

Health of New Zealanders in 2021/22

19% of adults drank alcohol in a hazardous way



Daily smoking decreased from **16%** in 2011/12 to **8%** in 2021/22

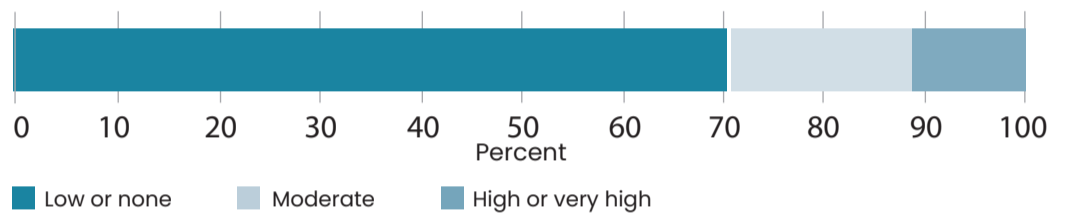


9% of adults and **6%** of children

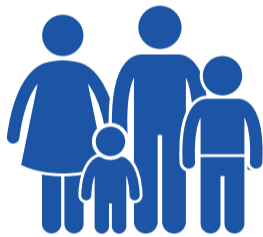


felt they needed professional help with their emotions, stress, mental health or substance use, **but didn't receive that help**

11% of adults experienced **high or very high** levels of psychological distress in the past 4 weeks



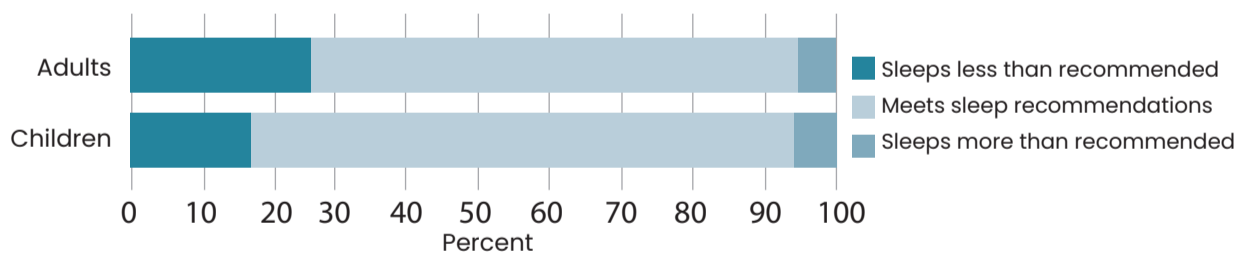
83% of adults rated their family's wellbeing, at least **7 out of 10** (where 0 is low and 10 is high)



93% of parents have someone they can turn to for day-to-day emotional support with raising children



69% of adults and **77%** of children were getting the recommended amount of sleep



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

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

63% of disabled 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.



11% of disabled adults felt lonely most or all of the time in the past four weeks