



**Pacific Drugs & Alcohol
Consumption Survey 2003
Final Report: Volume I**

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by

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Executive Summary

The Report

This report presents results of a national survey on the use of tobacco, alcohol, kava, marijuana, other recreational drugs and gambling for Pacific people living in Aotearoa New Zealand. The results are split into five sections, firstly a section which reports on findings for the total Pacific sample, and then four sections that report the findings from comparing each of the four ethnic groups (Samoan, Cook Islands Maori, Tongan and Niuean) to the total Pacific sample.

These comparisons were done to identify any ethnic subgroup differences within the total Pacific sample. All comparisons were made between a particular ethnic group and the total Pacific sample with the comparison variable classified by gender and age groups. Gender was categorised by males and females and age was categorised into those aged 13-29 years and those aged 30-65 years. Only two age groups were chosen to allow large enough numbers in each combination of category so that the statistical tests had adequate power to detect differences. The 13-29 year old age group were often referred to as 'younger' and the 30-65 year old age group were often referred to as 'older' and only statistically significant differences are reported on in the text.

The survey

Between Mid-November 2002 and July 2003 data was collected from 1103 Pacific people aged 13-65 years living in New Zealand. Of these, 338 were Samoan, 228 were Cook Islands Maori, 232 were Tongan, and 207 were Niuean, 66 were Fijian, and 32 were Tokelauan. The Pacific people surveyed were asked about their patterns of alcohol and drug use, including tobacco, kava, marijuana and other drugs, gambling and related harm.

The sample was obtained using a computer assisted telephone interviewing (CATI) system. Pacific people do not always have telephones. To counter the possibility of bias given that people without telephones may be different from people with telephones a small sample was drawn from households without telephones. To keep comparability of method these people were interviewed by cellphone. This method is known as computer assisted cellphone interviewing (CACI).

The four main Pacific communities: Samoan, Cook Islands Maori, Tongan and Niuean were specifically targeted to provide ethnic specific information. The survey was translated into the languages of these four ethnic specific groups and interviewers who were fluent in one of these languages were available if required. Approximately 877 of the interviews were done in English, 97 of the interviews were done in Tongan, 96 of the interviews were done in Samoan, 30 of the interviews were done in Cook Islands Maori, and three of the interviews were done in the Niuean language.

Sampling

The survey methodology involved sampling Pacific people aged between 13 and 65 years old from households with land-line telephones via CATI and from households without land-line telephones via CACI. Households that were selected for the CATI survey were either selected using random digit dialling (RDD) or randomly selected from a list of published telephone numbers of households with people with Pacific seeming names from their electoral enrolment details (LEXICON). Households that were selected for the CACI survey were selected from within clusters of households (from mesh blocks within Statistics New Zealand Area Units) via a systematic walk in a random direction from a random starting point. Along these walks the contactor went door to door looking for Pacific households without a land-line telephone this could be cell-phone only households or no phone at all households.

Call-backs were done at least ten times for RDD and the LEXICON method and at least three times in the CACI survey on un-identified addresses to see if they were households with no land-line telephone that contained Pacific people.

Measures

The survey questionnaire was designed to provide comparable data to those collected in previous national alcohol and drug surveys (Habgood et al., 2001, Wyllie et al., 1996, Wilkins et al., 2002, Field and Casswell, 1999a; Field and Casswell, 1999b) and to provide measures useful to assess the outcome of the government's policy on alcohol, tobacco, other drugs and gambling. The alcohol measures included annual volume, frequency of drinking, quantity of alcohol consumed on a typical occasion, frequency of drunkenness and experience of alcohol-related consequences in the last 12 months. The tobacco, marijuana, and other drug measures included ever used, used in the last 12 months, level of use in the last 12 months, age at first use, and perceptions of harm and effects of use of tobacco, marijuana and other drugs. There are measures on levels of knowledge about tobacco, alcohol and marijuana use during pregnancy and finally measures on different types of gambling activities, including ever gambled, gambled in the last week and the consequences of gambling in the last 12 months.

