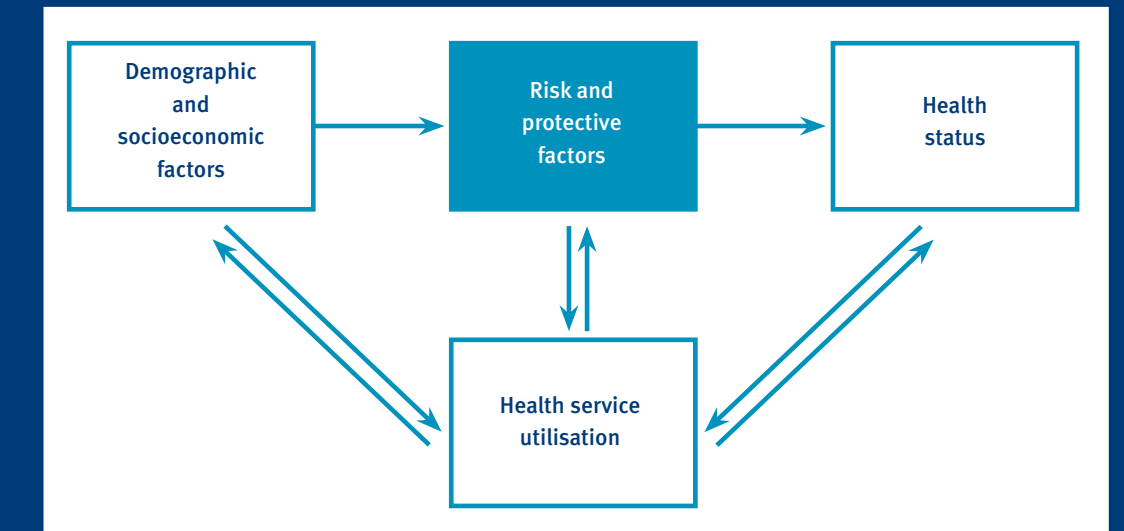


Risk and Protective Factors



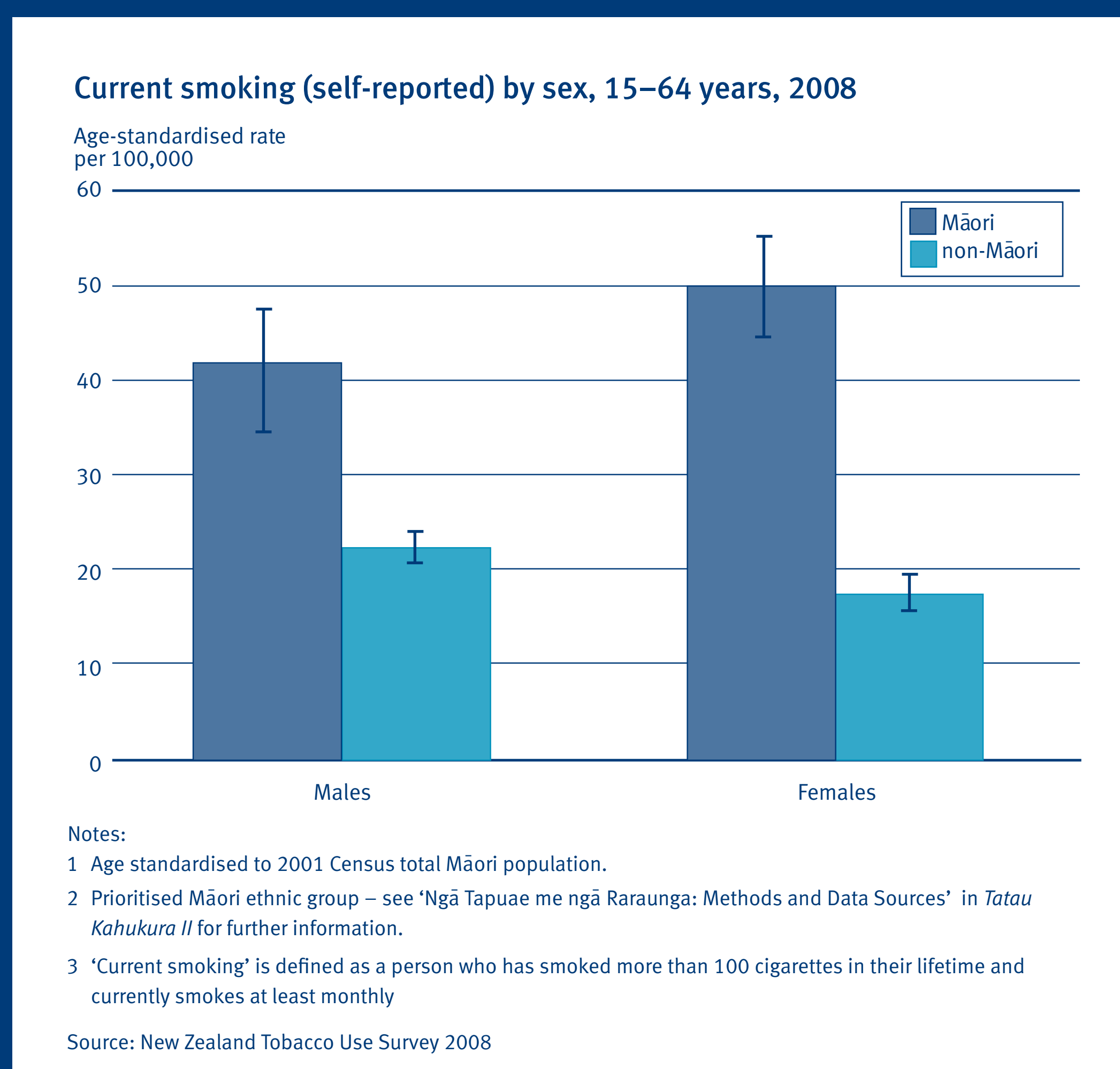
What are risk factors?

- Risk factors increase the probability of occurrence of a disease
- For example, cigarette smoking is a risk factor for lung cancer

What are protective factors?

- Protective factors are characteristics that safeguard a person from suffering a disease
- For example, physical activity is a protective factor against cardiovascular disease

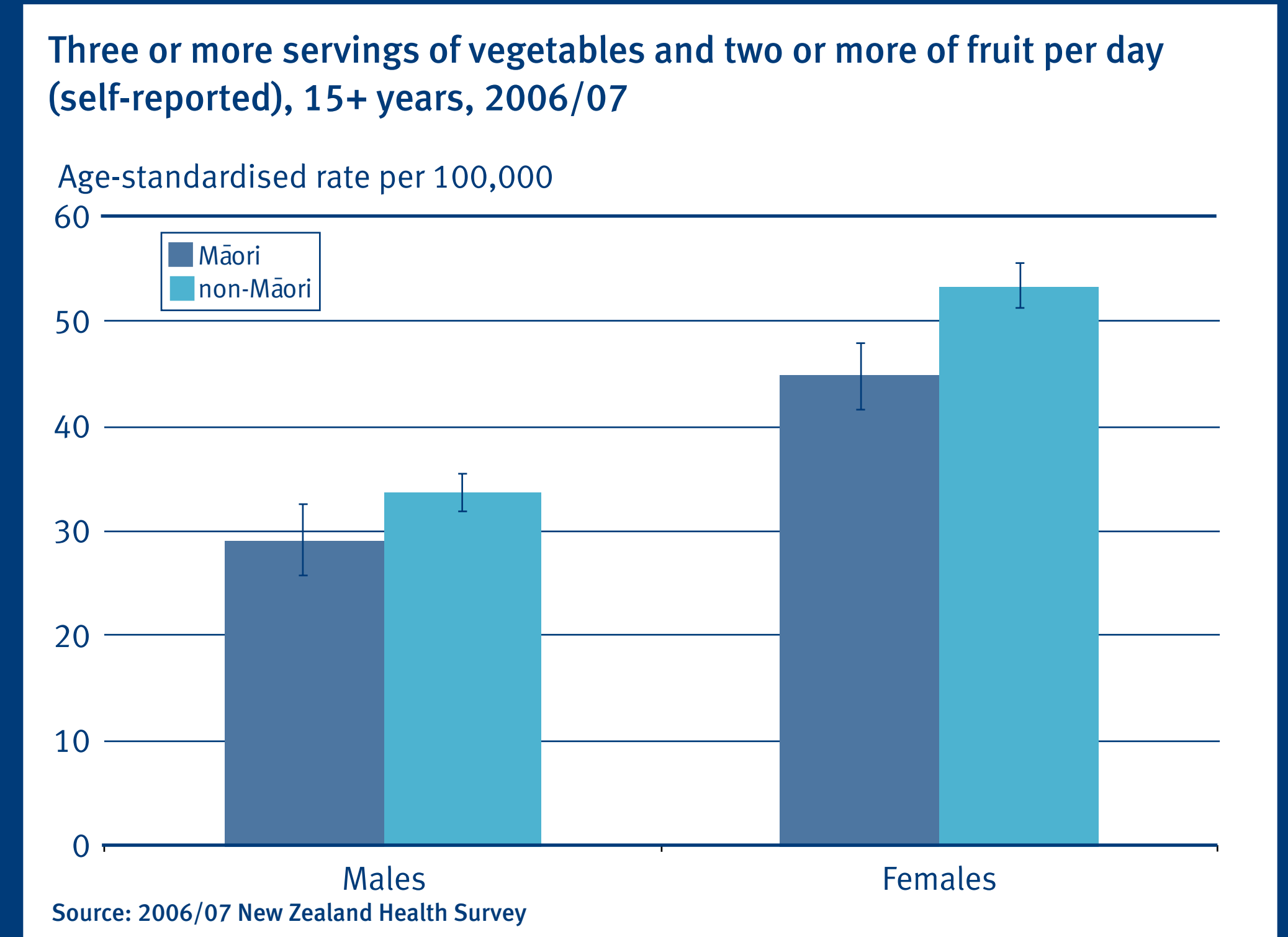
What is the current smoking rate?



- Among adults aged 15–64 years, Māori were twice as likely as non-Māori adults to smoke tobacco
- Māori females had the highest prevalence rate of cigarette smoking (50%)

