

# Alcohol Quick Facts

## ALCOHOL FACTS

### New Zealand's drinking patterns

- The proportion of New Zealanders aged 15 years or more who drank alcohol in the past year dropped from 84% in 2006/07 to 80% in 2011/12 (Ministry of Health, 2013).
- One in five (19%) New Zealanders aged 15 years or more who drank alcohol in the past year has a potentially hazardous drinking pattern (Ministry of Health, 2013).
- One in eight (12.6%) past-year drinkers consumed a large amount of alcohol (more than six standard drinks for males or four for females on a drinking occasion) at least once a week (Ministry of Health, 2009).
- Four in 10 (38%) past-year drinkers did not consume a large amount of alcohol (more than six standard drinks for males or four for females) on drinking occasions in that year (Ministry of Health, 2009).

### Health impacts

- Alcohol consumption is an important risk factor for more than 60 different disorders (WHO, 2007).
- 3.8% of all global deaths and 4.6% of the global burden of disease (measured in disability-adjusted life-years) are estimated to be attributable to alcohol (Rehm et al 2009).
- Between 600 and 800 people in New Zealand have been estimated to die each year from alcohol-related causes (Berl 2009; Connor et al, 2013).
- In New Zealand, more than half (52%) of alcohol-related deaths in males and one-quarter (25%) of alcohol-related deaths in females are estimated to be due to injuries (Connor et al, 2013).
- 3.9% of health loss from all causes in New Zealand (measured in disability-adjusted life-years) is estimated to be attributable to alcohol (Ministry of Health, 2013a).

- Between 18% and 35% of injury-based emergency department presentations are estimated to be alcohol-related, rising to between 60% and 70% during the weekend (Jones et al., 2009; Humphrey et al., 2003).
- 14% of the population are predicted to meet criteria for a substance use disorder at some time in their lives (Wells et al., 2007).

### Crime and violence

The New Zealand Police (New Zealand Police, 2010) estimate that:

- approximately one-third of all Police apprehensions involve alcohol
- half of serious violent crimes are related to alcohol
- over 300 alcohol-related offences are committed every day
- each day, 52 individuals or groups of people are either driven home or detained in police custody because of intoxication.

### Drink driving

- In 2012, driver alcohol was a contributing factor in 73 fatal crashes, 331 serious injury crashes and 933 minor injury crashes. These crashes resulted in 93 deaths, 454 serious injuries and 1,331 minor injuries.

### Social costs

- A 2009 study, applying a methodology endorsed by the World Health Organization, estimated harmful alcohol use cost New Zealand \$4.9 billion in 2005/06 (Berl 2009). However, previous estimates have ranged from \$735 million to \$16.1 billion (Law Commission, 2009, p168).

