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on behalf of the Adolescent Health Research Group

EATING AND ACTIVITY AMONG NEW ZEALAND ADOLESCENTS



Youth'07

- The second national survey of the health and wellbeing of New Zealand Secondary School Students.
- Run by the Adolescent Health Research Group at the University of Auckland



Methodology

- Two stage random sample
 - 96/115 schools agreed to participate (84%)
 - 9,107/12,549 students participated (75%)
- Overall response rate 63%



Methodology



INTRODUCTION

Intro 1 2 3 4 5 6 7 8 9 Finish

How old are you?

- under 12 years
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- over 19 years

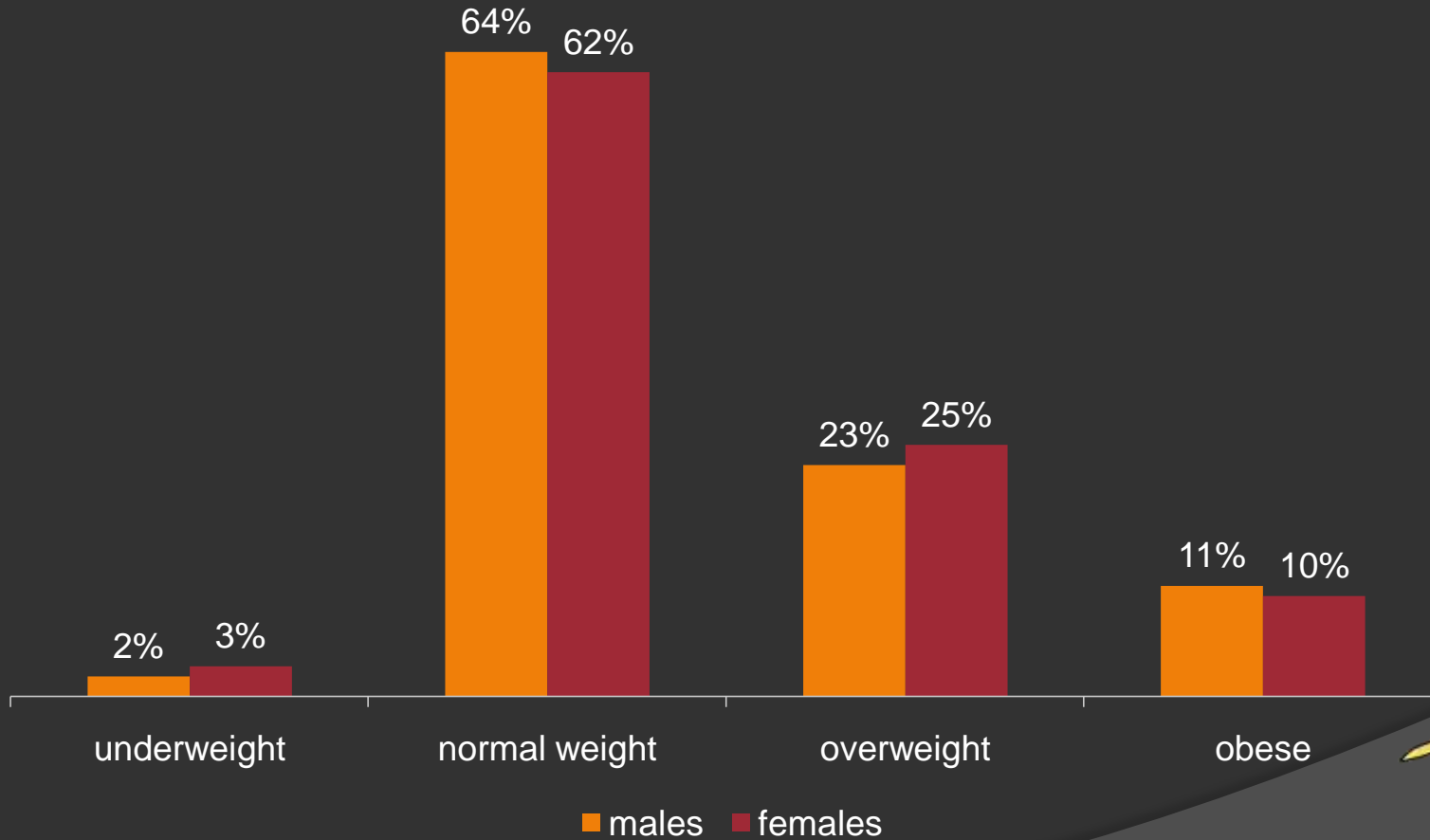
GO



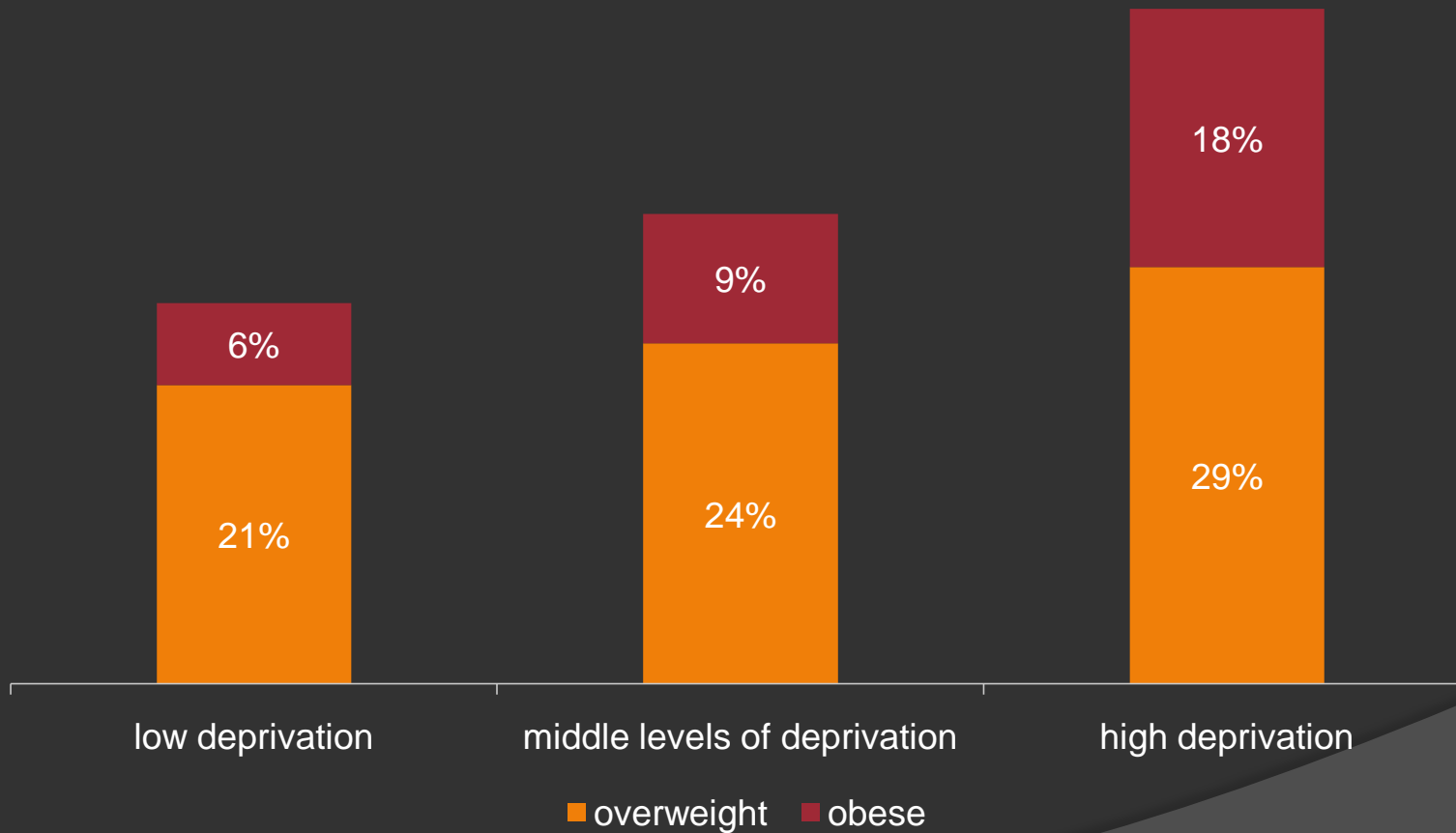
Overview

- Prevalence of overweight and obesity and key nutrition and physical activity behaviours among young people in 2007
- Environmental factors promoting or inhibiting healthy eating and activity
- Changes observed between 2001 and 2007

