

Factsheet: hazardous drinking

New Zealand Health Survey 2018/19



20.0%

of New Zealanders had a hazardous drinking pattern. This equates to 787,000 adults aged 15+ years.

Males (27.5%) were more likely to drink hazardously than females (12.8%).

MORE* LIKELY TO DRINK HAZARDOUSLY

- ↑ Males were 2.1 times more likely than females
- ↑ Māori males were 1.4 times more likely than non-Māori males
- ↑ Māori females were 2.1 times more likely than non-Māori females
- ↑ NZers living in the most deprived neighbourhoods were 1.2 times more likely than those in the least deprived

LESS* LIKELY TO DRINK HAZARDOUSLY

- ↓ Asian males were 73% less likely and Asian females 87% less likely than non-Asian males and females

* significant at p<0.05

Prevalence of hazardous drinking, 2018/19

As shown below, hazardous drinking is not confined to young adults. Among men, a high prevalence of hazardous drinking is evident among those aged 18 and over.

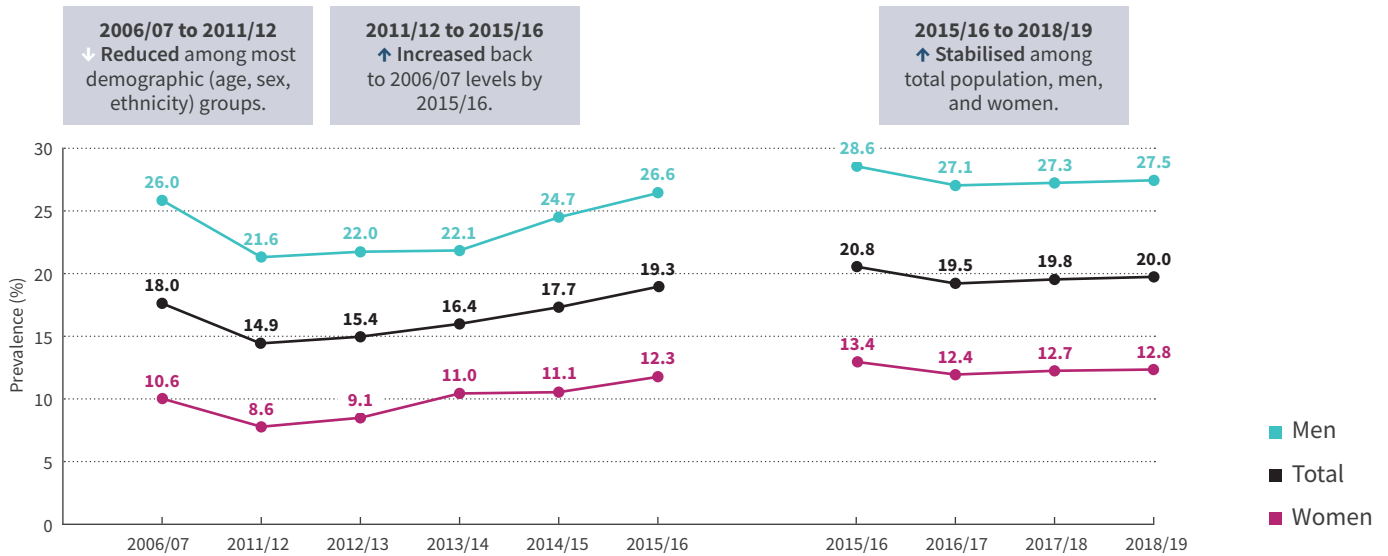
	Male	Female
Total	27.5	12.8
Age group (years)		
15-17	6.7	5.9
18-24	45.1	25.5
25-34	33.5	16.3
35-44	30.2	15.0
45-54	28.9	15.8
55-64	26.1	9.6
65-74	20.2	3.6
75+	7.4	1.5

	Male	Female
Ethnic group (total response)		
Māori	40.0	27.1
Pacific	32.6	14.6
Asian	9.7	2.4
European/Other	29.8	13.5
Neighbourhood deprivation		
Quintile 1 (least deprived)	27.0	11.5
Quintile 2	25.2	11.1
Quintile 3	26.3	12.7
Quintile 4	28.1	11.8
Quintile 5 (most deprived)	31.6	17.1

