

Health of New Zealanders in 2020/21

Young adults had high rates of hazardous drinking

35%

of those aged **18-24 years** were **drinking alcohol** in a **hazardous** way



Daily smoking has decreased over time

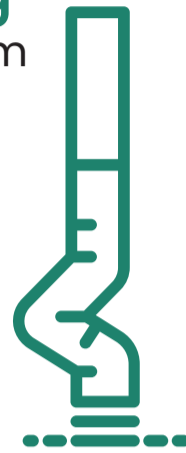
Daily smoking decreased from

16%

in 2011/12 to

9%

in 2020/21



One in ten New Zealanders did not visit the GP due to cost

10%

of all **adults** and

16%

of **disabled adults** did not visit the **GP** due to cost



Nearly 1 in 8 children had asthma

12%

of children aged **2-14 years** were diagnosed with **asthma** and were currently being treated for it



Mental distress was experienced by 1 in 10 adults

10%

of **adults** reported experiencing **psychological distress** in the past four weeks



Just over half of adults were physically active over the past week

53%

of **adults**

were

physically active doing at least 2.5 hours of activity in the past week, spread over the week



Around one third of adults were classified as obese

34%

of **adults** and

13%

of **children** in New Zealand were **obese**



Chronic pain was experienced by nearly 1 in 5 adults

20%

of **adults**

reported having **chronic pain** present **nearly every day** and were expecting it to last more than 6 months



Many adults and children brushed their teeth as recommended

64% of **adults** and

59% of **children** brushed their teeth twice a day or more with **standard fluoride toothpaste**