Body size

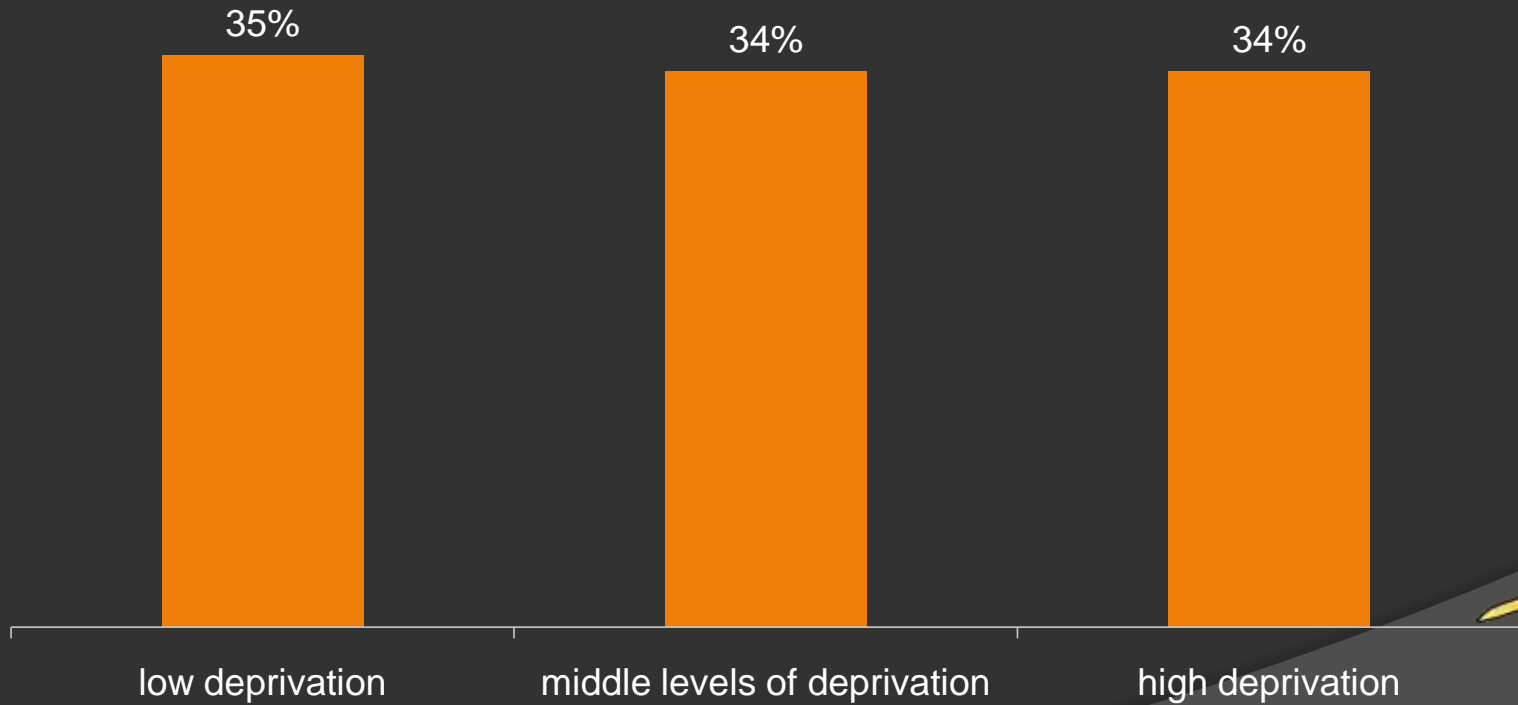


Overweight and obesity by socioeconomic deprivation

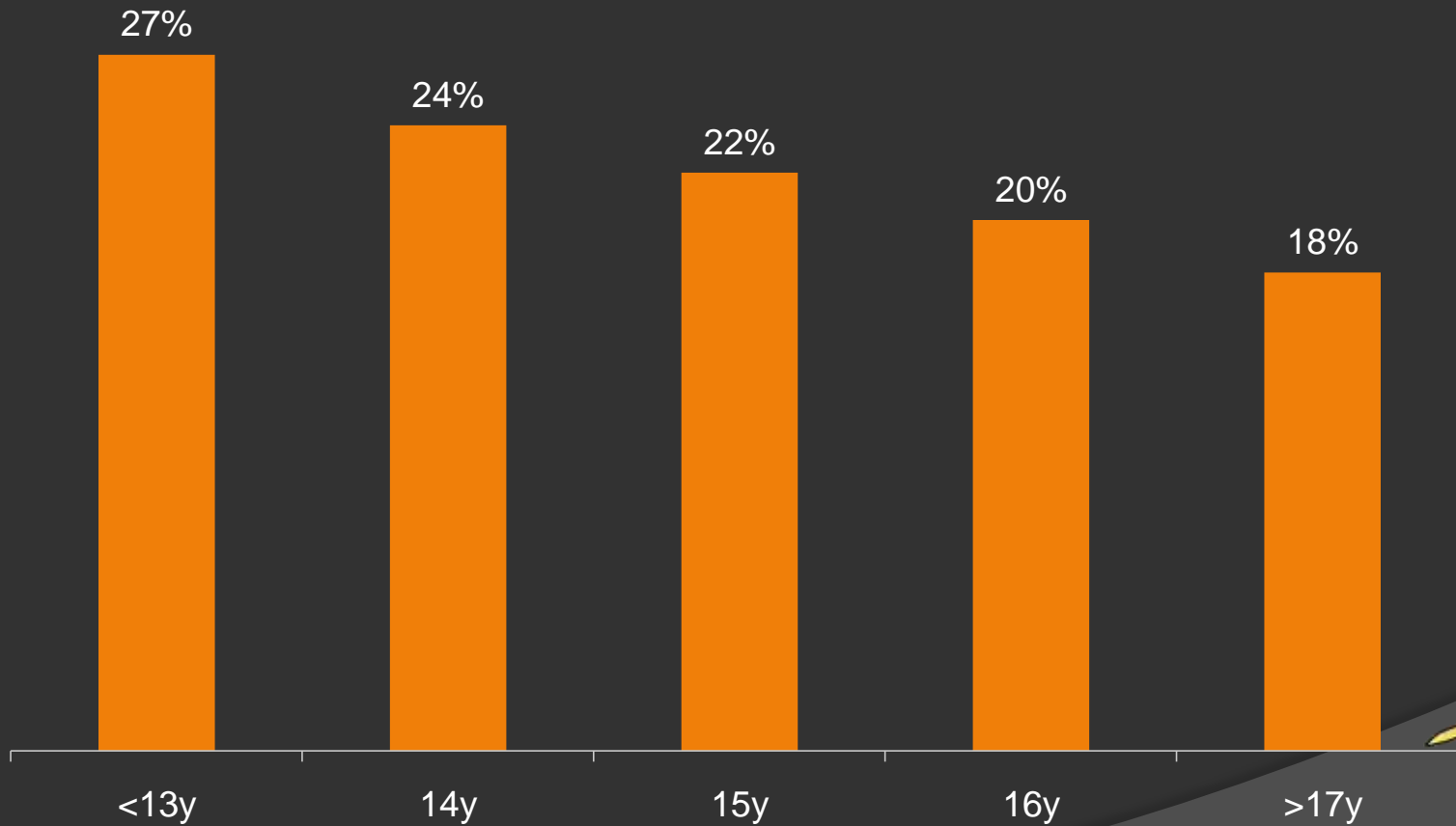


Nutrition and physical activity behaviours

