Health of New Zealanders in 2021/22

- 19% of adults drank alcohol in a hazardous way.
- 9% of adults and 7% of children felt they needed professional help with their emotions, stress, mental health or substance use, but didn’t receive that help.
- 68% of adults and 76% of children were getting the recommended amount of sleep.
- 83% of adults rated their family’s wellbeing, at least 7 out of 10 (where 0 is low and 10 is high).
- 88% of adults rated their health as good, very good or excellent.
- 4% of adults felt lonely most or all of the time in the past four weeks.
- 12% of disabled adults felt lonely most or all of the time in the past four weeks.

Daily smoking decreased from 16% in 2011/12 to 9% in 2021/22.

12% of adults experienced high or very high levels of psychological distress in the past 4 weeks.

7% of adults weren’t able to see a GP in the past year because they couldn’t get time off work.

92% of parents have someone they can turn to for day-to-day emotional support with raising children.

88% of adults rated their health as good, very good or excellent.

62% of disabled adults rated their health as good, very good or excellent.