Trends over time

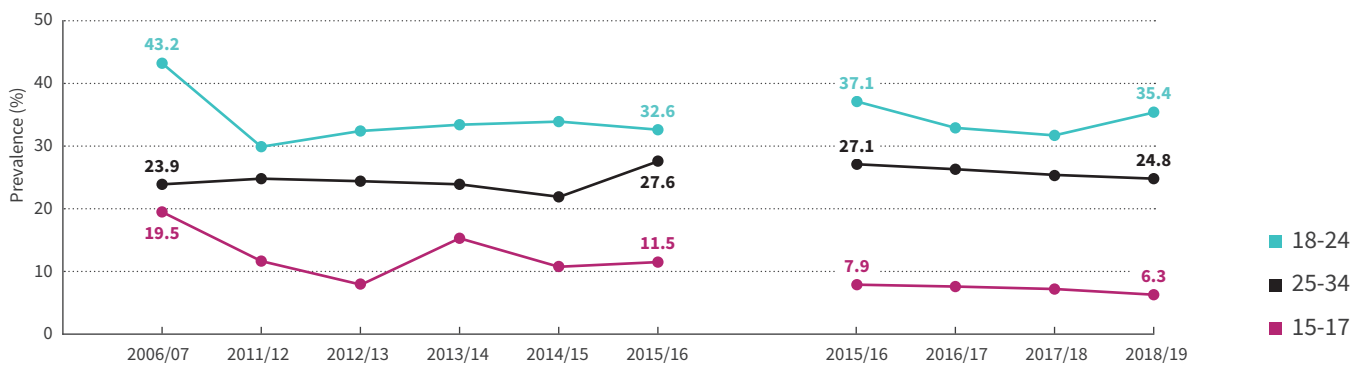
The figures below show the unadjusted prevalence of hazardous drinking over time (raw data can be found on the last page). In the total New Zealand adult population, hazardous drinking significantly **declined** between 2006/07 and 2011/12, significantly **increased** until 2015/16, and then **stabilised** thereafter.

Note that the survey methodology changed in 2015/16. The first (left) section of the graph refers to a period whereby a 'drink' was not defined. The second (right) section (2015/16 through to 2018/19) refers to the survey whereby a 'drink' referred to a standard drink (10g of alcohol). Prior to 2011/12, the surveys were conducted every five years.



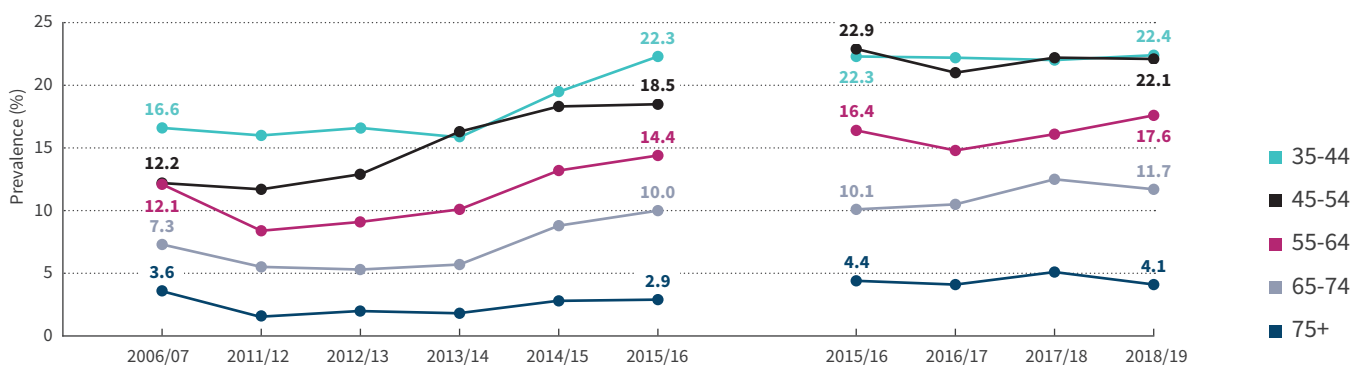
a) By age, 15 to 34 years

Among 15-17 and 18-24 year olds, hazardous drinking significantly **decreased** between 2006/07 and 2011/12, and then **stabilised** thereafter. Among those aged 25-34 years, there was **no change** between 2006/07 and 2014/15, followed by a significant **increase** between 2014/15 and 2015/16.