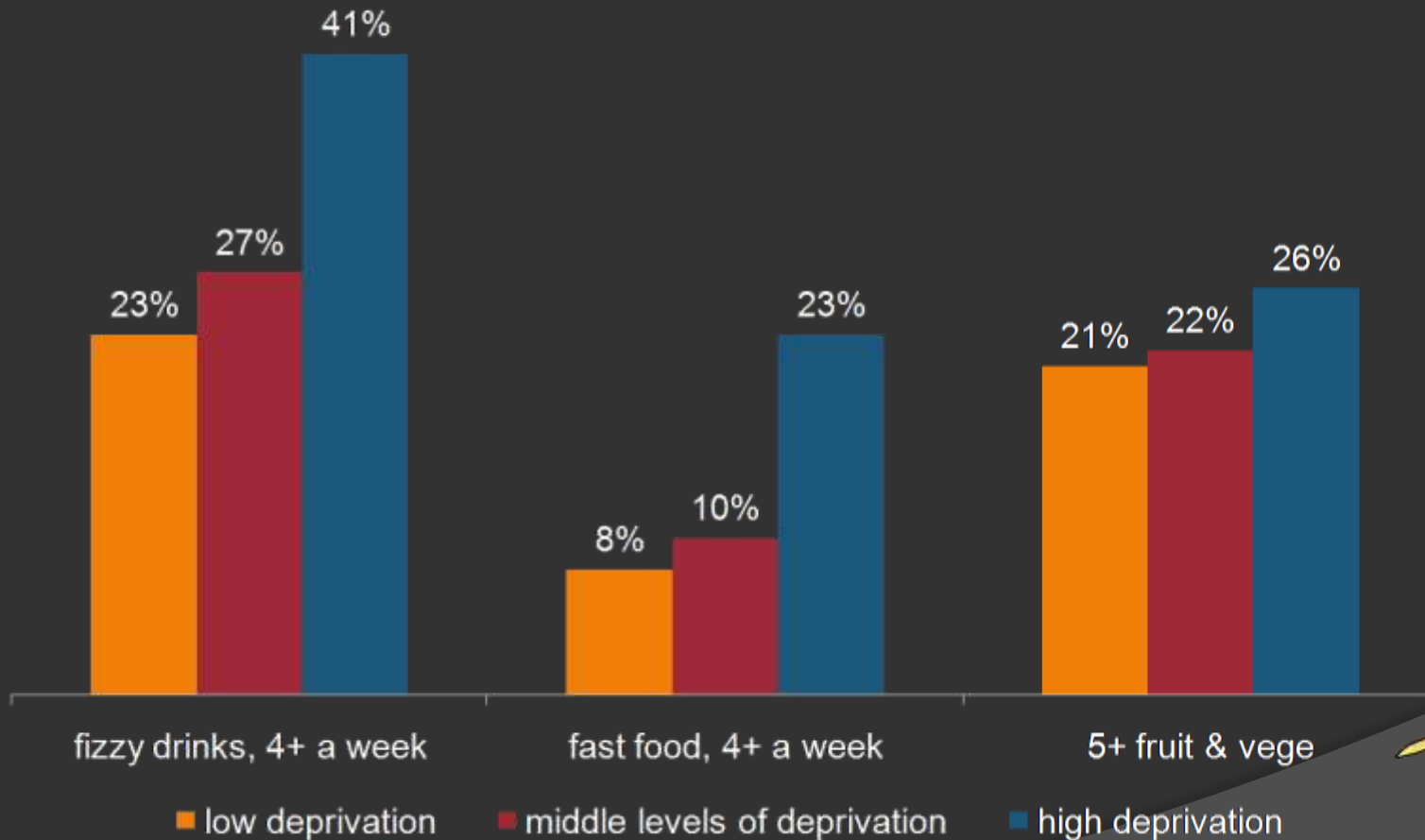
Care about healthy eating, very much



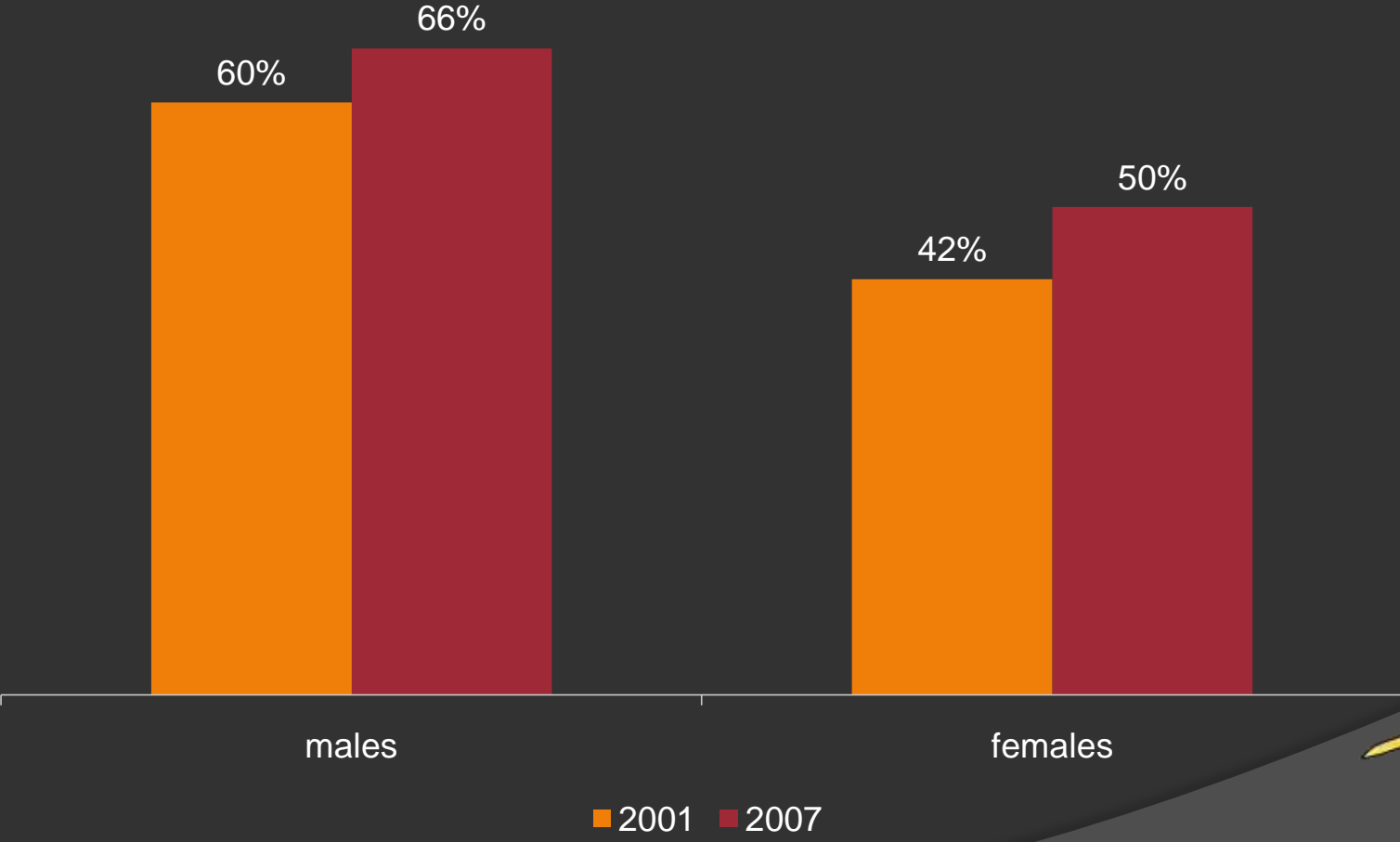
Met the recommendation for fruit and vegetable consumption



