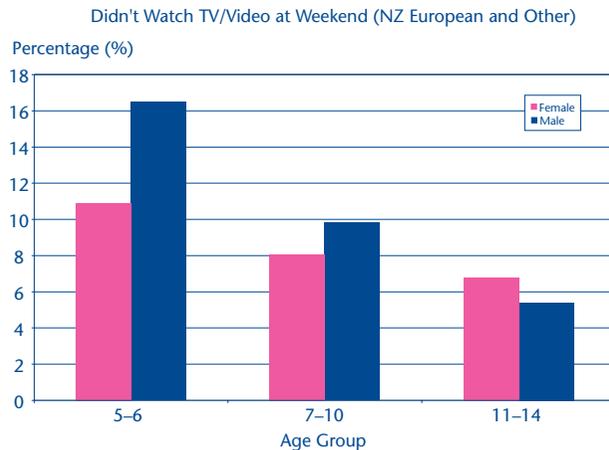


Activity levels

- 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

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

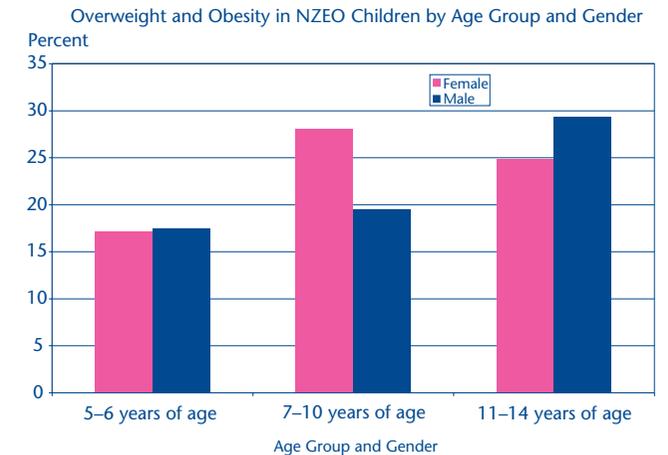
- Approximately two out of five NZEO children met the recommended number of serves of fruit (at least two per day), and younger children ate fruit more frequently than older children.
- Approximately three out of five children met the recommended number of serves of vegetables (three or more per day).
- 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.