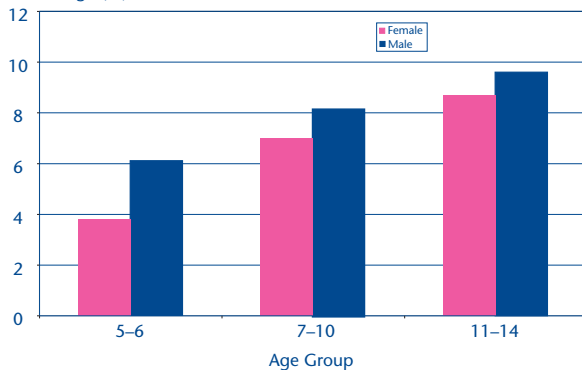


- Approximately 47% of parents/caregivers of Pacific children reported that their household could always afford to eat properly.
- Almost one half of parents/caregivers of Pacific children reported that their household often or sometimes ate less because of lack of money.

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.

Watched More Than 20 Hours TV/Video During Week (Pacific Children)
Percentage (%)



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

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



MANATŪ HAUORA

HP 3735



MINISTRY OF
HEALTH

MANATŪ HAUORA



NZ Food NZ Children

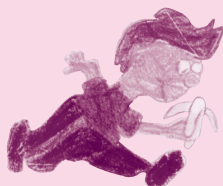
Findings of the 2002 National
Children's Nutrition Survey

Pacific

November 2003



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 1429 Pacific children took part in the survey including children who were: Samoan (52%), Tongan (21%), Cook Island Maori (14%), Niuean (7%), Tokelauan (2%), Fijian (2%) and other (2%).



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

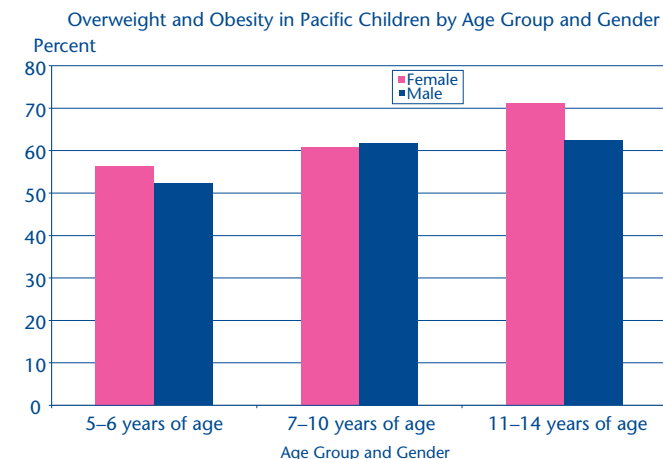
- One half of Pacific children met the recommended number of serves of fruit (at least two per day). This is higher than overall levels for younger children.
- 59% of boys and 65% of girls met the recommended number of serves of vegetables (three or more per day). This is higher than overall levels for 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.