Dietary behaviours by socioeconomic deprivation



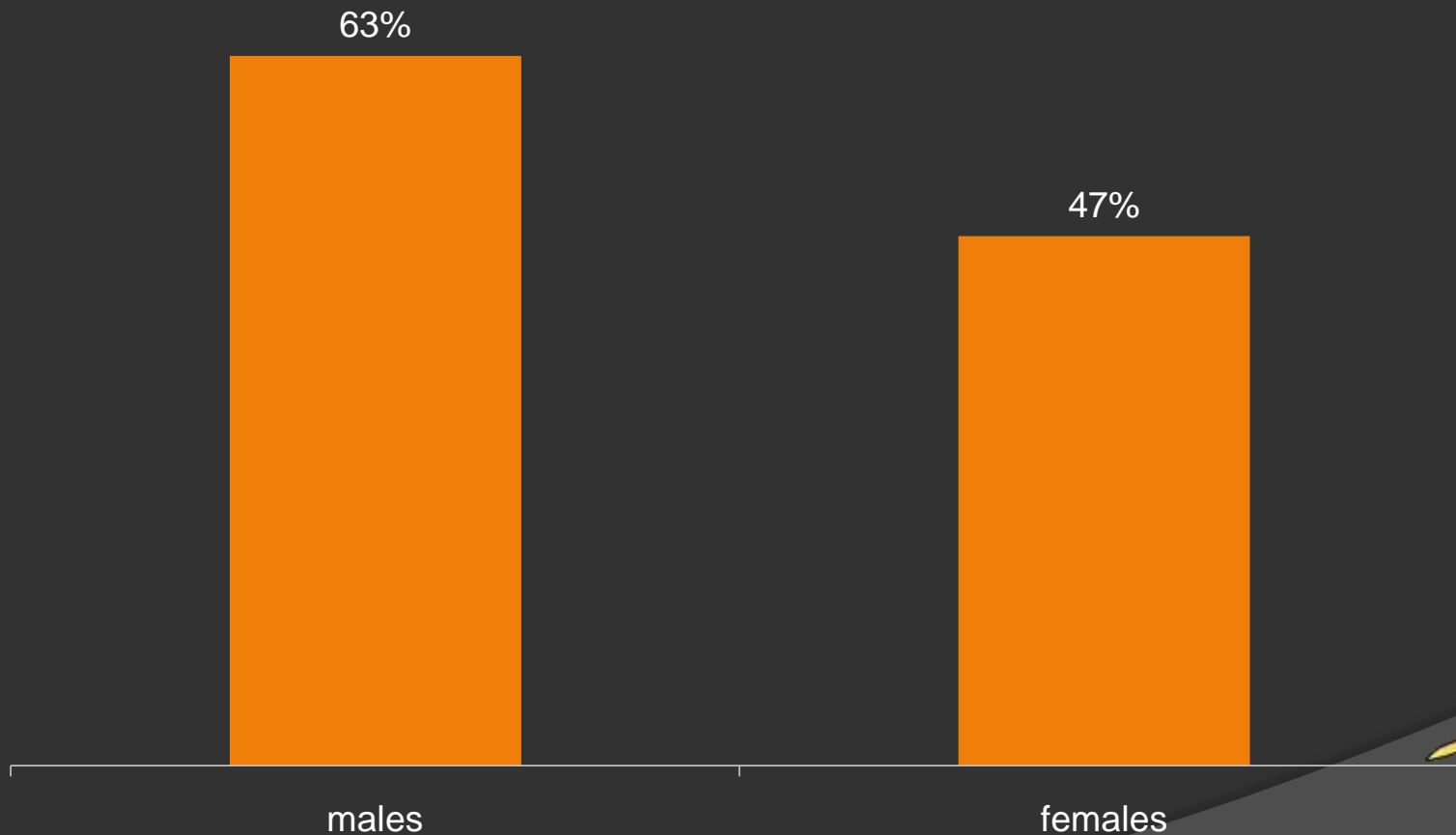
Trends in breakfast consumption



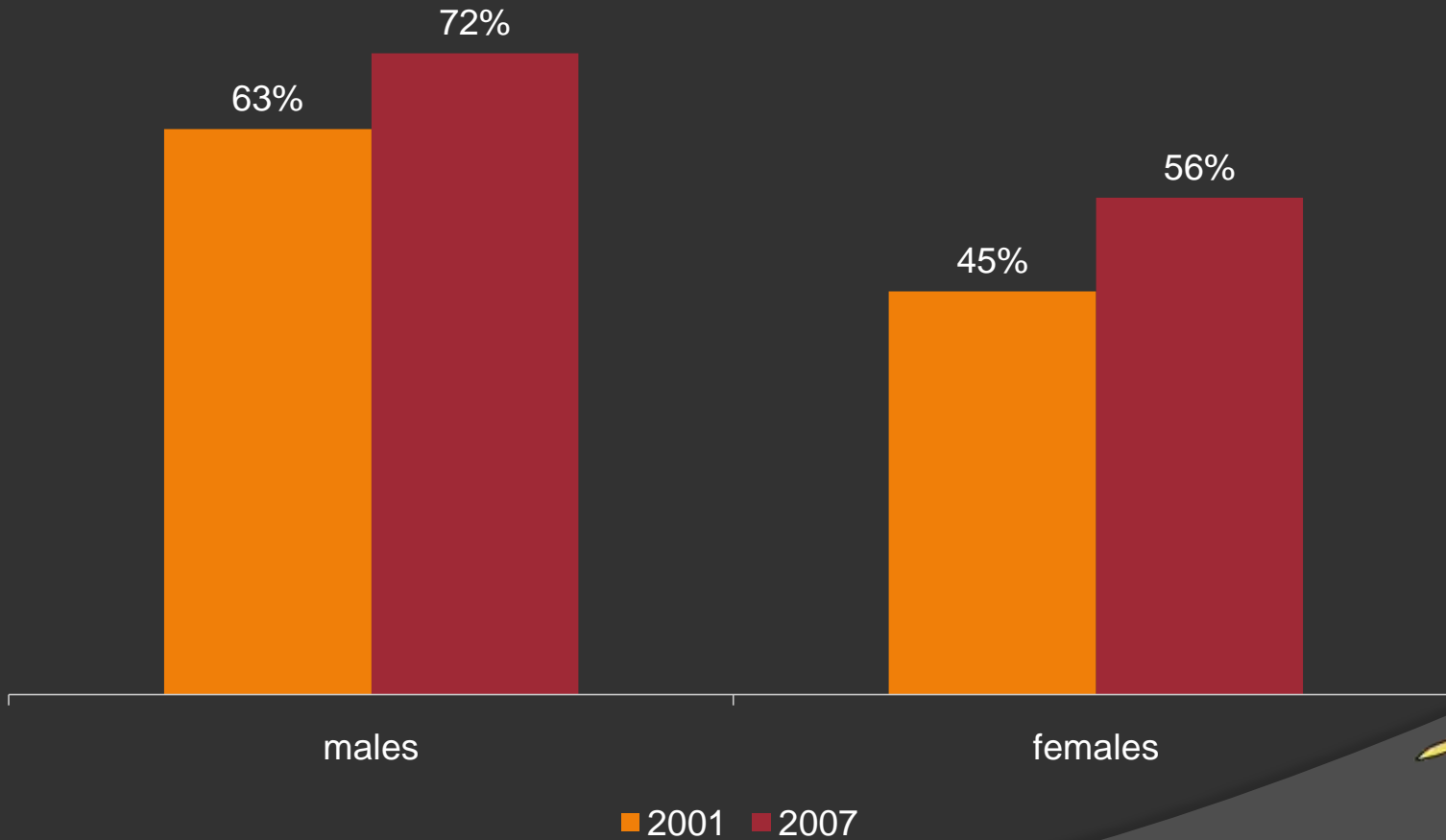
Always eat breakfast



Physical activity definitely important part of life



