

## Risk and protective factors

Factors such as **alcohol use**, **smoking** and **physical activity** levels can impact on **health outcomes**. Findings from selected risk and protective factors are presented here, and **these patterns have not changed much over time**.

Youth tobacco smoking was sourced from the Action for Smokefree 2025 (ASH) Year 10 Snapshot Survey from 1999 to 2015. Other data was sourced from the New Zealand Health Survey (NZHS), Ministry of Health, from 2006/07 to 2016/17.



### Tobacco smoking

The **daily smoking** rates for **Māori youth** (aged 14–15 years) **decreased** over time.

**Māori youth** were **more likely** to **smoke daily** than non-Māori youth. **Māori girls** had the **highest daily smoking rate**.

**Current** and **daily smoking** rates have **decreased** over time for **Māori adults** (aged 15 years and over).

**Māori adults** were **more likely** to be **current** and/or **daily smokers** than non-Māori adults.

**Māori women** were **more likely** to be **ex-smokers** than non-Māori women.



### Cannabis use

Cannabis use **increased slightly** over time for **both Māori** and **non-Māori adults**.

**Māori adults** were **more likely** to **use cannabis** than non-Māori adults. **Māori males** had the **highest rate** of cannabis use.



### Alcohol consumption

**Māori adults** were **as likely** as non-Māori adults to **consume alcohol**.

**Māori adult drinkers** were **less likely** than non-Māori adult drinkers to have drunk alcohol **four or more times** a week.

**Māori adult drinkers** were **more likely** to **drink at a hazardous level** than non-Māori adult drinkers.



### Gambling

**Gambling** rates **decreased** between 2006/07 and 2011/12 for both **Māori** and **non-Māori adults**.

**Māori adult gamblers** were **more likely** than non-Māori adult gamblers to be at any risk of gambling problems.

**Māori adults**, especially **Māori females**, were **more likely** to be **affected by other people's gambling** than non-Māori adults.



### Body size

**Māori children** (aged 2–14 years) were **more likely** to be **overweight** or **obese** than non-Māori children.

**Māori children** had a **higher mean BMI** score than non-Māori children.

**Māori children** had **increasing obese rates** over time.

**Māori adults** were **more likely** than non-Māori adults to be **obese**.

**Māori adults** had **higher mean BMI** scores and **mean waist measurements** than non-Māori adults.



### Fruit and vegetables daily intake

**Māori females** were **less likely** than non-Māori females to meet the **recommended intake** of fruit and vegetables.

The rate of **Māori** meeting the recommended intake **decreased** over time.



### Regular physical activity

**Māori** and **non-Māori adults** reported **similar levels of physical activity**.