

# 1 Introduction

## 1.1 Overview

The 2008/09 New Zealand Adult Nutrition Survey (NZANS) was carried out from October 2008 to October 2009, collecting information from 4721 New Zealanders aged 15 years and over.

The 2008/09 NZANS assessed self-reported food and nutrient intake, dietary habits and eating patterns, dietary supplement use, food security, and nutrition-related health conditions and risk factors. The survey also included an examination component, comprising anthropometric measures (height, weight and waist circumference), blood pressure measurement, and the collection of blood and urine samples.

A final response rate of 61% was achieved. All results have been weighted in order to be representative of New Zealand's estimated resident population aged 15 years and over living in permanent private dwellings at 31 June 2007.

The *Statement of Intent* sets out the Ministry of Health's strategic direction for 2011 to 2014 (Ministry of Health 2011). The Government's overarching goal for health is to enable New Zealanders to live longer, healthier and more independent lives. Lifelong good nutrition and appropriate physical activity are the key elements needed to achieve this. The 2008/09 NZANS will provide valuable information for the monitoring, development and implementation of the Ministry's nutrition policies and programmes, and the monitoring of inequalities.

In particular, the results from this survey will provide guidance for health professionals working towards meeting the Government's health target related to 'better diabetes and cardiovascular services'. Knowledge of New Zealanders' dietary habits, body size and nutrition-related health will assist health professionals to provide nutrition advice that is relevant and will help with planning the type and amount of services required for diabetes and cardiovascular disease.

The Government introduced mandatory fortification of bread with iodised salt in September 2009. The 2008/09 NZANS will provide baseline data for monitoring the impact of fortification by providing an overview of the iodine status of the New Zealand population. The survey data can also be used to inform the development of food standards and monitoring of changes in the food supply.

## 1.2 Background

The 2008/09 NZANS is a component of the New Zealand Health Monitor, an integrated programme of household surveys and cohort studies managed by the Ministry of Health, and is a key element of the cross-sector programme of Official Social Statistics. The 2008/09 NZANS is the fourth national population-based nutrition survey in adults and the second funded by the Ministry of Health. Earlier surveys were the 1977 National Diet Survey (Birkbeck 1983), the 1989 Life in New Zealand Survey (Russell and Wilson 1991) and the 2002 National Nutrition Survey (Russell et al 1999).

As a signatory to the Protocols of Official Statistics (Statistics New Zealand 1998), the Ministry of Health employed best-practice survey techniques in the 2008/09 NZANS to produce high-quality data. Standard frameworks and classifications with validated questions were utilised, where possible, to allow for the integration of 2008/09 NZANS data with data from other sources. Ethical approval for the 2008/09 NZANS was gained through the Multi-Region Ethics Committee.

### **Objectives of the 2008/09 NZ Adult Nutrition Survey**

The objectives of the 2008/09 NZANS were to:

1. assess the consumption of food and food groups, and their contribution to nutrient intake, and where possible to compare the results with the New Zealand *Food and Nutrition Guidelines for Healthy Adults* and the *Food and Nutrition Guidelines for Healthy Older People*
2. assess the nutrient intakes of the population and assess dietary adequacy against the nutrient reference values for Australia and New Zealand
3. assess the consumption of dietary supplements
4. assess the nutritional status of the adult population using a range of anthropometric, biochemical and clinical measures
5. examine factors associated with dietary intake, including food security and dietary patterns
6. estimate the prevalence of nutrition-related chronic diseases, such as cardiovascular disease and diabetes
7. estimate the prevalence of risk factors that influence dietary intake and nutritional status.

### **1.3 Further information**

The Ministry of Health hopes this report stimulates interest in the dietary patterns and health of New Zealanders and generates more research, both through additional use of the 2008/09 NZANS data and by informing future research directions and priorities.

There are several ways to access further information and data from the 2008/09 NZANS:

- through the online data tables
- through the confidentialised unit record files (CURFs)
- by contacting Health and Disability Intelligence at the Ministry of Health.

The analyses presented in this report are only a small proportion of those that could be undertaken, and in many ways pose more questions than they answer. The Ministry of Health encourages researchers to use 2008/09 NZANS data sets to explore topics of interest.

Online data tables, which contain data for additional descriptive results, are available online in Excel format: [www.moh.govt.nz](http://www.moh.govt.nz).

Confidentialised unit record files (CURFs) are potentially available for statistical purposes to bona fide public good researchers, subject to certain conditions. The NZANS CURFs, with accompanying documentation and user guides, will be available in early 2012. For more information on accessing CURFs, and to download an application form, please go to [www.moh.govt.nz](http://www.moh.govt.nz).

The survey questionnaire, methodology report and additional publications will be made available on [www.moh.govt.nz](http://www.moh.govt.nz).

Health and Disability Intelligence can be contacted:

by mail: Health and Disability Intelligence  
Ministry of Health  
PO Box 5013  
Wellington

by phone: +64 4 816 2000

by email: [hdi@moh.govt.nz](mailto:hdi@moh.govt.nz), or to contact staff directly,  
[firstname\\_lastname@moh.govt.nz](mailto:firstname_lastname@moh.govt.nz)