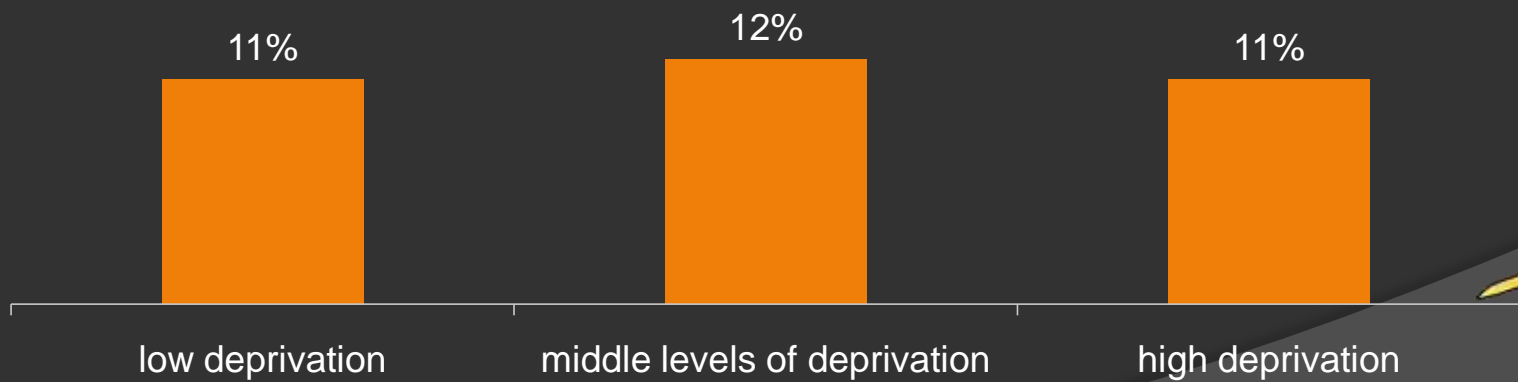
Trends in vigorous activity



20 minutes of vigorous activity, 3+ times a week



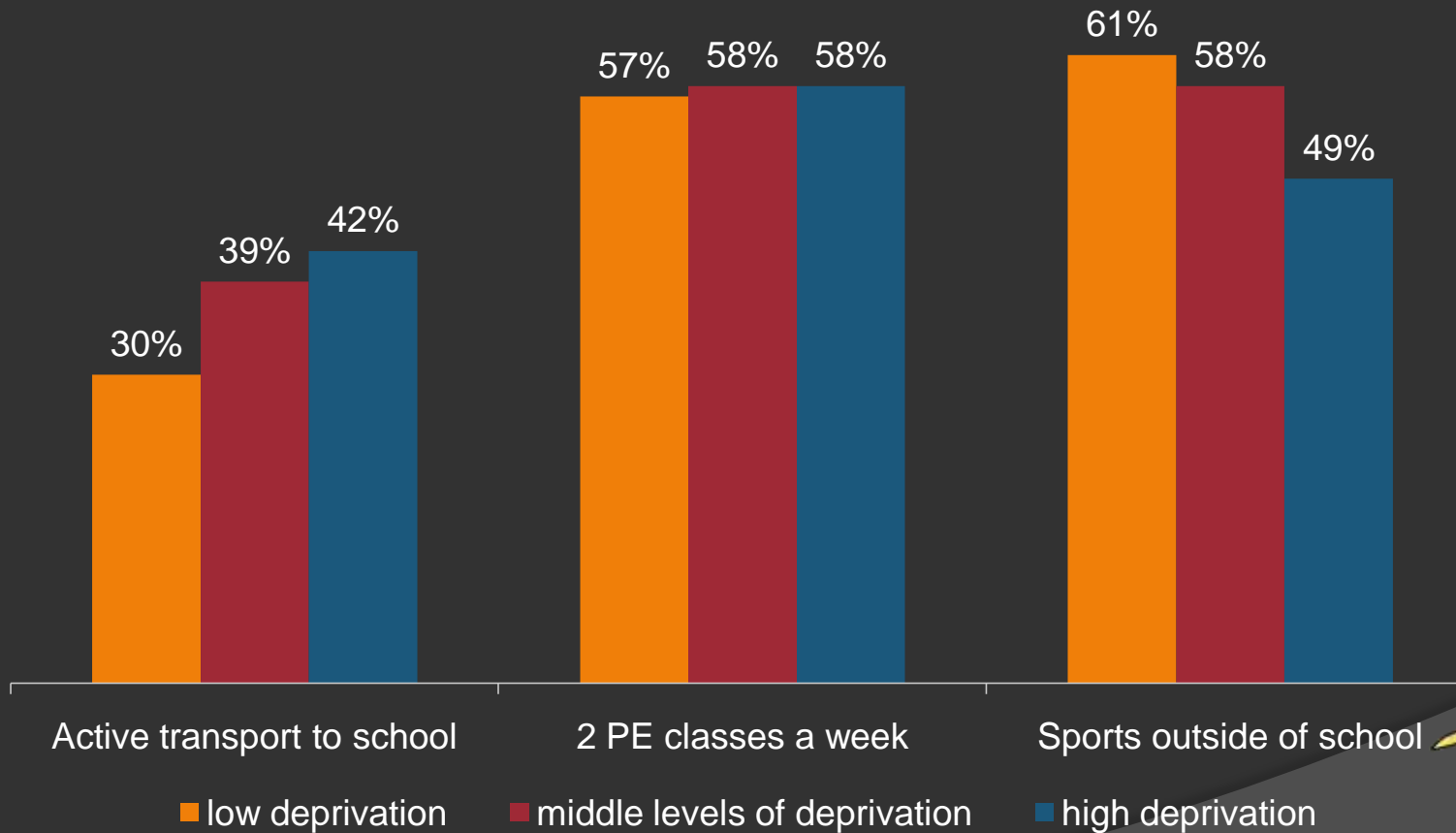
Met recommendations for physical activity



