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

• Approximately 47% of parents/caregivers of Pacific children reported that their household could always afford to eat properly.

• Almost one half of parents/caregivers of Pacific children reported that their household often or sometimes ate less because of lack of money.

Activity levels

• Pacific girls aged 11–14 years were less active than boys during the weekend and after school.

• Hours spent watching tv/videos during the week and on the weekend doubled from the youngest to the oldest group of Pacific children.

• 83% of Pacific boys and 70% of Pacific girls reported they did not play computer or video games at the weekend.
Food choices

- One half of Pacific children met the recommended number of serves of fruit (at least two per day). This is higher than overall levels for younger children.
- 59% of boys and 65% of girls met the recommended number of serves of vegetables (three or more per day). This is higher than overall levels for younger children.
- About 90% of Pacific children consumed white bread, which was the most commonly eaten bread. Over one third used butter on their bread most of the time.
- Over one half of Pacific children consumed taro at least once per week.

Nutrients

- Only 37% of boys and 42% of girls met the dietary guideline for percentage of energy derived from fat, and this percentage decreased with the older children.
- Pacific children had low intakes of dietary fibre, vitamin A, riboflavin, folate and calcium.
- Iron status was satisfactory, apart from 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

- One third of Pacific boys and girls were overweight and a further 26% of boys and 31% of girls were obese. The rates were highest for 11–14-year-old girls where a total of 71% were overweight or obese.

Food patterns

- Only just over one half of Pacific children usually had something to eat before they left home in the morning for school.
- Over 13% of Pacific children brought most of the food they consumed at school from the canteen or tuckshop and this was highest (close to one quarter) for children aged 11–14 years.