



Latest HPA research



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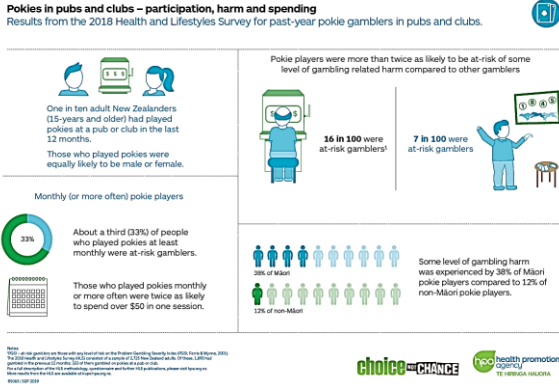
Kia ora,

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,

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Minimising Gambling Harm

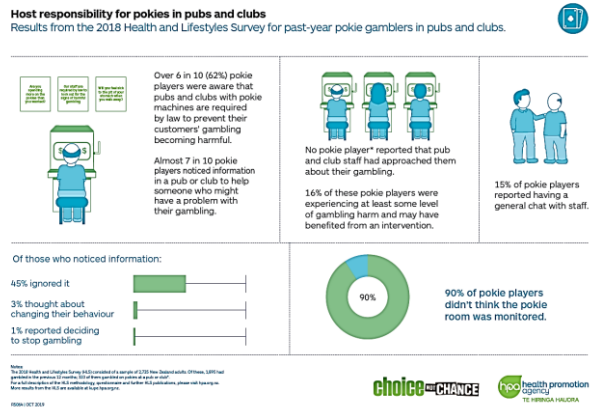


Pokies in pubs and clubs – participation, harm and spending: Results from the 2018 Health and Lifestyles Survey

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

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.



Evidence Summary

Alcohol and Pregnancy

During pregnancy, the baby is vulnerable to exposure to harmful substances including alcohol. Drinking alcohol during pregnancy increases the risk of harm to both mother and baby. These risks include pregnancy complications such as miscarriage, stillbirth, preterm birth, growth restriction (including low birth weight and small for gestational age), and developmental deficits. Fetal Alcohol Spectrum Disorder (FASD) is the term used to describe the range of effects that can occur on the brain and body of babies exposed to alcohol in the womb.

How does alcohol affect the fetus and mother?

Alcohol passes from the mother through the placenta to the fetus at the same concentration as in the mother's blood. But the fetus is unable to process alcohol as efficiently as the mother and the alcohol stays in the fetus' system for longer, having a sustained and prolonged effect¹.

Alcohol interferes with fetal development through direct cell damage or by interfering with cell development². Exposure to alcohol may cause major congenital abnormalities or functional defects to organs. This includes changes in brain development³, cognitive deficits, and behavioural deficits that can have life-long effects⁴.

Fetal Alcohol Spectrum Disorder

*Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term used to describe impacts on the brain and body of newborns prenatally exposed to alcohol. FASD is a lifelong disability. Individuals with FASD will experience some degree of challenges in their daily living, and need support with motor skills, physical health, learning, memory retention, communication, emotional regulation, and social skills to reach their full potential. Each individual with FASD is unique and has areas of both strengths and challenges⁵.

There is no data on how common FASD is in New Zealand. However, based on international studies, the Ministry of Health estimates that there is every 100 births may be affected by alcohol - an estimated 1,800 each year⁶.

Alcohol exposure can cause low birth weight^{7,8,9}, which in turn is associated with poorer long term health outcomes. There is also an increased risk to the mother when drinking during pregnancy including miscarriage, still birth or preterm birth and their associated complications^{10,11,12}.

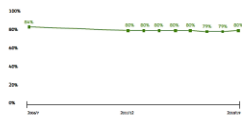
October 2018

Alcohol and Pregnancy Evidence Summary | 1

Key facts about drinking in New Zealand: Changes over time

Results from the New Zealand Health Survey

Drinking rates decreased significantly between 2006/07 and 2011/12. Since then, rates have not changed and are around 80%.