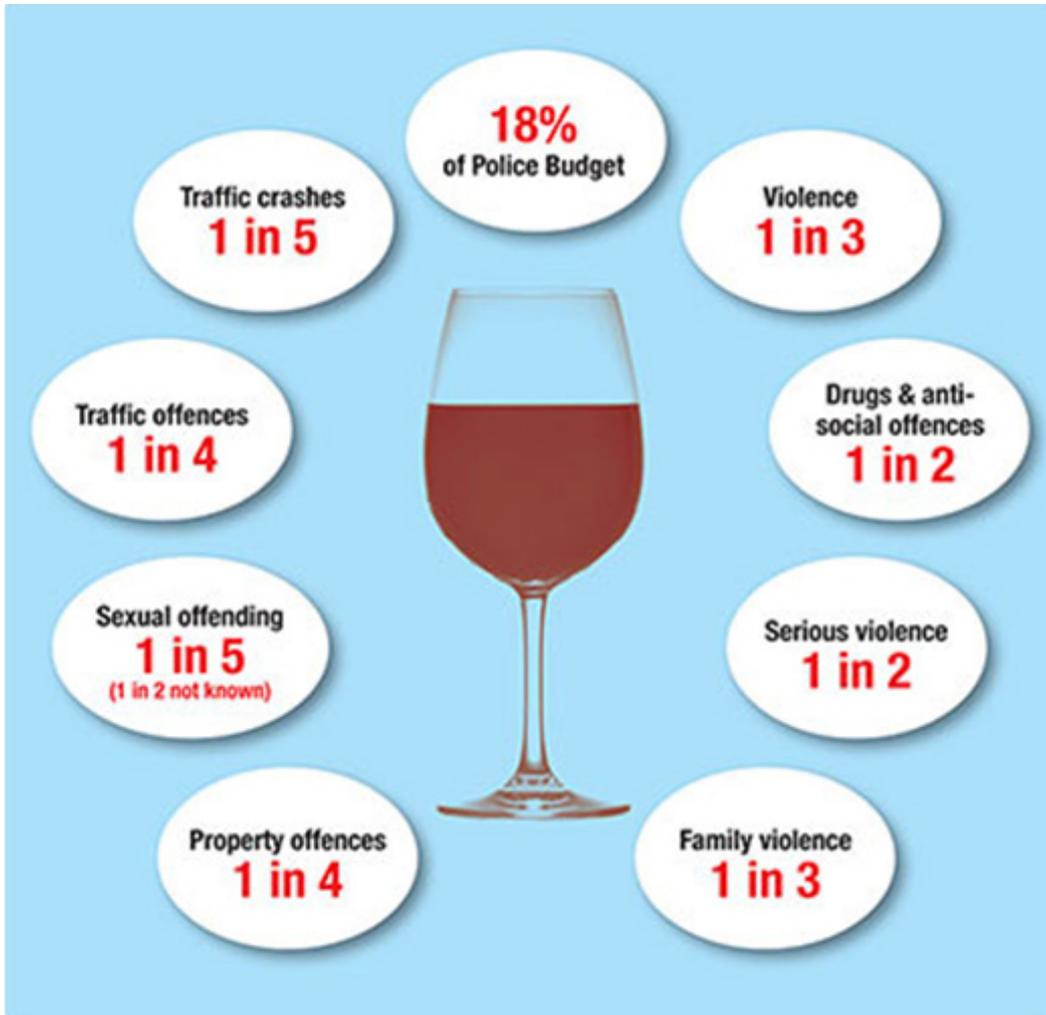
Support and advice on your own or another's drinking is available from the Alcohol Drug Helpline 0800 787 797 or <http://www.alcoholdrughelp.org.nz/>



Te Kaporeihana Āwhina Hunga Whara



## ALCOHOL AND CRIME



At least a third of all Police recorded offences are committed by an offender who has consumed alcohol prior to committing the offence.

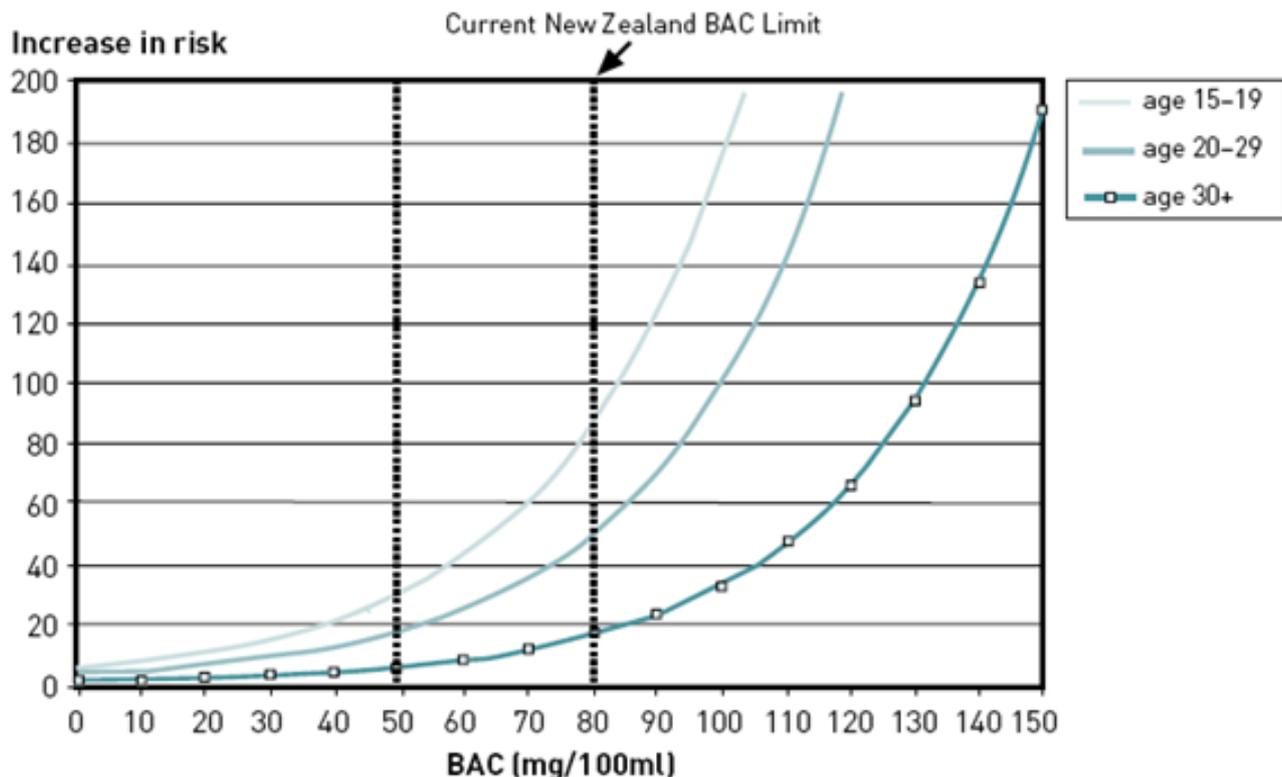
On an average day:

