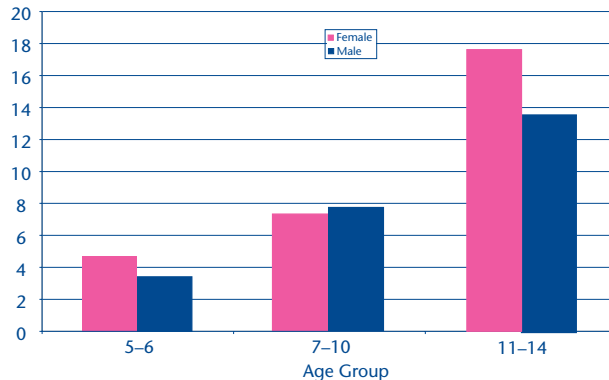


- Only 64% of parents/caregivers of Māori children reported that their household could always afford to eat properly.
- Nearly one third (31%) of parents/caregivers of Māori children reported that the household ate less often or sometimes because of lack of money.

Activity levels

- Māori children were the most active of the three ethnic groups (Māori, Pacific, and New Zealand European and Others).
- About 45% of Māori children were transported to and from school.
- No weekend physical activity was reported by 20% of Māori boys and 28% of Māori girls aged 11–14 years.
- About 10% of Māori children watched more than four hours of tv/videos per day.

Watched More Than 20 Hours TV/Video on Weekdays (Māori Children)
Percentage (%)



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



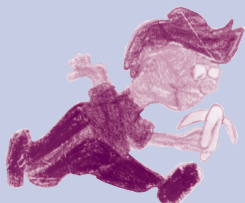
NZ Kai NZ Tamariki

Findings of the 2002 National
Children's Nutrition Survey

Māori



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.



A total of 1224 Maori children took part in the survey – 631 males and 593 females.



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 Māori children met the recommended number of serves of fruit (at least two per day).
- About half of the Māori children met the recommended number of serves of vegetables (three or more per day).
- About 85% of Māori children consumed white bread, which was the most commonly eaten bread. About half the children usually used margarine or margarine blends on their bread.
- Younger children consumed less sugar and sweets than older children.
- About one half of Māori children consumed 'silverbeet, spinach, puha or watercress' at least once per week.

Nutrients

- Only 45% of Māori children met the dietary guideline for percent energy from fat and this percent decreased with the older children.
- Māori children had high average intakes of sugar and fat.
- Calcium and zinc intakes were satisfactory up to the age of 10 years.
- 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.

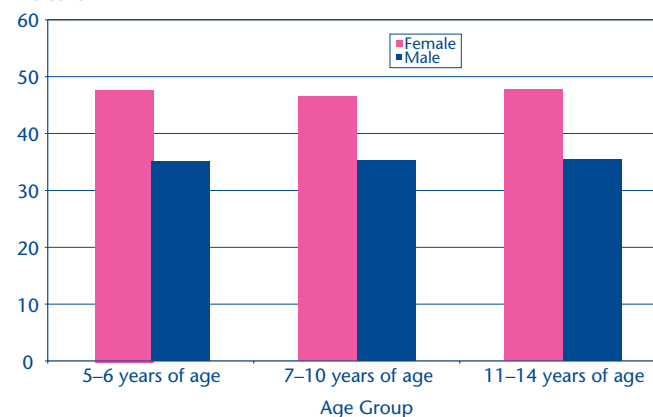
Dental health

- Over one fifth of Māori children (boys 28%, girls 21%) did not report brushing their teeth the previous day.

Overweight and obesity

- 41% of Māori children were either overweight or obese, and this was a particular concern among girls (47%).

Overweight and Obesity in Māori Children by Age Group and Gender
Percent



Food patterns

- 66% of Māori girls and 75% of Māori boys usually had something to eat before they left home in the morning for school.
- About three out of four children brought most of the food they consumed at school from home. They were least likely to bring food from home if they were 11-14 years old.