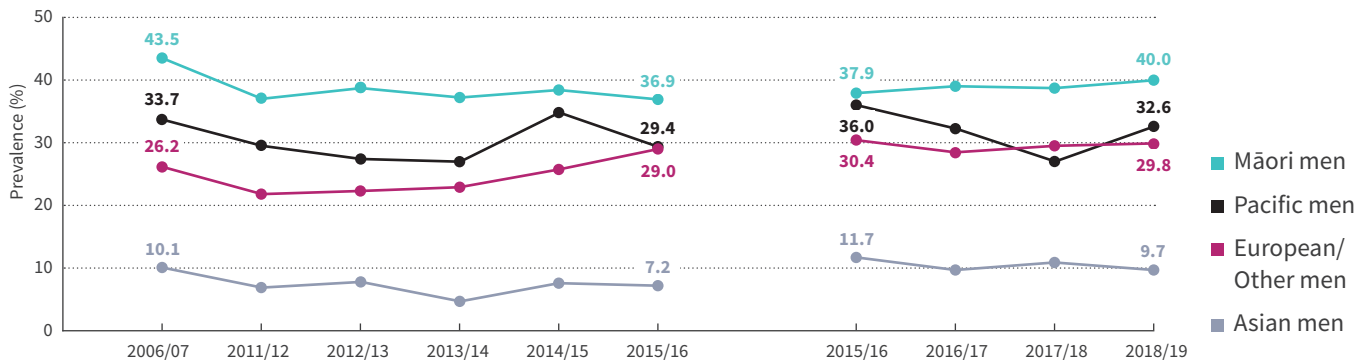
b) By age, 35 years and over

Hazardous drinking significantly **increased** in many age groups between 2011/12 and 2015/16; e.g. among 35-44 years (16.0% to 22.3%), 45-54 years (11.7% to 18.5%), 55-64 years (8.4% to 14.4%), and 65-74 years (5.5% to 10.0%). Hazardous drinking prevalence **stabilised** from 2015/16 onwards.



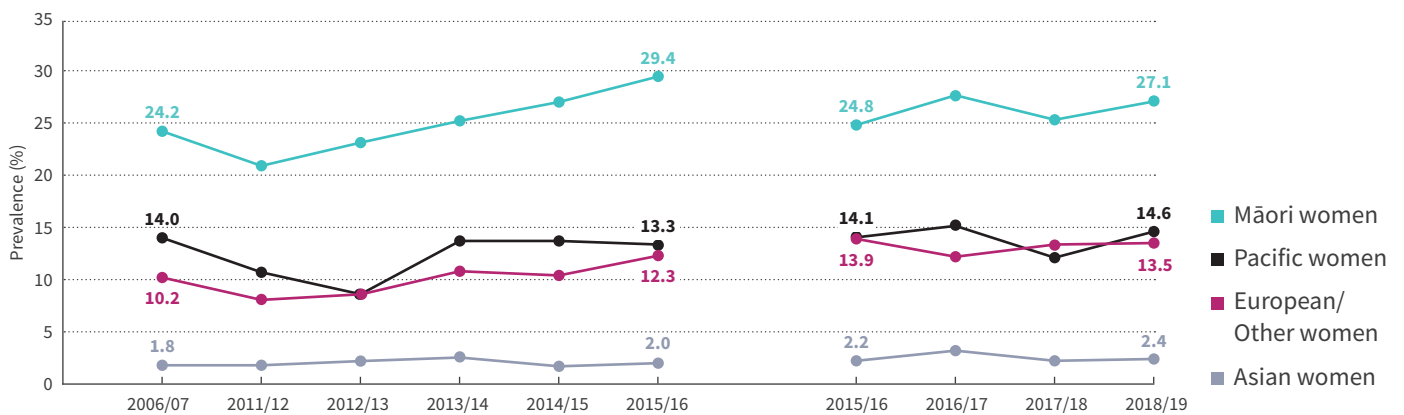
c) By ethnicity, men

Hazardous drinking **decreased** between 2006/07 and 2011/12. Following this, prevalence **stabilised** among many groups but significantly **increased** among European/other men between 2011/12 and 2015/16.



d) By ethnicity, women

Hazardous drinking **decreased** between 2006/07 and 2011/12 and then **increased** markedly among Māori women until 2015/16. Significant **increases** in this period were also evident among European/other women.



Note to the reader

This factsheet has been prepared by Alcohol Healthwatch. For brevity, 95% Confidence Intervals are not reported. All prevalence data is unadjusted. Results of subgroup comparisons are adjusted. Before testing for differences between survey years, results are age-standardised to take into account changing age structures in the underlying populations over time. Respondents who reported more than one ethnic group are counted once in each group they reported.

About the New Zealand Health Survey

The annual New Zealand Health survey is funded by the Ministry of Health and is designed to yield an annual sample size of approximately 14,000 adults aged 15 years and over. The results represent the sample selected for the period July 2018 to end of June 2019.

The survey data is collected in the respondents' homes, with the interviewer entering responses directly into a laptop computer and/or asking the respondent to complete a section of the interview by themselves using the laptop computer. In 2018/19, the response rate was 80%; 13,752 adults took part in the survey. The prevalence of hazardous drinking was determined by the proportion of respondents scoring 8 or more on the 10-question Alcohol Use Disorders Identification Test (AUDIT).

