Key facts about drinking in New Zealand

Alcohol use in New Zealand

4 in 5 adults drink alcohol.*

1 in 4 drinkers drink hazardously.**

New Zealand’s consumption of pure alcohol per person is similar to Australia, lower than the United Kingdom, and higher than the United States and Canada.

35 million litres of pure alcohol are available in New Zealand each year – an average of two standard drinks per person a day.

Source: New Zealand Health Survey 2017/18.
Source: Stats NZ, Alcohol available for consumption data, December 2018 data.

*Adults who drink alcohol have had a drink in the past year.
**Hazardous drinkers are those past-year drinkers who scored 8 or more on the Alcohol Use Disorders Identification Test (AUDIT).

For more information on the AUDIT, see https://www.who.int/substance_abuse/activities/sbi/en/
See https://www.alcohol.org.nz/resources-research/facts-statistics for more information and data sources.

AL1150 – May 2019
The number at the end of each bar shows the percentage of the population who drank in the past year. The green bars show the percentage of past-year drinkers who drank at hazardous levels.*

<table>
<thead>
<tr>
<th>Age Group</th>
<th>European/Other men</th>
<th>European/Other women</th>
<th>Māori men</th>
<th>Māori women</th>
<th>Pasifika men</th>
<th>Pasifika women</th>
<th>Asian men</th>
<th>Asian women</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>15–17 years</td>
<td>13%</td>
<td>16%</td>
<td>34%</td>
<td>16%</td>
<td>25%</td>
<td>16%</td>
<td>33%</td>
<td>17%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18–24 years</td>
<td>57%</td>
<td>66%</td>
<td>88%</td>
<td>48%</td>
<td>46%</td>
<td>49%</td>
<td>45%</td>
<td>83%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25–34 years</td>
<td>84%</td>
<td>82%</td>
<td>80%</td>
<td>82%</td>
<td>60%</td>
<td>67%</td>
<td>45%</td>
<td>75%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35–44 years</td>
<td></td>
<td></td>
<td>83%</td>
<td>79%</td>
<td>60%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>45–54 years</td>
<td></td>
<td></td>
<td>81%</td>
<td>78%</td>
<td>67%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>55–64 years</td>
<td></td>
<td></td>
<td>80%</td>
<td>78%</td>
<td>66%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65–74 years</td>
<td></td>
<td></td>
<td>82%</td>
<td>79%</td>
<td>60%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65+ years</td>
<td></td>
<td></td>
<td>81%</td>
<td>78%</td>
<td>57%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Among those that drink...

- **2 in 5** 18 to 24-year-olds are hazardous drinkers.
- **1 in 4** 45 to 54-year-olds are also hazardous drinkers.

**Men are twice as likely** as women to be hazardous drinkers.

**1 in 2 Māori men** who drink and **1 in 3 Māori women** who drink are hazardous drinkers.

Pasifika and Asian men and women are the least likely to drink alcohol but hazardous drinking is high among Pasifika who do drink.

Source: New Zealand Health Survey 2017/18.

*Hazardous drinkers are those past-year drinkers who scored 8 or more on the Alcohol Use Disorders Identification Test (AUDIT). See https://www.alcohol.org.nz/resources-research/facts-statistics for more information and data sources.
Key facts about drinking in New Zealand

Harms from drinking alcohol

**Alcohol is linked to more than 200 disease and injury conditions**

memory loss
diabetes complications
blackouts
lung infections
stroke
decreased fertility
birth defects
sexual dysfunction
bowel cancer

thinning bones
breast cancer
falls
hallucinations
gout
road traffic accidents
heart disease

sleeve disturbance
pancreatosis
anxiety and depression
suicide
obesity

drowning

Alcohol is known to be a factor in 1 in 5 fatal crashes.

800 deaths
of New Zealanders aged 0 to 79 years were due to alcohol in 2007.

Men are over 2x more likely to die from drinking alcohol than women.

The 'death rate' from drinking alcohol is disproportionately higher for Māori.

2 in 5 offences
that involve assault, abduction, robbery, threats or damage to property and

1 in 3
family violence incidents are known to involve alcohol.

Sources: