Risk and protective factors

Factors such as alcohol use, smoking and physical activity levels can impact 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.