Analysis

The data in this report were primarily analysed using SAS version 8.2 (SAS Institute, 1999) and SUDAAN version 8.01 (Research Triangle Institute, 2002). The data were weighted to take into account different selection probabilities for the different sampling methods used (see Appendix 1 for details). Binary variables were analysed using logistic regression. Variables normally distributed were analysed using regression.

Results

The main findings are reported on by topic starting with tobacco, then alcohol, kava, marijuana, other recreational drugs, attitudes to tobacco, alcohol and marijuana use during pregnancy and then finally gambling.

Each topic has various subsections reporting figures on prevalence of use of a particular substance or behaviour and additional measures. Each of these subsections begins by stating the relevant figures for the total Pacific sample and then reports only statistically significant differences between each ethnic group (Samoan, Cook Islands Maori, Tongan and Niuean) and the total Pacific sample where they exist and in the form of bullet points.

Tobacco

Used tobacco in the last 12 months

Tobacco smoking includes ready-made cigarettes, roll-your-own tobacco, cigars and pipes. Over a third (37%) of the Pacific sample smoked tobacco in the last 12 months. In the Pacific sample, 41% of men smoked in the last 12 months and 33% of women.

Compared with the Pacific sample, in the last 12 months, on average:

- Samoan women aged 13-29 years smoked less.
- Cook Islands Maori women smoked more and this was particularly so in women aged 13-29 years.
- Tongan women aged 30-65 years were less likely to smoke.

Used tobacco in the last 30 days

Overall Pacific men (38%) were more likely to have smoked tobacco in the last 30 days than Pacific women (29%).

Compared to the Pacific sample, in the last 30 days, on average:

- Cook Islands Maori women in both 13-29 and 30-65 age groups smoked more.
- Tongan women aged 30-65 years smoked less.

Level of tobacco use and level of satisfaction

In the Pacific sample, 67% of respondents smoked one to ten cigarettes per day and 17% smoked 11 to 20 cigarettes per day. Most smokers responded that the amount they were smoking was just right (55%) followed by those who thought they were smoking too much (40%).

Age when began smoking

The mean age of starting regular smoking in the Pacific sample, was 17 for males and 18 for females.

Compared with the Pacific sample:

- 53% of Cook Islands Maori women aged 13-29 years, had started smoking by the age of 15 which was more than their Pacific peers.
- Tongan respondents aged 30-65 years were less likely to have started regular smoking by the age of 15.

Perception of harm

Over two-thirds of the sample (69%) agreed that smokers risked harm even if they had ever smoked one or two cigarettes. While, 85% agreed that smokers risked harm from regular smoking.

Alcohol

Percentage of drinkers

Over half (57%) of the Pacific respondents were drinkers. Sixty one percent of males and 51% of females were drinkers.

Compared to the Pacific sample, on average:

- Cook Islands Maori women in each age group were more likely to be drinkers.
- Niuean respondents aged 30-65 years, and in particular, Niuean women, were more likely to be drinkers.

Frequency of drinking

On average, Pacific drinkers drank less than once every three days. Men drank more often than women: just over once every two days while women drank just under once every four days. Men drank more frequently than women except in the 13-17, 18-20 and 30-34 age groups.

Typical quantity

In the Pacific sample, the average amount consumed on a typical occasion was six drinks for women and nine to ten drinks for men. Men drank more than women except in the 13-17, 35-44 and 45-54 year old age groups.

Compared to the Pacific sample, on average:

- Samoan women aged 13-29 years and 30-65 years drank less.
- Cook Islands Maori aged 13-29 and Cook Islands Maori women drank more.

Annual consumption

In the Pacific sample, the average amount of alcohol consumed annually was 20 litres of absolute alcohol. Men drank 27 litres of absolute alcohol while women drank 13 litres.

Compared to the Pacific sample, on average:

- Samoan women drank less and particularly those Samoan women aged 30-65 years drank less.
- Cook Islands Maori women aged 30-65 drank more.