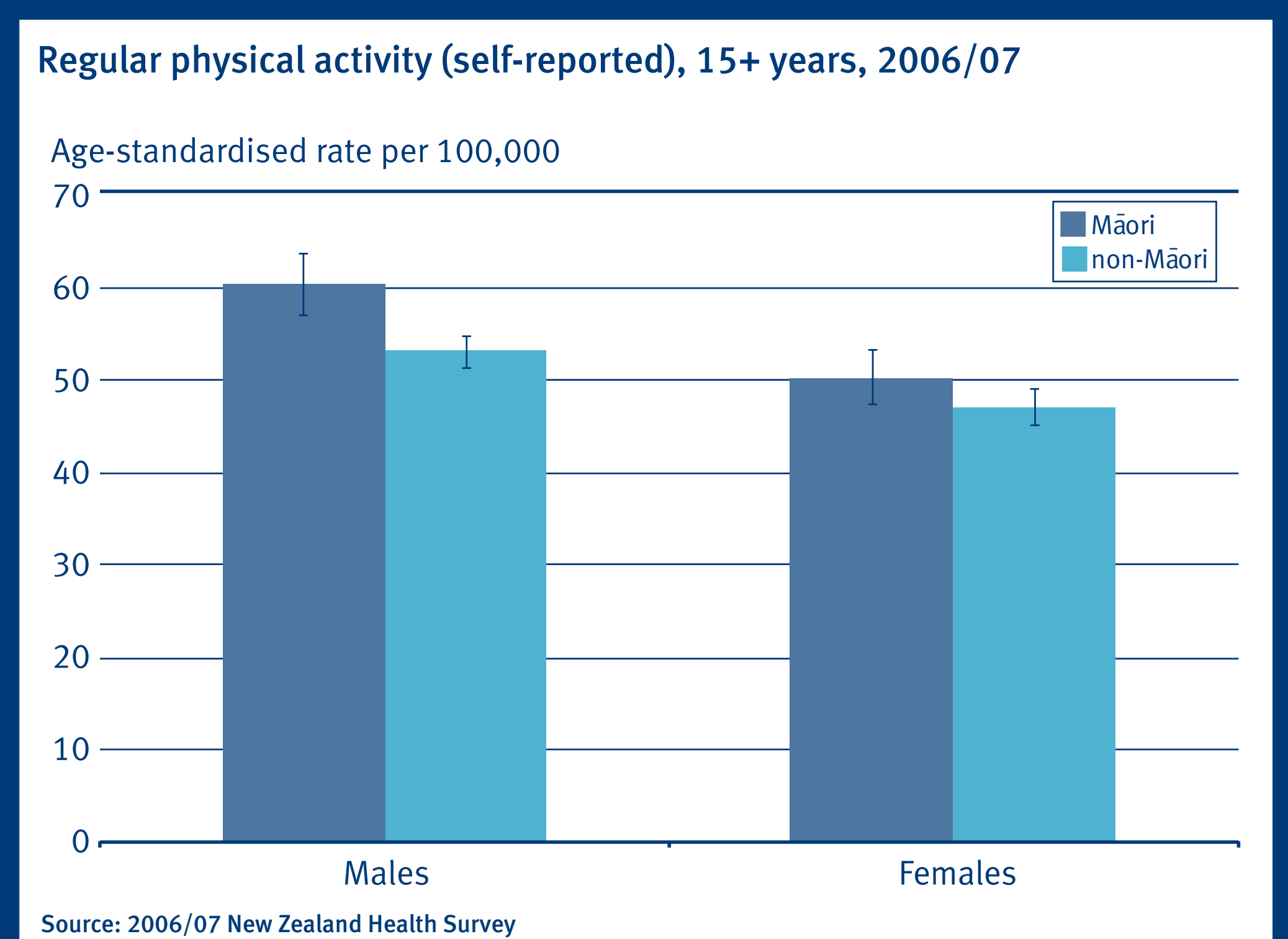
What do we eat?

- It is recommended that New Zealanders eat at least three servings of vegetables and two servings of fruit per day



How much do we exercise?

- It is recommended that New Zealanders participate in at least 30 minutes of moderate-intensity regular physical activity on five or more days of the week



What are our drinking habits?

