

Information topic	Details
Indicator name	Prevalence of Hazardous Drinking
Domain and topic	Alcohol-related harm – Harmful alcohol use
Indicator definition and units	<p>Percentage of self-reported hazardous drinking in adults aged 15 years or over.</p> <p>Hazardous drinking is measured using the 10-question Alcohol Use Disorders Identification Test (AUDIT). Hazardous drinkers are those who obtain an AUDIT score of 8 or more, representing an established pattern of drinking that carries a high risk of future damage to physical or mental health.</p>
Data Source	<p>New Zealand Health Survey Regional Data Release https://www.health.govt.nz/publications/regional-data-release-201112-202324-new-zealand-health-survey</p>
Numerator	Number of adults aged 15 years or older who scored 8 points or more on the AUDIT questionnaire
Denominator	Number of adults aged 15 years or older
Methodology	<p>The respondents are asked the following 10-item AUDIT questionnaire. The first 8 questions are asked only of those who had an alcoholic drink within the last year. The final two questions are asked of everyone. Each questions scores from zero to four points.</p> <p>Q1. How often do you have a drink containing alcohol? 1 Monthly or less 2 Up to 4 times a month 3 Up to 3 times a week 4 4 or more times a week .K Don't know .R Refused</p> <p>Q2. How many drinks containing alcohol do you have on a typical day when you are drinking? 1 1 or 2 2 3 or 4 3 5 or 6 4 7 to 9 5 10 or 11 6 12 or more .K Don't know .R Refused</p> <p>Q3. How often do you have six or more standard drinks on one occasion? 1 Never 2 Less than monthly</p>

	<p>3 Monthly</p> <p>4 Weekly</p> <p>5 Daily or almost daily</p> <p>.K Don't know</p> <p>.R Refused</p>
	<p>Q4. How often during the last year have you found that you were not able to stop drinking once you had started?</p> <p>1 Never</p> <p>2 Less than monthly</p> <p>3 Monthly</p> <p>4 Weekly</p> <p>5 Daily or almost daily</p> <p>.K Don't know</p> <p>.R Refused</p>
	<p>Q5. How often during the last year have you failed to do what was normally expected from you because of drinking?</p> <p>1 Never</p> <p>2 Less than monthly</p> <p>3 Monthly</p> <p>4 Weekly</p> <p>5 Daily or almost daily</p> <p>.K Don't know</p> <p>.R Refused</p>
	<p>Q6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?</p> <p>1 Never</p> <p>2 Less than monthly</p> <p>3 Monthly</p> <p>4 Weekly</p> <p>5 Daily or almost daily</p> <p>.K Don't know</p> <p>.R Refused</p>
	<p>Q7. How often during the last year have you had a feeling of guilt or remorse after drinking?</p> <p>1 Never</p> <p>2 Less than monthly</p> <p>3 Monthly</p> <p>4 Weekly</p> <p>5 Daily or almost daily</p> <p>.K Don't know</p> <p>.R Refused</p>
	<p>Q8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?</p> <p>1 Never</p> <p>2 Less than monthly</p> <p>3 Monthly</p> <p>4 Weekly</p> <p>5 Daily or almost daily</p>

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	<p>.K Don't know .R Refused</p> <p>Q9. Have you or someone else been injured as a result of your drinking? 1 Yes, but not in the last year 2 Yes, during the last year 3 No .K Don't know .R Refused</p> <p>Q10. Has a relative or friend, or a doctor or other health worker, been concerned about your drinking or suggested you cut down? 1 Yes, but not in the last year 2 Yes, during the last year 3 No .K Don't know .R Refused</p>
Time period and time scale	The NZHS survey year covers the period from July to June of the following year. The 2023/24 survey was collected from 13 July 2023 to 24 July 2024.
Population coverage	The target population of the NZHS is the 'usually resident' population including those living in non-private accommodation. The alcohol questions are asked to survey respondents 15 years and older. The survey population excludes most of those in non-private accommodation such as prisons, hospitals and dementia care units. Full details are in the NZHS methodology report (Ministry of Health, 2024b)
Spatial Coverage	The North and South Islands of New Zealand and Waiheke Island
Measures of frequency	Results are presented by District Health Board, sex, age group, ethnic group (Māori/non-Māori), and socioeconomic deprivation (NZDep quintiles) where possible
Limitations of indicator	<p>The AUDIT questionnaire is self-reported and there is a tendency for individuals to under report their alcohol consumption.</p> <p>The NZHS uses a cut-off AUDIT score of 8 for all ages and both sexes. Research has suggested that age and sex specific cut scores may be more accurate at indicating hazardous drinking.</p> <p>Since the 2016/17 NZHS a showcard has been used to illustrate the number of standard drinks in typical alcoholic beverages to help respondents assess their consumption. This creates a break in the time series.</p>
Limitations of data source	The non-response rate for the alcohol questionnaire is less than 3%. The overall adult response rate for the 2023/24 survey was

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	73%. The response rate for the NZHS fell to ~60% during the COVID period and has not yet recovered to the pre-COVID ~80%.
Related indicators	Heavy Episodic Drinking
For more information	(Ministry of Health, 2020, 2024a, 2024b, 2024c)
References	<p>Ministry of Health. (2020). Content Guide 2019/20: New Zealand Health Survey. Ministry of Health. https://www.health.govt.nz/system/files/2020-11/content-guide-2019-20-new-zealand-health-survey-nov20.pdf</p> <p>Ministry of Health. (2024a). Content Guide 2023/24: New Zealand Health Survey. M. o. Health. https://www.health.govt.nz/system/files/2024-11/content-guide-2023-24-new-zealand-health-survey-nov24.pdf</p> <p>Ministry of Health. (2024b). Methodology Report 2023/24: New Zealand Health Survey. M. o. Health. https://www.health.govt.nz/system/files/2024-11/methodology-report-2023-24-new-zealand-health-survey-nov24.pdf</p> <p>Ministry of Health. (2024c). New Zealand Health Survey Annual Data Explorer. Retrieved 28/10/2025 from https://minhealthnz.shinyapps.io/nz-health-survey-2023-24-annual-data-explorer/_w_7d7dfbf10426424c84f950977a1f1d66/#!/home</p>