- 52 individuals or groups of people are either driven home or detained in Police custody due to their state of intoxication.
- 340 offences occur where Police note alcohol is involved in the offending, including:
  - 30 breach of liquor ban offences
  - 100 drink drive offences
  - 8,764 breath tests are undertaken
  - 40 licensed premises are visited by Police to monitor compliance with the Sale and Supply of Alcohol Act 2012.

Source: New Zealand Police 2010

## ROAD TRAFFIC CRASHES AND DEATHS

- Many studies show that the risk of being involved in a crash increases as a driver's blood alcohol level increases.
- At all blood alcohol levels, the relative risk of a crash is higher for young adults.



- Contrary to popular opinion, people with a high blood alcohol level are more likely to be injured or killed in a crash than those who have not been drinking alcohol.
- As the severity of crashes increases, so does the contribution of driver alcohol.
- For every 100 alcohol or drug-impaired drivers or riders killed in road crashes, 50 of their passengers and 19 non-alcohol impaired road users die with them.
- In 2012, driver alcohol was a contributing factor in 73 fatal crashes, 331 serious injury crashes and 933 minor injury crashes. These crashes resulted in 93 deaths, 454 serious injuries and 1,331 minor injuries.

For more information refer to the Ministry of Transport's Crash Fact Sheets:

<http://www.transport.govt.nz/research/crashfacts/>

Source: Ministry of Transport, 2012

- Police estimate that each day in New Zealand, an average of 8,764 breath tests of drivers are undertaken and 100 people are charged with drink-driving (New Zealand Police, 2010).

# NEW ZEALAND DRINKING PATTERNS

## Overall

- The proportion of New Zealanders aged 15 years or more who drank alcohol in the past year dropped from 84% in 2006/07 to 80% in 2011/12 (Ministry of Health, 2013).
- In 2011/12, one in five (19%) New Zealanders aged 15 years or more who drank alcohol in the past year has a potentially hazardous drinking pattern (Ministry of Health, 2013).
- One in eight (12.6%) past-year drinkers consumed a large amount of alcohol (more than six standard drinks for males or four for females on a drinking occasion), at least once a week (Ministry of Health, 2009).
- Four in 10 (38%) past-year drinkers did not consume a large amount of alcohol (more than six standard drinks for males or four for females) on drinking occasions in that year (Ministry of Health, 2009).
- One in four (28.7%) women who had been pregnant in the past three years reported that they had consumed alcohol while pregnant (Ministry of Health, 2009).

