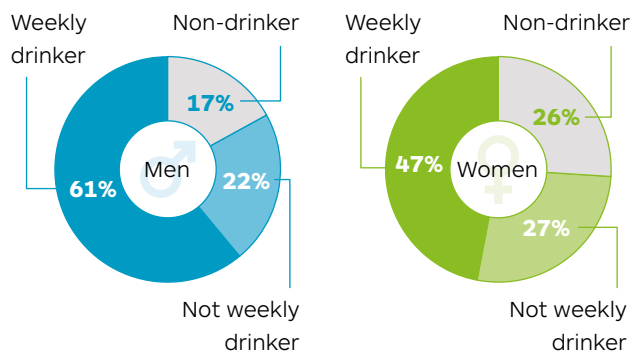


# Weekly alcohol use in New Zealand

## Results from the 2018 Health and Lifestyles Survey

### Men are more likely to be weekly drinkers and less likely to be non-drinkers



### Men drink nearly twice as much alcohol as women

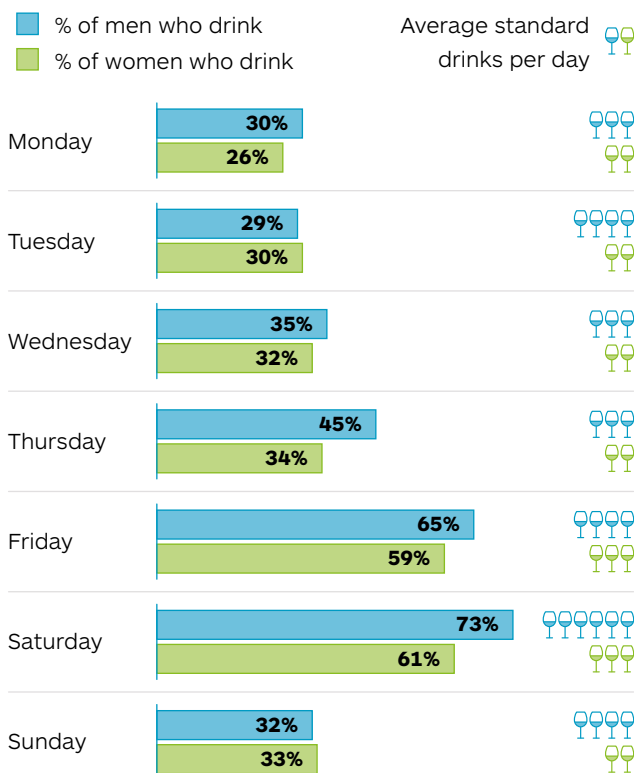
Men drink an average of 12 standard drinks in a week.



Women drink an average of 7 standard drinks in a week.



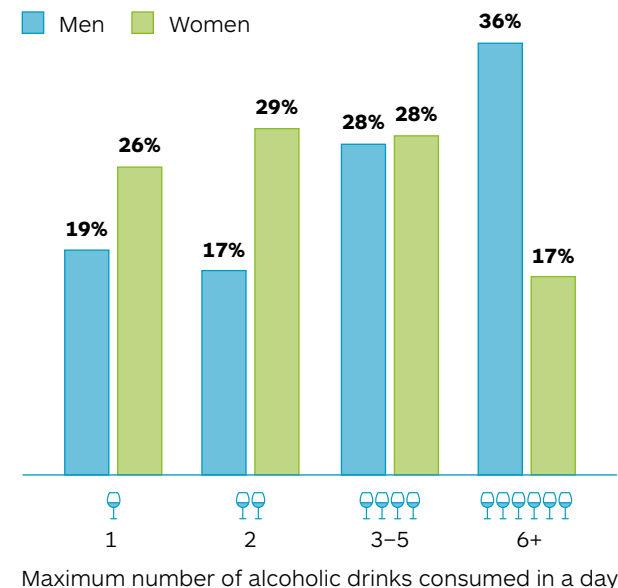
### Both men and women are at least twice as likely to drink alcohol on Fridays and Saturdays as on Mondays and Tuesdays



### Men are more likely to drink six or more standard drinks in a day



1 in 3 men had six or more standard drinks of alcohol in a day compared to 1 in 6 women



#### Notes:

- 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>.
- Sample size drinking in the last year: n=2,684 (adults 18+ years) for results on proportion of drinkers; sample size drinking in the last week: n=1,278 (adults 18+ years) for all other results.
- One standard drink in New Zealand contains 10g of pure alcohol (equivalent to a 100ml glass of wine at 12.5% alcohol or a 330ml bottle of beer at 4% alcohol). More information on standard drinks can be found at <https://www.alcohol.org.nz/help-advice/standard-drinks/whats-a-standard-drink>.