Drinking larger amounts

In the last 12 months 40% of Pacific male drinkers aged 13-29 and 18% of Pacific male drinkers aged 30-65 had drunk six or more drinks at least once per week. In the last 12 months 27% of Pacific female drinkers aged 13-29 and 3% of Pacific female drinkers aged 30-65 had drunk four or more drinks at least once per week.

Frequency of drinking enough to feel drunk

A third of Pacific drinkers drank enough to feel drunk at least once a week in 2003. Forty-one percent of men and a quarter of women reported doing so.

Compared to the Pacific sample, on average:

- Samoan women, and in particular, Samoan women aged 30-65 years were less likely to drink enough to feel drunk at least once a week.
- Cook Islands Maori aged 30-65, and in particular, men of all ages, were less likely to drink enough to feel drunk once per week. Cook Islands Maori women aged 13-29 were more likely to drink enough to feel drunk once per week.

Location of drinking

Most drinking took place at the respondent's own home or at someone else's home.

Compared to the Pacific sample:

- Samoan women were less likely to drink at sports clubs.
- Cook Islands Maori women were more likely to drink at their own home and sports clubs.
- Niuean women were more likely to drink at their workplace.

Problems from others' drinking

Men were more likely to report having been physically assaulted in the last 12 months by someone who had been drinking: 18% compared with 10% of women.

Women were more likely to report having been sexually harassed by someone who had been drinking: 10% compared with 5% of men.

Compared to the Pacific sample:

- Niuean women were less likely to be involved in an accident causing injury or major damage than their peers in the Pacific sample.

Access to alcohol by those under the minimum purchase age

Special events and nightclubs were the main licensed drinking locations for drinking by Pacific drinkers aged 13-17 years.

Just under a third of 13-17 year old drinkers (32%) bought takeaway alcohol in the last 12 months. Wholesalers and wineshops were the most common sites.

In the last 12 months just over a quarter of 13-17 year old drinkers (26%) reported being refused the sale of takeaway alcohol because of their age from wholesalers and wineshops. Twelve percent were refused the sale of takeaway alcohol at supermarkets and seven percent were refused sale at superettes or dairies.

Four out of five 13-17 year old drinkers reported they had obtained alcohol from friends at least once in the last 12 months. In the Pacific sample, the most frequent suppliers of alcohol were friends (67%) and parents (10%) but Tongan, Samoan and Niuean parents were less likely to be the main suppliers of alcohol to their 13-17 year old children.

Kava

While just under a quarter of the Pacific sample (23%) reported ever having tried kava, 8% had drunk kava in the last 12 months. More Pacific men had drunk kava (14%) than Pacific women (3%).

Compared to the Pacific sample, on average:

- Cook Islands Maori men were less likely to have ever tried kava and less likely to have drunk kava in the last 12 months.
- Tongan men were more likely to have ever tried kava and more likely to have drunk kava in the last 12 months.
- Niuean respondents aged 30-65, and in particular, men, were less likely to have ever tried kava.

Frequency and location of kava drinking

On average, those Pacific respondents who drank kava did so more than twice a week. Kava was mostly drunk at “other” locations which included a wide range of places such as friends’ houses and church functions. The most commonly used location for kava drinking was the kava club, followed by home and ceremonial festivities.

Marijuana

While a third of the Pacific sample had ever used marijuana, 17% used marijuana in the last 12 months. Pacific men were more likely to have used marijuana in the last year (21%) compared to Pacific women (13%).

Compared to the Pacific sample, on average:

- Samoan women aged 30-65 years were less likely to have ever tried marijuana.
- Fewer Tongan respondents had ever tried marijuana.
- Tongan women aged 30-65 years were less likely to have used marijuana in the last 12 months.

Frequency of use

On average Pacific respondents used marijuana 45 times per year.

Age at first use

The mean age at which marijuana was first used was 17 years old.

Reasons for not using marijuana

The main reasons for not using marijuana were ‘not liking it’, or ‘not needing it’ (30%), followed by ‘health related reasons’ (21%).

