

Compliance with New Zealand's low-risk alcohol drinking advice

Results from the 2018 Health and Lifestyles Survey



The current low-risk drinking advice for adults in New Zealand¹ to **reduce long-term health risks** is:

Men

No more than **3 standard drinks daily**

No more than **15 standard drinks per week**

At least **2 alcohol-free days per week**

Women

No more than **2 standard drinks daily**

No more than **10 standard drinks per week**

At least **2 alcohol-free days per week**

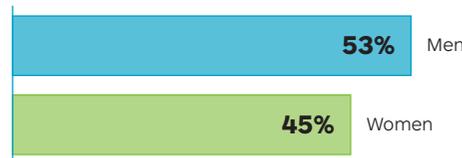
To **reduce immediate risk of injury**:

For men, no more than **5 standard drinks on a single occasion²**

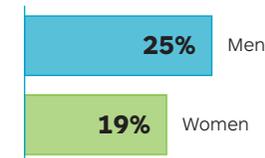
For women, no more than **4 standard drinks on a single occasion**

Of those who reported drinking in the last week³:

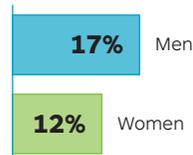
Around half **drank more than the recommended daily limit**



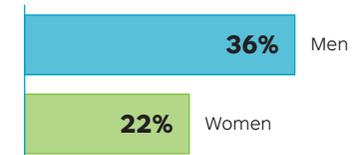
One in four men and one in five women **drank more than the recommended weekly limit**



Around one in seven **did not have at least 2 alcohol-free days in the last week**



More than a third of men and nearly a quarter of women were **at increased risk of injury**



Notes:

- For more information on New Zealand's low-risk drinking advice and standard drinks, see <https://www.alcohol.org.nz/>
- The advice refers to drinking 'on any single occasion'; this analysis uses 'drinking on any day in the last week'.
- From the 2018 Health and Lifestyles Survey, 58% of adult men (aged 18+ years) and 45% of adult women reported drinking in the last week (sample size: n=1,278). Population surveys may underestimate alcohol consumption due to problems with recall, lack of understanding of standard drinks and under-reporting of heavy or atypical drinking occasions. Therefore, these results may underestimate the proportion of drinkers in New Zealand who exceed the low-risk drinking advice.
- 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 on the survey can be found on HPA's website: <https://www.hpa.org.nz/research-library/research-publications/2018-health-and-lifestyles-survey-methodology-report>