

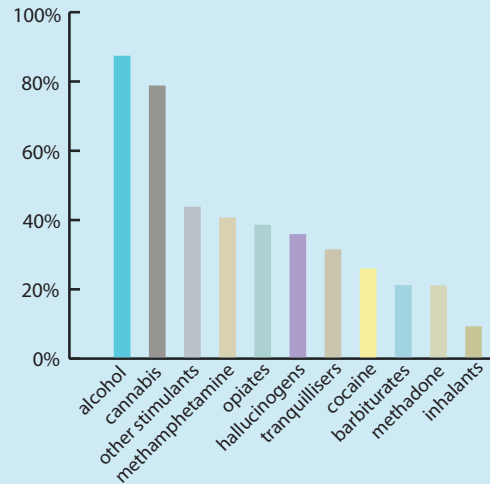
# Making Recovery Count

Aotearoa New Zealand Narcotics Anonymous

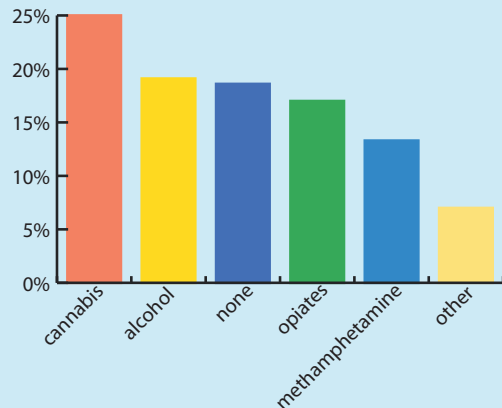


## Drugs used on a regular basis

(Multiple answers were allowed.)



## Drugs most used



There is little difference in patterns of drug use between men and women. Drugs of most use were cannabis (25%), alcohol (19%), opiates (17%) and methamphetamines (13%) - although many (18%) did not identify a single drug they used most.

## About NA

Narcotics Anonymous is a global community based organisation with a multilingual and multi-cultural membership.

NA was founded in 1953, in Los Angeles, California, USA. In 2008 there were over 53,000 meetings held weekly in 130 countries worldwide. NA literature has been translated into 72 different languages. In 1982 NA was established in NZ. Currently there are about 90 meetings a week held nationally.

The Narcotics Anonymous primary message is that any addict can stop using drugs, lose the desire to use and find a new way to live. The name 'Narcotics Anonymous' is not meant to imply a focus on any particular drug. NA makes no distinction between drugs including alcohol.

Membership is free and NA has no affiliation with any outside organisations. NA offers recovery from the effects of addiction through working the Twelve-Step program, and attending regular meetings. Members are encouraged to comply with complete abstinence from all drugs including alcohol.

Local meeting information is available at the NZ NA website <http://www.nzna.org/> or by phoning 0800 NATODAY (628 632). For general enquiries or for information about other countries, you can contact NA through the website or by writing to The Regional Service Committee, PO Box 6826, Wellesley St, Auckland, NZ. Email: [pr@nzna.org](mailto:pr@nzna.org)

Aotearoa New Zealand Regional Service Committee.  
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## Making Recovery Count: Aotearoa New Zealand Narcotics Anonymous Membership Survey



In 2008 NA in New Zealand conducted its second survey of members. More than three quarters of NZ members participated in the survey held at 90 regular weekly meetings across New Zealand. There are between 600 and 800 members of NA who attend meetings. This pamphlet updates the previous information obtained in 2004.

The results demonstrate that NA is an effective recovery programme for addicts, and a way for these addicts to turn their lives around in the long-term and become productive (and in many cases, highly successful) members of society.

The full survey report is available from the Regional Public Relations Coordinator at [pr@nzna.org](mailto:pr@nzna.org)

## NA membership

The only requirement to become an NA member is the desire to stop using drugs. The choice of joining the NA Fellowship rests with the individual. There are no fees for membership; we are self-supporting through our own contributions.

