | 14%        |
| Pasifika             | 182                   | 7%         |
| Asian                | 323                   | 15%        |
| Other                | 228                   | 5%         |

Base: All respondents

Q35. Which ethnic group do you belong to?

## REGION

|   | Unweighted count (n=) | Weighted % |
|---|-----------------------|------------|
| Upper North Island (excluding Auckland) | 1,100                 | 20%        |
| Auckland                                | 1,324                 | 33%        |
| Lower North Island                      | 1,089                 | 22%        |
| South Island                            | 1,032                 | 24%        |
| <i>NET</i> : Urban                      | 3,707                 | 83%        |
| <i>NET</i> : Rural                      | 838                   | 17%        |

Base: All respondents

Location as stated in the Electoral Roll

# DEPRIVATION INDEX

## ABOUT THE INDEX

The University of Otago compile and release the New Zealand Deprivation Index (NZDep).

The NZDep is an area-based measure of socioeconomic deprivation in New Zealand. It measures the level of deprivation for people living in each of a number of small areas (meshblocks or statistical area units). It is based on nine variables from the 2018 census.

NZDep is often presented in deciles from 1-10

- 1 represents people living in the least deprived 10 percent of small areas.
- 10 represents people living in the most deprived 10 percent of small areas.

For our analysis NZDep deciles have been grouped into low (1-3), medium (4-7) and high deprivation (8-10).

**Note:** NZDep deciles should not be confused with school deciles which range from 1 (most deprived school catchment area) to 10 (least deprived school catchment area)



## NEW ZEALAND DEPRIVATION INDEX

|                          | Unweighted count (n=) | Weighted % |
|--------------------------|-----------------------|------------|
| Low deprivation (1-3)    | 1,455                 | 33%        |
| Medium deprivation (4-7) | 1,721                 | 39%        |
| High deprivation (8-10)  | 1,369                 | 28%        |

Base: All respondents  
Location as stated in the Electoral Roll



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