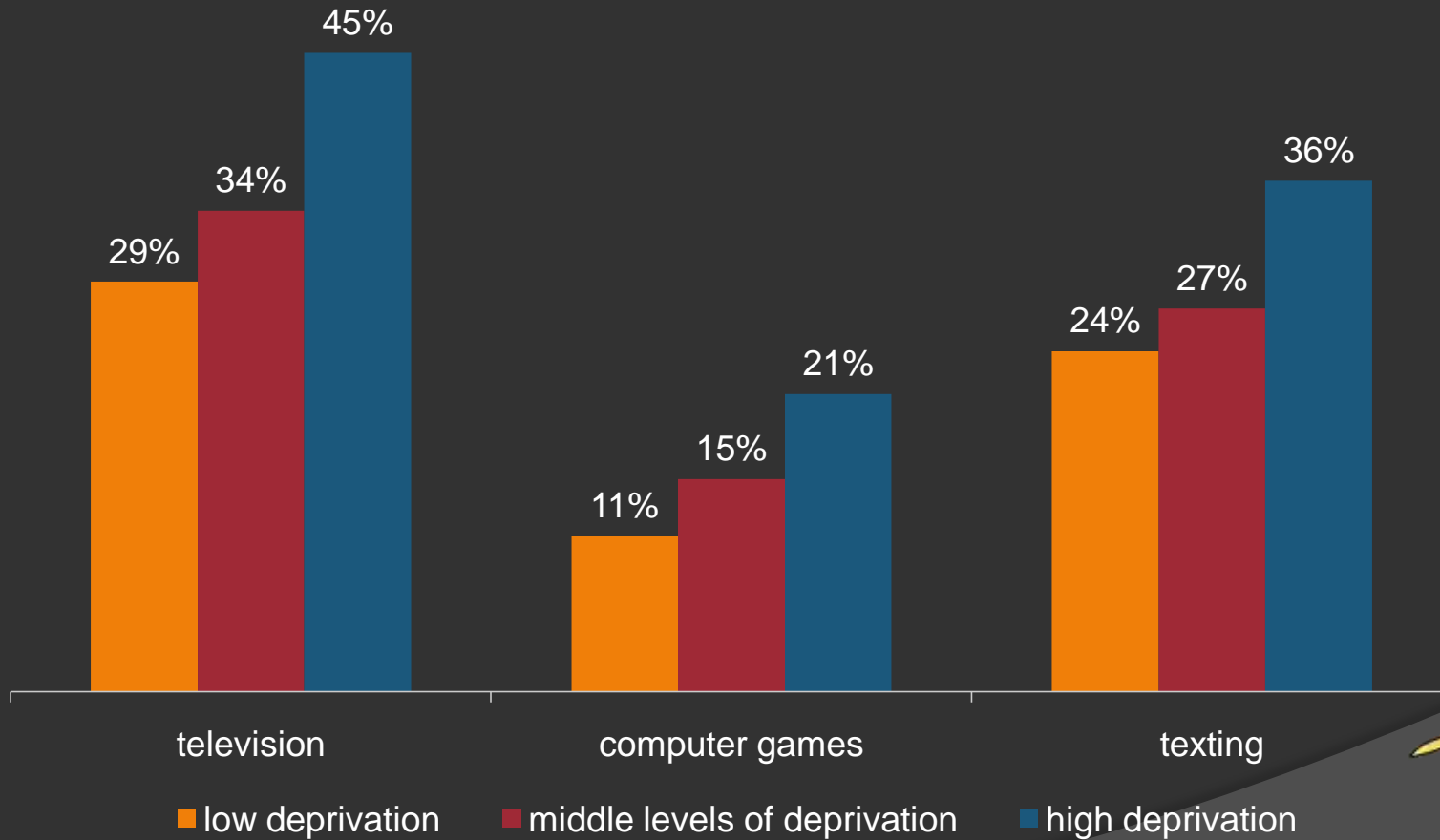
60 minutes of activity, daily



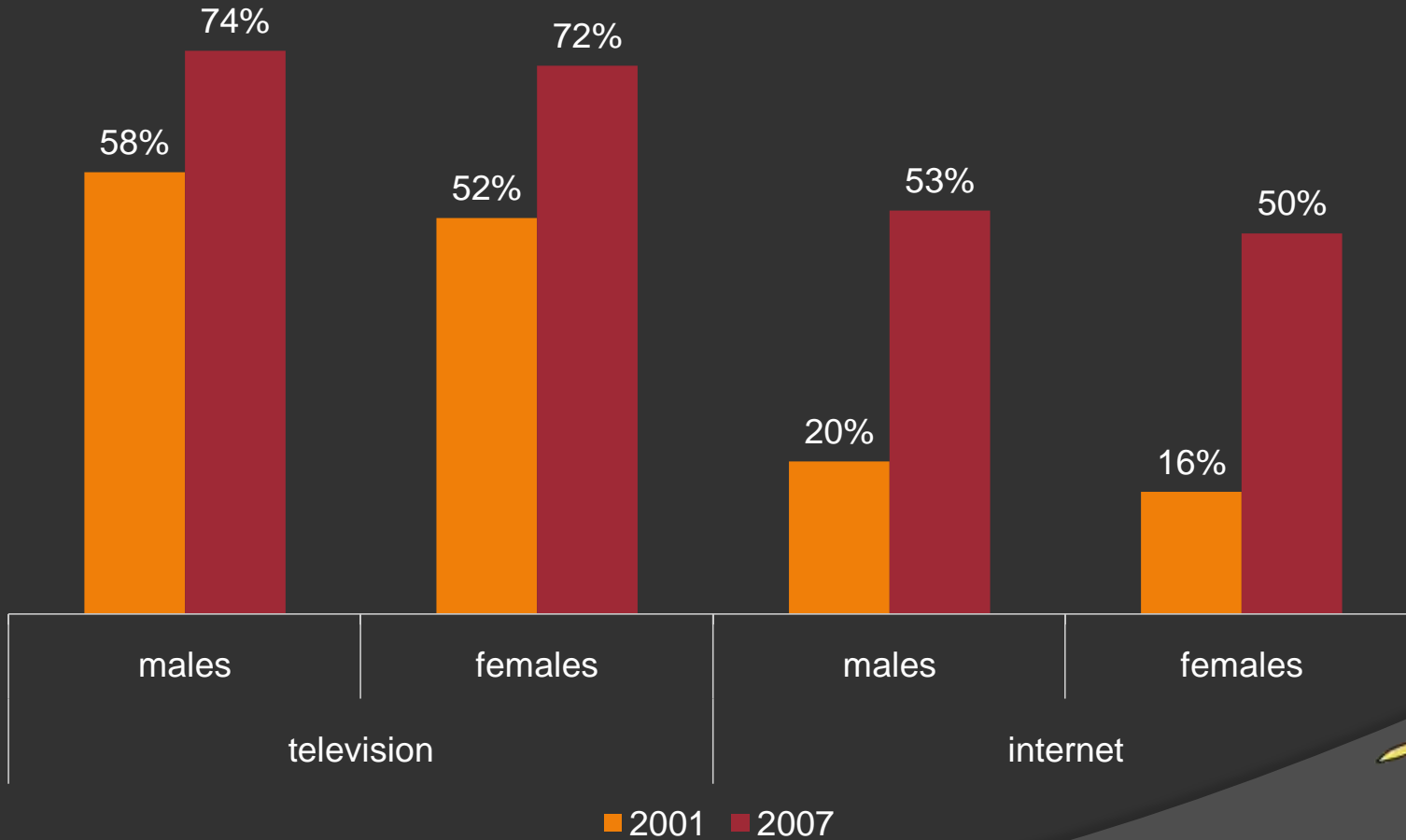
Activity behaviours by socioeconomic deprivation



Spending 3+ hours a day...



