

Kia ora koutou

Welcome to this edition of the Hawke's Bay Alcohol Network Newsletter. In this issue, we celebrate alcohol-free events, provide an update on the DHB's Alcohol and Schools policy and take a closer look at how Hawke's Bay is tracking nationally regarding alcohol use.

As always, we love hearing from you. If you have any feedback or news you would like to share with the network, just reply to this email.

We hope you enjoy this issue.

Ngā mihi nui,

Hawke's Bay District Health Board (HBDHB)
Alcohol and Communities Team

In this issue:

- Celebrating Matariki - alcohol-free events
- Alcohol and schools: An update
- Napier City Council and Hastings District Council Joint Alcohol Strategy update
- Community action on alcohol success stories
- NZ Health Survey latest results: What do they tell us about alcohol use in Hawke's Bay?
- Social supply of alcohol to under 18s: Latest research
- Alcohol Action Conference 2018: FREE registration

Celebrating Matariki, celebrating alcohol-free events

Earlier this month, Te Taiwhenua O Heretaunga celebrated the Māori New Year by hosting its popular 'Matariki Living Taonga Awards 2018. – an alcohol free evening. Guests were offered a wide variety of non-alcoholic beverages including: sparkling water, Arahi sparkling red grape juice, alcohol-free chardonnay and shiraz, and ginger beer.

We applaud Te Taiwhenua O Heretaunga for showing leadership in our region and congratulate them on this fun event. Here are a few photos from the awards ceremony.



Alcohol and schools update

Since our last newsletter, we are happy to inform you Hawke's Bay District Health Board has endorsed a report: 'Alcohol and Schools Don't Mix'. The report outlines harms caused by exposing children to alcohol at school-based events and offers guidelines on how schools could develop their own alcohol policies.

This position is driven by the high rate of hazardous drinking in Hawke's Bay, particularly amongst young people. The DHB believes that schools are role models for children and the wider school community and should be free from the promotion, marketing and normalisation of alcohol.

The report and summary is [available to read here](#)

The DHB is in the process of producing a resource for schools, which includes alcohol-free fundraising ideas.

The endorsed report does not apply to adult-only school-based events.

The screenshot shows the 'OUR HEALTH HAWKE'S BAY' website. The header includes the logo and navigation links: 'Haere mai | How can we help?', 'Search', 'Whole Site', and 'Back to Top'. The main navigation bar has tabs for 'Choose well', 'Health services', 'Healthy communities', 'News and events', and 'Connect with us'. The 'Healthy communities' tab is active, displaying a sidebar with links like 'Your health information', 'Your rights', and 'Current public health warnings and alerts'. The main content area is titled 'Alcohol and Schools' and contains text about evidence on alcohol in childhood, a list of links (e.g., 'Alcohol and schools don't mix', 'Alcohol and schools don't mix fact sheet'), and a section for schools wanting to manage alcohol. A right-hand sidebar provides information on how the DHB can help with community groups, reporting breaches, and hosting events.

NCC & HCD Joint Alcohol Strategy update

As a member of the region's Joint Alcohol Strategy reference group, we are excited to inform you that the group is focussing on a key project to increase the number of alcohol-free events held in Hawke's Bay.

Work is happening behind-the-scenes to secure funding to support this project which will see branding developed and shared with event holders for use when promoting their alcohol-free events.

The [Joint Alcohol Strategy](#) was first adopted by Napier City Council and Hastings District Council in 2011 as a response to the high prevalence of hazardous drinking in the Hawke's Bay region.

Representatives include: Ngāti Kahungunu Iwi, Police, HBDHB, Health Hawke's Bay, Directions Youth Health Centre, Te Kupenga Hauora – Ahuriri and Napier City and Hastings District councils.

The Strategy was revised last year and covers the period 2017-2022. It has a vision of achieving "a safe and healthy community, free from alcohol-related harm".

As Te Taiwhenua O Heretaunga has successfully role-modelled earlier in our newsletter, alcohol-free events can be hugely successful and fun! Watch this space.



NAPIER
CITY COUNCIL
Te Kaunihera o Ahuriri



Community action on alcohol success stories

We are happy to bring you some positive examples of community action to reduce alcohol-related harm. Have a read of the stories from [Dunedin](#) and [Gisborne](#) that show how communities can influence alcohol licensing decision making. Our alcohol team are here to provide support to community groups and individuals. You can get in touch by emailing us at: healthpromotion@hbdhb.govt.nz.

New NZ Health Survey

The latest results from the NZ Health Survey were released in May showing Hawke's Bay has not improved on its hazardous drinking patterns since its 2014/15 survey. The latest results place Hawke's Bay as the third highest region for hazardous drinking prevalence in NZ at 29% - this equates to almost one in every three Hawke's Bay residents drinking to potentially hazardous levels. This is significantly higher than the NZ average of 21% or one in five.

Heavy episodic drinking (the consumption of six or more drinks on one occasion at least monthly) was also very high for Hawke's Bay at 33% and again significantly higher than the NZ average at 23%. Heavy episodic drinking at least weekly in Hawke's Bay (18%) was also higher than the NZ average (12%).

All rates are age-standardised.

To explore the NZ Health Survey data, visit the [Ministry of Health website](#).



Latest research on social supply of alcohol in NZ

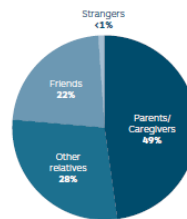
A newly published analysis of social supply data from SHORE & Whariki Research Centre at Massey University has found that among adolescent drinkers aged 16-17 years, around 90% received alcohol from social sources. Researchers Dr Taisia Huckle and Dr Pepe Romeo's findings state that parents or caregivers were the most common suppliers of alcohol to under 18s, followed by other relatives and friends.

Health Promotion Agency has created a great infographic based on the findings of this work, see it [here](#), or read the [full report](#).

Social supply of alcohol to under 18s: Behaviour of suppliers

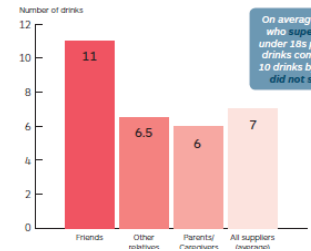
Social supply is the supply of alcohol to those under the minimum purchase age of 18 years, by parents/caregivers, friends and others.

Who is supplying under 18s?



How many drinks¹ are supplied to under 18s?

¹ A drink is defined as 10g absolute alcohol (one standard drink)



On average, suppliers who supervised the under 18s provided 6.5 drinks compared with 10 drinks by those who did not supervise.

Who should pay for all the harm from alcohol?

Find out the answer to this important question at the Alcohol Action NZ Conference in Wellington on 15 August. Hosted by Alcohol Action NZ and SHORE and Whariki Research Centre, keynote speakers include Rawiri Ratu, Dr Annette Beautrais and Dr John Marsden who will address the cost—both financial and social—of alcohol in New Zealand.

To find out more, or to register for this FREE conference, visit the [Alcohol Action NZ website](#).

ALCOHOL ACTION NZ
WE NEED MORE THAN JUST TINKERING

