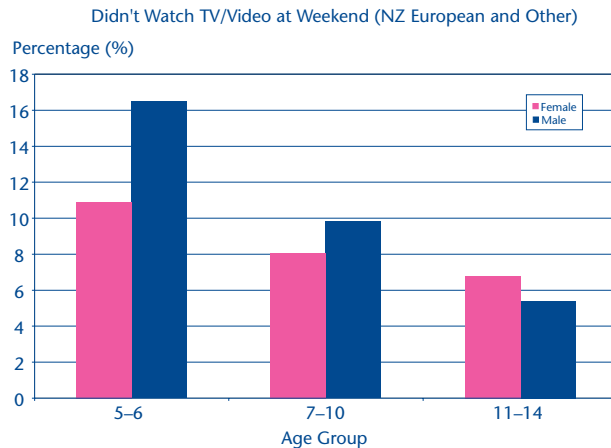


## Activity levels

- During the week, three-quarters of NZEO children watched less than two hours of tv/videos per day and half the boys and two-thirds of the girls did not play computer or video games.
- About 50% of NZEO children were transported to and from school.
- Participation in weekend physical activity decreased with age, with 12% of 11–14-year-old NZEO boys and 21% of 11–14-year-old NZEO girls reporting ‘no activity’.



## Further information

More detailed results can be found in the report

*NZ Food NZ Children: Key results of the 2002 National Children's Nutrition Survey.* This book is available in local libraries and is on the Ministry of Health website at <http://www.moh.govt.nz/phi>

More information on the survey can be obtained from:

Public Health Intelligence  
Ministry of Health  
PO Box 5013  
Wellington  
Tel: +64 (4) 496 2000  
Fax: +64 (4) 496 2340  
<http://www.moh.govt.nz/phi>

Email: [anne\\_duncan@moh.govt.nz](mailto:anne_duncan@moh.govt.nz)

Advice on nutrition can be obtained from dietitians at your local Public Health Unit



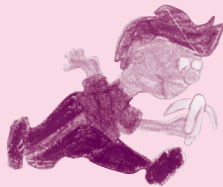
# NZ Food NZ Children

Findings of the 2002 National  
Children's Nutrition Survey

NZ European and Other



The 2002 National Children's Nutrition Survey was a cross-sectional population survey on a randomly selected sample of 3275 New Zealand children aged 5 to 14 years from 172 schools throughout the country. Information was obtained on: food and nutrient intake, frequently eaten foods, eating patterns, physical activity patterns, and dental health. Measures of body size and nutrition-related clinical measures of iron, zinc and iodine status were obtained.



The New Zealand European and Other (NZEO) group of children consisted of New Zealand European (82%), Asian (6%), Indian (4%), Other European (4%) and other (5%).



The primary purpose of the survey was to provide information that can be used to improve, promote and protect the health status of children in New Zealand.

## Food choices

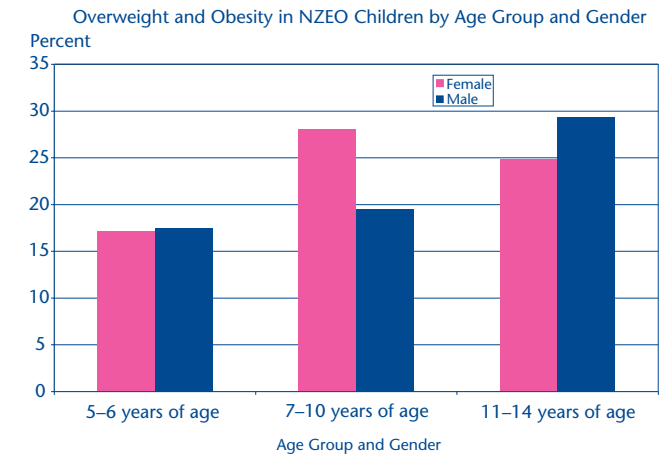
- Approximately two out of five NZEO children met the recommended number of serves of fruit (at least two per day), and younger children ate fruit more frequently than older children.
- Approximately three out of five children met the recommended number of serves of vegetables (three or more per day).
- Three-quarters of NZEO children chose white bread and 30% wholemeal or mixed grain.
- Younger children consumed less sugar and sweets than older children.

## Nutrients

- Over one half of NZEO children met the dietary guideline for the percentage of energy derived from fat.
- For younger children (aged 5–6 years) intakes of vitamins and minerals were in general satisfactory.
- Older children were more likely to have inadequate intakes of riboflavin, folate, calcium and iron.
- Iron status was satisfactory, apart from for girls who had reached the age of menstruation.
- Iodine status of children was indicative of mild iodine deficiency. This reinforces the importance of choosing iodised salt.

## Overweight and obesity

- Three-quarters of NZEO children had a weight that was within an acceptable range in relation to their height.
- Less than one-quarter of children were either overweight or obese.



## Food patterns

- 94% of NZEO boys and 88% of NZEO girls usually had something to eat before they left home in the morning for school.
- Over 90% of NZEO children brought most of the food they consumed at school from home. They were more likely to bring food from home if they were younger.
- 86% of parents/caregivers of NZEO children reported that their household could always afford to eat properly.