Trends sedentary activities

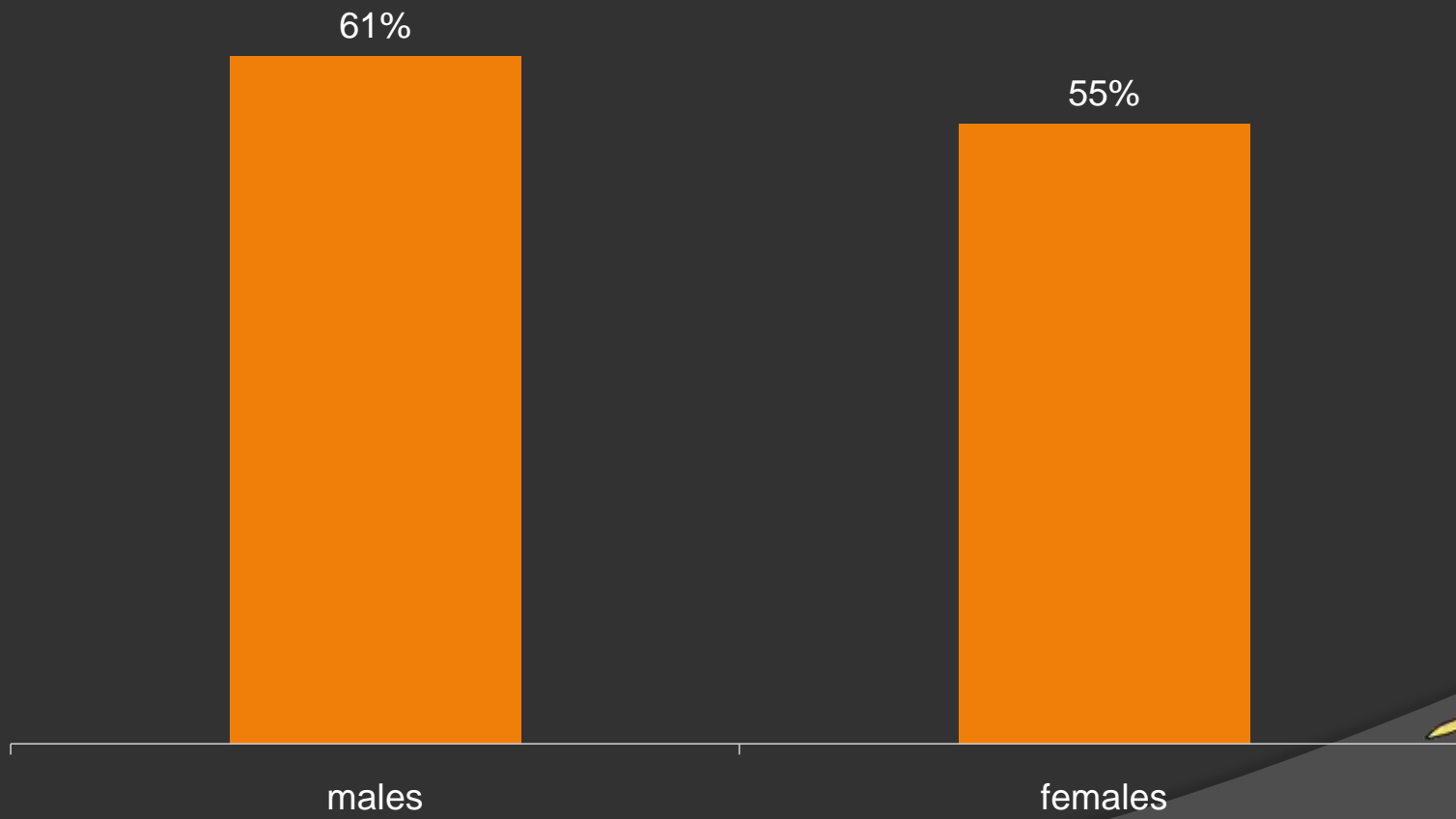


1+ hours a day

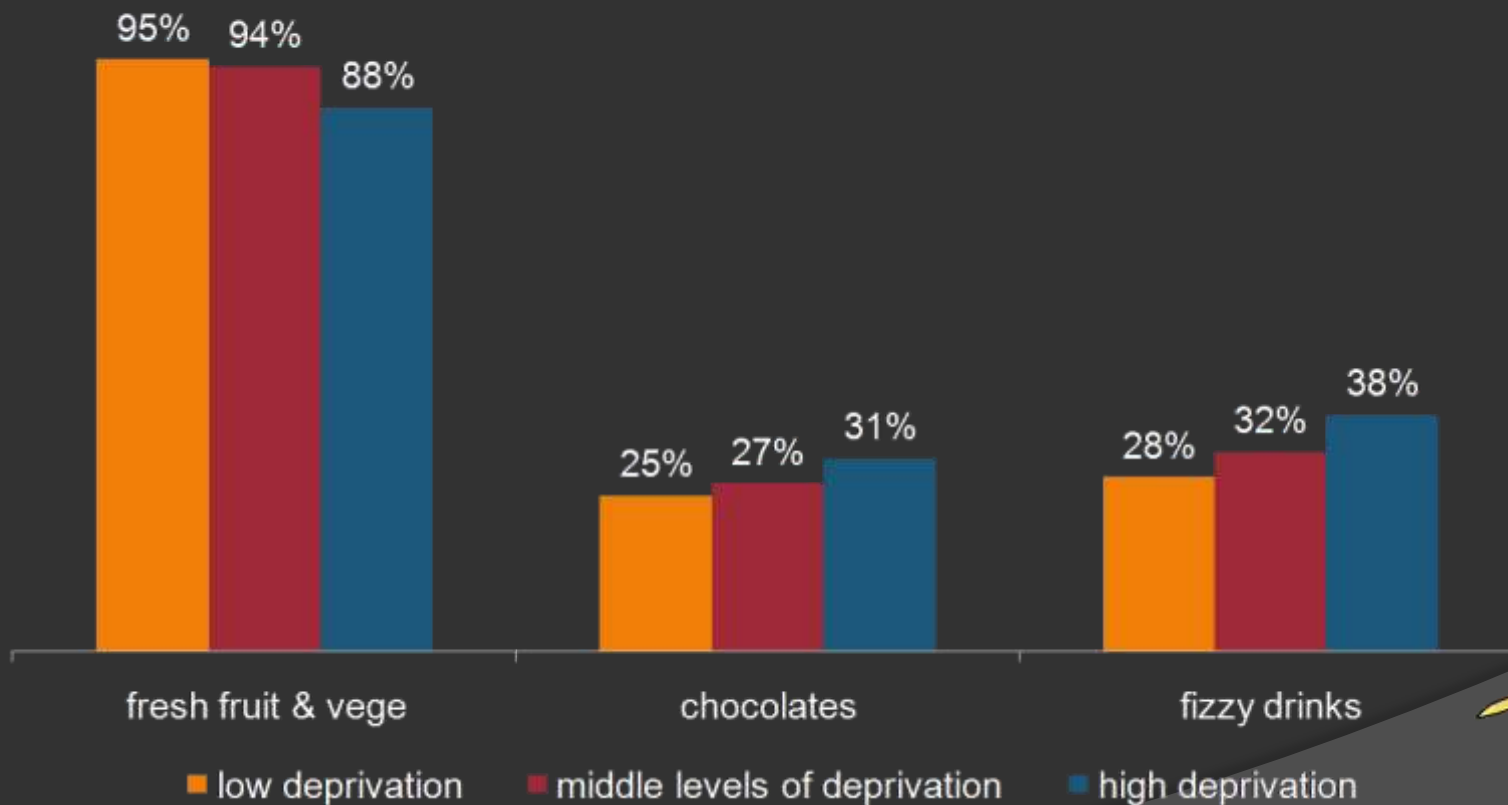