Other drug use

Respondents were asked about their use of recreational drugs such as amphetamines, hallucinogens, opiates, solvents and tranquillisers in the last 12 months. Only a small number of Pacific people (43) reported using other recreational drugs, most of them were male (33). The most commonly used other recreational drugs were stimulants (amphetamines), LSD, mushrooms, ecstasy and morphine.

Tobacco, alcohol and marijuana use during pregnancy

Women aged 13-44 were asked about tobacco, alcohol and marijuana use during pregnancy. Seventy percent of women drinkers aged 13-44 years reported changing their alcohol use during pregnancy. Of these, 54% had stopped drinking and 46% had reduced their alcohol use.

Seventy one percent of women tobacco smokers aged 13-44 years reported changing their tobacco use during pregnancy. Of these, 57% had stopped smoking and 47% had decreased the number of cigarettes smoked.

Forty eight percent of women marijuana users reported changing their marijuana use during pregnancy. Of these all had stopped using marijuana.

Forty percent of men thought no alcohol could be drunk during pregnancy without risk of harm to the baby compared with 52% of women.

Forty-five percent of men reported that no cigarettes could be smoked during pregnancy without risk of harm to the baby compared with 58% of women.

Fifty-four percent of men reported that no marijuana could be smoked during pregnancy without risking harm to the baby compared with 66% of women.

Gambling

Around 39% of Pacific men and 38% of Pacific women reported that they had gambled. Of the men who gambled, the gambling activities mostly undertaken were lotto, pokies and horses. Women's gambling activities were mostly lotto, housie, the casino and pokies.

The proportion of people gambling increased with age so that the 55-65 age group had the highest proportion of gamblers.

Compared to the Pacific sample, on average:

- Cook Islands Maori aged 13-29 gambled more and in particular Cook Islands Maori women aged 13-29 gambled more.
- Tongan respondents reported less gambling activities. In particular, less Tongan women reported gambling.

Gambling in last week

Of those who reported gambling activities in the last week, over 30% of Pacific men played lotto and bet on the horses, 16% played the pokies and 12% gambled at the casino. Thirty-seven percent of Pacific women played housie: 25% played lotto, 22% played the pokies and 17% gambled at the casino in the last week.

Compared to the Pacific sample, on average:

- More Cook Islands Maori respondents aged 13-29, and in particular, Cook Islands Maori women aged 13-29, reported gambling in the last week.
- Less Tongan men aged 13-29 reported gambling in the last week.

Reporting concern about gambling

In the last 12 months 11% of Pacific men and 15% of Pacific women reported feeling worried or sad after gambling.

Compared to the Pacific sample, on average:

- More Cook Islands Maori women aged 13-29 years felt worried or sad after gambling and less Cook Islands Maori men aged 30-65 years felt worried or sad after gambling.
- Less Tongan women and in particular those aged 30-65, reported feeling worried or sad after gambling. As well, there were less Tongan men aged 13-29 who reported feeling worried or sad.

Gone into debt or borrowed money to gamble

Three percent of Pacific men and two percent of Pacific women reported going into debt or borrowing money because of gambling.

Compared to the Pacific sample, on average:

- More Samoan men aged 30-65 years reported going into debt or borrowing money.
- Fewer Tongan women reported going into debt or borrowing money.
- Niuean men aged 13-29 years and Niuean women aged 30-65 years were less likely to report going into debt or borrowing money.

Perception that own gambling has sometimes caused problems

Five percent of Pacific men and 10% of Pacific women reported their gambling sometimes caused them problems.

Wanting or needing to bet more money

Ten percent of Pacific men and 14% of Pacific women reported wanting or needing to bet more and more money when gambling.

Lied to family or someone they respected

Six percent of Pacific men and seven percent of Pacific women reported lying to their family or someone they respected about how much they gambled.

Compared to the Pacific sample, on average:

- Cook Islands Maori men aged 30-65 years were less likely to have lied to family or someone they respected about how much they gambled.
- Niuean men aged 13-29 were less likely to report having lied to family or someone they respected about how much they gambled.