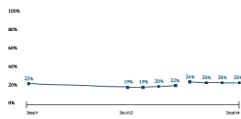
Subgroup changes

The latest data shows a significant increase in the last year for:

- adults aged 75 years and over
- Pacific women.

However, this may reflect ongoing fluctuations in the data instead of being part of an increasing trend.

Hazardous drinking rates have not improved, with 1 in 4 adults drinking hazardously.



Subgroup changes

The 2018/19 data shows hazardous drinking rates have not improved across all groups.

1. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 2. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 3. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 4. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 5. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 6. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 7. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 8. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 9. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 10. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 11. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>
 12. <https://www.health.govt.nz/our-work/health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion/te-ahurangi-health-promotion>



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).



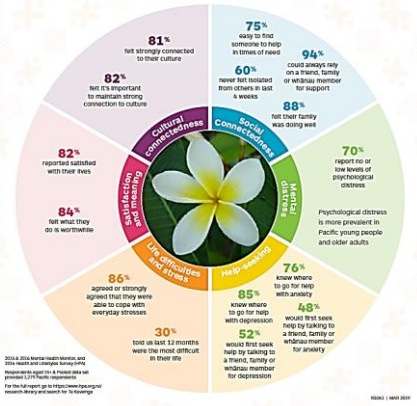
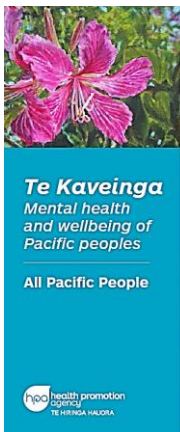
Understanding alcohol use and subsequent harms in young people

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.

SunSmart Behaviours – Outdoor Socialisers

Background

The Health Promotion Agency Te Hahi Rauora (HPA) has undertaken qualitative research to provide insights into attitudes, awareness, and concern toward skin cancer prevention and SunSmart behaviours. Young adult outdoor socialisers, 18 to 24-year-olds participating in outdoor activities such as attending concerts, sports events, and going to the beach, were the focus of this research. This group is at particularly high risk of sun exposure.*

Exploring outdoor socialisers SunSmart attitudes/behaviours

- HPA conducted Research First to carry out qualitative research using observed observations across New Zealand.
- A total of 133 participants at 10 events gathered in 10 different spots across 20 spots were observed during the summertime at the beach and at large outdoor events around New Zealand.
- 77% of the participants were 18 to 24-year-olds, 27% were 25 to 39-year-olds and 27% were 40 to 49-year-olds.
- Young couples and large 18 to 24-year-olds were observed at outdoor events in Christchurch.
- Participants were observed at cricket matches in Christchurch and Wellington, and at beaches in Teanauka and Blenheim.
- All observations took place at events between December 2018 and February 2019.

Summary of typical attitudes and behaviours

SunSmart behaviours

100% of the interviewed participants (100%) routinely engaged in at least one form of SunSmart behaviour on the day they were interviewed.

As participants engaged in their SunSmart behaviour on the day, we looked which SunSmart behaviours they would consistently engage in. Commonly reported behaviours were sun avoidance (82%), sunglasses (77%), hats (57%), shade (55%), and long sleeves (33%). Common SunSmart behaviours were similar to common SunSmart behaviours for all participants except riding in the shade (only 27% for sunSmart behaviours).

When asked the main reason participants used SunSmart behaviours, the most common answers were to avoid sunburn and to protect from skin cancer. Families were more likely to use SunSmart behaviours than males.

People who were more engaged in SunSmart behaviours on sunny days compared with cloudy days.

Advertising messages such as 'Slip, Slop, Slap, and Wrap' were well known to participants.

*IARC (World Health Organization) 2012. Key facts: Skin cancer: increasing numbers in women and young adults. [Download](#)

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.
- Taea 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

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or visit

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