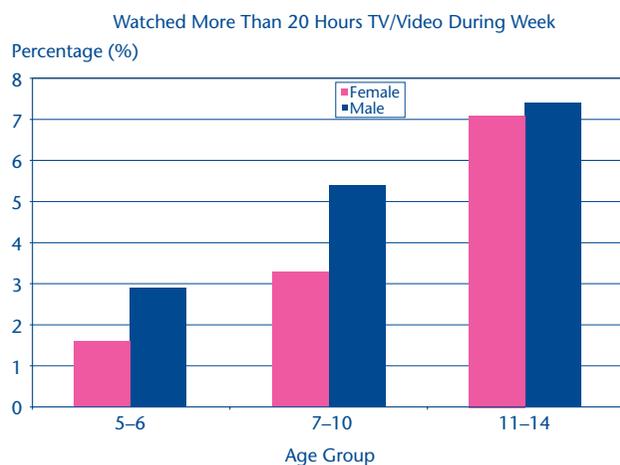


Activity levels

- During the week, 73% of children watched less than two hours of tv/videos per day and about 60% did not play computer or video games.
- About 50% of children were transported to and from school.
- No weekend physical activity was reported by 13% of children, and this proportion was highest (23%) in girls aged 11–14 years.
- The percentage of children watching more than 20 hours of tv/videos during weekdays increased with age.



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



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 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

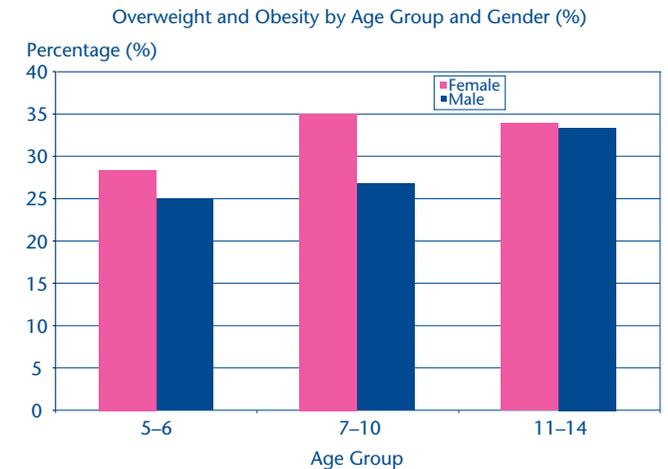
- Only about two out of five children met the recommended number of serves of fruit (at least two per day).
- About three out of five children met the recommended number of serves of vegetables (three or more per day).
- Chicken was the most commonly eaten food from the meat, fish and poultry food group. White bread was the most commonly eaten bread. About half the children usually used margarine or margarine blends on their bread.
- The most commonly eaten convenience snack was noodles.

Nutrients

- Protein intake was in excess of requirements for all groups; carbohydrate contributed 54% of energy and total fat 33%.
- For younger children (aged 5–6 years) intakes of vitamins and minerals were in general satisfactory. Some older children had intakes that were less than satisfactory.
- Iron status was satisfactory for most children, 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.
- Older children (aged 11–14 years) were at a greater risk of having inadequate selenium intakes than younger children. A primary food source for selenium is fish and seafood.

Overweight and obesity

- 69% of children had a weight in relation to their height that was within an acceptable range; 31% of children were either overweight or obese.
- Pacific children's levels of overweight/obesity were 62%, Māori 41% and New Zealand European and Others 24%.



Food patterns

- 79% of girls and 86% of boys usually had something to eat before they left home in the morning for school. Children living in more 'deprived' areas, Māori and Pacific children were less likely than others to have done this.
- 84% of 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.
- 78% of parents/caregivers reported that their household could always afford to eat properly.