## Young people

- The proportion of 15 to 17-year-olds who drank alcohol in the past year dropped from 75% in 2006/07 to 59% in 2011/12 (Ministry of Health, 2013).
- The proportion of 18 to 24-year-olds who drank alcohol in the past year in 2011/12 was 85% (Ministry of Health, 2013).
- The rate of hazardous drinking among past year drinkers aged 15 to 17 years in 2011/12 was 21% (Ministry of Health, 2013).
- The rate of hazardous drinking among past year drinkers aged 18 to 24 years dropped from 49% in 2006/07 to 36% in 2011/12 (Ministry of Health, 2013).
- Among all past year drinkers, a potentially hazardous drinking pattern was most common in people aged 18 to 24 years (Ministry of Health, 2013).

## Māori

- The proportion of Māori aged 15 years or more who drank alcohol in the past year dropped from 84% in 2006/07 to 79% in 2011/12 (Ministry of Health, 2013).
- One in three (37%) Māori aged 15 years or more who drank alcohol in the past year has a potentially hazardous drinking pattern (Ministry of Health, 2013).

## Pacific peoples

- In 2011/12, six in 10 (58%) Pacific people aged 15 years or more drank alcohol in the past year (Ministry of Health, 2013).
- One in three (35%) Pacific people aged 15 years or more who drank alcohol in the past year has a potentially hazardous drinking pattern (Ministry of Health, 2013).

# HEALTH AND INJURY

## Worldwide

- Alcohol consumption is an important risk factor for more than 60 different disorders (WHO, 2007).
- Alcohol is causally related to cancers of the oral cavity, pharynx, larynx, oesophagus, liver, colorectum and female breast (Bann et al., 2007).
- There is debate about the health benefits of moderate drinking, particularly from a reduction in cardiovascular disease (CVD) risk for middle-aged and older people, but any benefit (in terms of disability-adjusted life years gained) appears to be outweighed by other harms in all age-groups from injury and other health problems (Rehm et al., 2009).
- An estimated 3.8% of all global deaths and 4.6% of the global burden of disease are attributable to alcohol (Rehm et al., 2009).
- In high-income countries, alcohol is the second leading risk factor for burden of disease (6.7%) (WHO, 2009).
- Alcohol is responsible for approximately 20% of deaths due to motor vehicle accidents; 30% of deaths due to oesophageal cancer, liver cancer, epilepsy and homicide; and 50% of deaths due to liver cirrhosis (WHO, 2009).
- For healthy adults, drinking more than two standard drinks per day increases the risk of death from alcohol-related disease or injury to over one in 100 (National Health & Medical Research Council, 2009).
- Drinking four standard drinks on a single occasion more than doubles the relative risk of an injury in the six hours afterwards (National Health & Medical Research Council 2009).

## New Zealand

- Between 600 and 800 people in New Zealand have been estimated to die each year from alcohol-related causes (Berl 2009; Connor et al, 2013).
- 3.9% of health loss from all causes in New Zealand (measured in disability-adjusted life-years) is estimated to be attributable to alcohol (Ministry of Health, 2013a).
- In New Zealand, more than half (52%) of alcohol-related deaths in males and one-quarter (25%) of alcohol-related deaths in females are estimated to be due to injuries (Connor et al, 2013).
- Nearly one-fifth of all deaths for males and one-tenth of all deaths for females aged between 20 and 24 are attributable to alcohol use (Law Commission, 2009, p72).
- Between 18% and 35% of injury-based emergency department presentations are estimated to be alcohol-related, rising to between 60% and 70% during the weekend (Jones et al., 2009; Humphrey et al., 2003).
- A study of falls in working adults (aged 25 to 60) found that approximately 20% of unintentional falls at home may be attributable to alcohol consumption (Kool et al., 2008).
- Alcohol is involved in half of the patients presenting with facial fractures (Lee and Snape, 2008).
- Approximately 45% of fire fatalities each year involve alcohol (Millar, 2005).
- Approximately 11% of all drowning between 2010-2012 involve alcohol (Water Safety New Zealand, 2013).
- Approximately 23,000 people are treated in the publicly-funded health system each year for alcohol or other drug addictions (NCAT, 2008).
- 14% of the population are predicted to meet the criteria for a substance use disorder at some time in their lives (Wells et al., 2007).

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