### Sex

Men continue to slightly outnumber women in NA overall; but among younger members women slightly outnumber men.

Male	58%
Female	42%

### Age

Members range in age from under 20 to over 70, and the average age is 39 years. Although there was a wider spread of ages in 2008 than 2004 the average age has increased by 2 years.

Under 20	2%
20->30	19%
30->40	30%
40->50	32%
50->60	15%
60+	3%

### Ethnicity

The proportion of Maori in NA is higher than in the NZ population (14.6%).

NZ European/Pakeha	76%
Maori	17%
Other	6%

### Employment

The percentage of members in some form of employment (61%) has increased significantly since 2004 (54%).

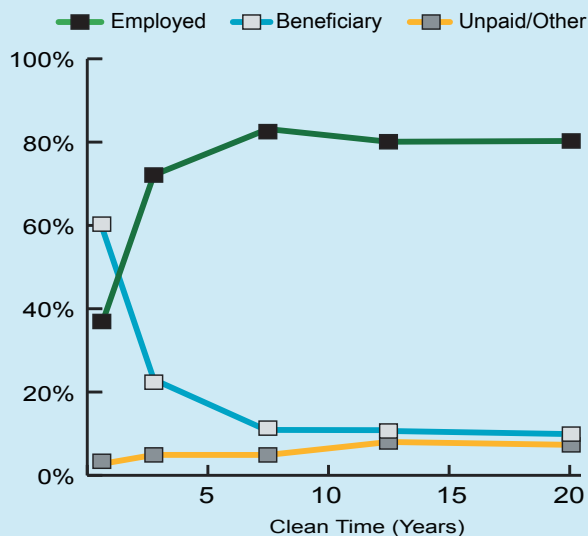
Full Time	38%
Part Time	13%
Self-employed	11%
Student	2%
Beneficiary	33%
Unpaid/Other	4%

## Occupation

Trade/Industry	16%
Manager/Professional	17%
Health professional	13%
Service/Clerical	12%
Student	4%
Unskilled	8%
All others	30%

### Change in income source

As members remain drug free positive changes can be seen in income source and a number of other measures including education, mental and physical health.



### Health changes

41% of members reported they had a medical condition, and 65% a mental illness prior to joining NA, but only 29% of members currently have a medical condition, and 42% a mental illness.

### Meeting attendance

Regular attendance at NA meetings provides the opportunity to learn and share the NA message of recovery. Three-quarters of NZ members go to up to three meetings per week. On average members attend 2-3 meetings per week.

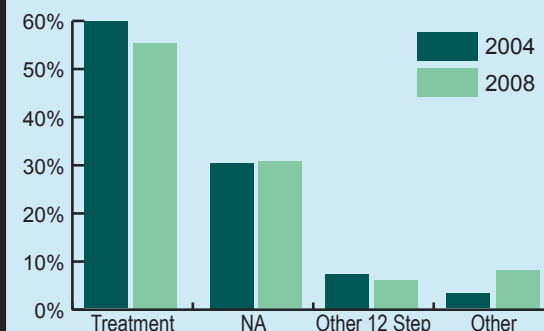
## Years drug free

Less than 1 year	37%
1-2 years	11%
2-5 years	18%
5-10 years	13%
10-15 years	9%
15+ years	13%

NA continues to attract new members but more than half of the NA fellowship has over two years drug free with an average of 5 years.

### Where NA members become drug free

Treatment (55%), NA (30%), Other 12 Step (6%) and Other (8%)



### Influence to attend first NA meeting

Treatment facility	42%
NA member	25%
Other 12 step member	6%
Counsellor/teacher/clergy	7%
Self referred	7%
Family/friend/Nar-Anon	5%
Other	8%

### Sponsorship

A sponsor is an experienced member of Narcotics Anonymous who provides new members guidance with their own recovery. NA believes that the sponsorship relationship is a vital part of the recovery process.

72% of NA members have a sponsor, and 25% of NA members sponsor others (significantly less than in 2004: 31%).