Alcohol indicators

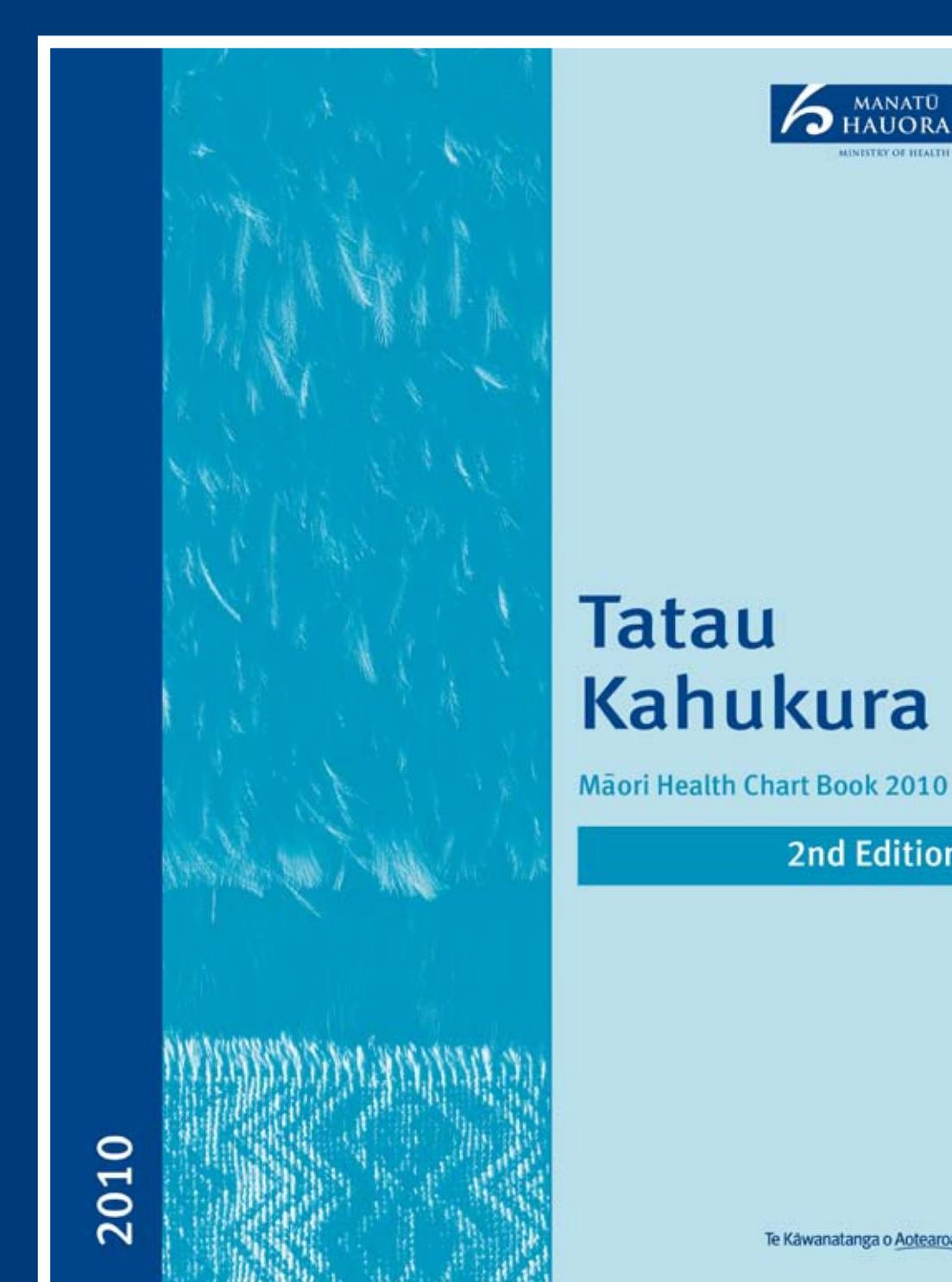
Indicator	Māori			non-Māori		
	Males	Females	Total	Males	Females	Total
Drinking alcohol daily in the past 12 months (past year drinkers 15–64 years), 2007/08, percent ^{1,2}	5.2 (3.3–7.1)	2.7 (1.7–3.8)	3.9 (2.9–4.9)	8.4 (6.8–10.0)	5.8 (4.8–6.9)	7.1 (6.2–8.0)
Drinking large amounts of alcohol at least weekly in the past 12 months, (past year drinkers 15–64 years), 2007/08, percent ^{1,2,3}	28.1 (22.6–33.6)	22.0 (18.1–25.9)	24.9 (21.6–28.2)	13.6 (11.7–15.5)	8.5 (6.9–10.0)	11.0 (9.8–12.3)

- Notes:
 1 Age standardised to 2001 Census total Māori population.
 2 Prioritised Māori ethnic group – see 'Ngā Tapuae me ngā Raraunga: Methods and Data Sources' in *Tatau Kahukura II* for further information.
 3 'Drinking a large amount of alcohol' is defined as drinking more than six (for men) or four (for women) standard drinks on one drinking occasion.

Source: 2007/08 New Zealand Alcohol and Drug Use Survey

- Māori adults were less likely than non-Māori adults to have drunk alcohol in the past year
- For those who had drunk in the past year, Māori were more than twice as likely as non-Māori to have consumed a large amount of alcohol

Where can I find out more?



Order your copy of *Tatau Kahukura: Māori Health Chart Book 2010 2nd Edition*

Email: moh@wickliffe.co.nz

Phone: (04) 496 2277 (quoting HP number 5097)

Download: www.maorihealth.govt.nz