All data is available at <https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/>

Prevalence (%) of hazardous drinking, 2006/07 to 2018/19 NZ Health Surveys

Prevalence (%) over comparable years							Prevalence (%) over comparable years			
	2006/07	2011/12	2012/13	2013/14	2014/15	2015/16	2015/16	2016/17	2017/18	2018/19
Total	18.0	14.9 ⁰⁶	15.4 ⁰⁶	16.4 ⁰⁶	17.7 ¹¹	19.3 ¹¹	20.8	19.5	19.8	20.0
Men	26.0	21.6 ⁰⁶	22.0	22.1	24.7	26.6 ¹¹	28.6	27.1	27.3	27.5
Women	10.6	8.6 ⁰⁶	9.1	11.0	11.1 ¹¹	12.3 ¹¹	13.4	12.4	12.7	12.8
Age group										
15-17	19.5	11.7	8.0	15.3	10.8 ⁰⁶	11.5 ⁰⁶	7.9	7.6	7.2	6.3
18-24	43.2	29.9	32.4	33.4	33.9 ⁰⁶	32.6 ⁰⁶	37.1	32.9	31.7	35.4
25-34	23.9	24.8	24.4	23.9	21.9	27.6 ¹⁴	27.1	26.3	25.3	24.8
35-44	16.6	16.0	16.6	15.9	19.5 ^{11,13}	22.3 ^{06,11}	22.3	22.2	22.0	22.4
45-54	12.2	11.7	12.9	16.3	18.3 ^{06,11}	18.5 ^{06,11}	22.9	21.0	22.2	22.1
55-64	12.1	8.4	9.1	10.1	13.2 ^{11,13}	14.4 ¹¹	16.4	14.8	16.1	17.6
65-74	7.3	5.5	5.3	5.7	8.8 ^{11,13}	10.0 ^{06,11}	10.1	10.5	12.5	11.7
75+	3.6	1.6	2.0	1.8	2.8	2.9	4.4	4.1	5.1	4.1
Ethnic group										
Total Māori	33.5	28.6 ⁰⁶	30.6	30.9	32.4 ¹¹	32.9 ¹¹	31.1	33.0	31.7	33.2
Māori men	43.5	37.1	38.8	37.2	38.4	36.9	37.9	39.0	38.7	40.0
Māori women	24.2	20.9	23.1	25.2	27.0 ^{06,11}	29.4 ^{06,11}	24.8	27.6	25.3	27.1
Total Pacific	23.4	19.3	17.2	20.1	23.4	21.1	23.5	23.4	19.1	22.7
Pacific men	33.7	29.6	27.4	27.0	34.8	29.4	36.0	32.3	27.0	32.6
Pacific women	14.0	10.7	8.6	13.7	13.7	13.3	14.1	15.2	12.1	14.6
Total Asian	5.7	4.2	5.1	3.7	4.7	4.7	7.2	6.6	6.5	6.2
Asian men	10.1	6.9	7.8	4.7	7.6	7.2	11.7	9.7	10.9	9.7
Asian women	1.8	1.8	2.2	2.6	1.7	2.0	2.2	3.2	2.2	2.4
Total Euro/Other	17.9	14.8	15.2	16.7	17.9 ¹¹	20.4 ^{06,11,14}	21.8	20.0	21.2	21.3
Euro/Other men	26.2	21.8	22.3	22.9	25.7	29.0 ^{11,14}	30.4	28.4	29.5	29.8
Euro/Other women	10.2	8.1	8.6	10.8	10.4 ¹¹	12.3 ¹¹	13.9	12.2	13.3	13.5
Neighbourhood deprivation (1=low, 5=high)										
Quintile 1 men	24.9	16.5	17.7	18.0	20.7	24.2	24.7	23.5	23.9	27.0
Quintile 2 men	22.4	21.8	22.2	19.6	21.0	27.5	25.0	21.1	29.0	25.2
Quintile 3 men	25.9	20.3	19.9	24.5	25.4	24.6	29.5	29.8	29.1	26.3
Quintile 4 men	27.2	25.7	24.5	22.7	28.2	27.1	30.5	30.2	36.6	28.1
Quintile 5 men	30.1	24.8	26.8	26.1	29.1	30.1	34.3	31.4	27.8	31.6
Quintile 1 women	9.0	3.9	5.6	7.1	6.7	7.6	13.6	9.5	8.8	11.5
Quintile 2 women	8.8	7.4	7.0	9.5	8.7	13.3	9.6	9.7	9.8	11.1
Quintile 3 women	9.4	8.2	8.5	11.8	8.8	9.7	13.9	13.8	14.2	12.7
Quintile 4 women	10.3	11.3	9.5	10.4	13.7	15.0	13.7	13.4	14.7	11.8
Quintile 5 women	15.8	12.2	15.1	16.6	17.5	15.8	16.1	15.5	15.9	17.1

SURVEY METHODOLOGY CHANGED

06 significantly lower than in 2006/07

12 significantly higher than in 2012/13

06 significantly higher than in 2006/07

13 significantly higher than in 2013/14

11 significantly higher than in 2011/12

14 significantly higher than in 2014/15

Only known significant changes are shown. Differences in the prevalence over time by level of deprivation are not examined.