Home & families

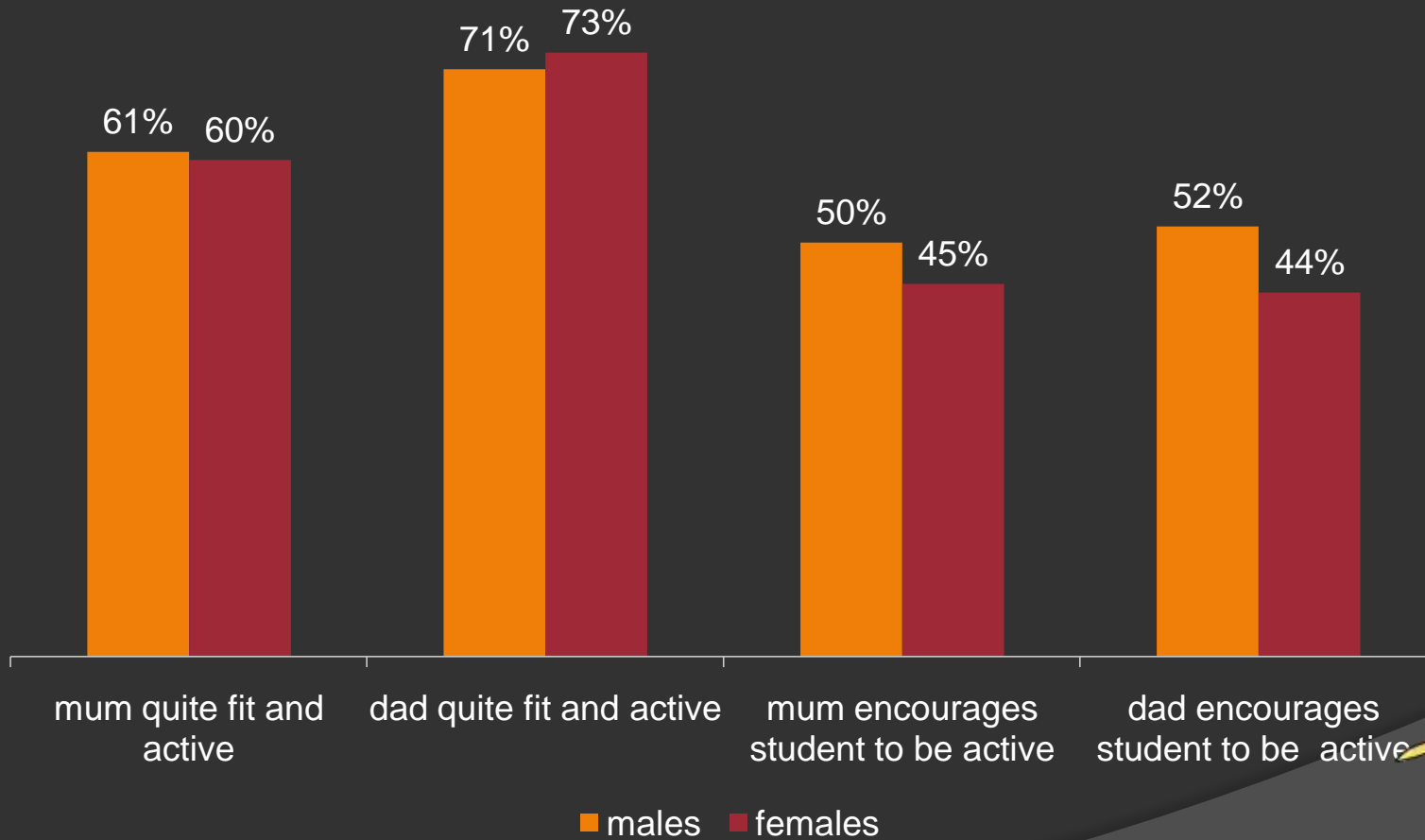
Ate a meal with their family, 5+ a week



Foods usually available at home

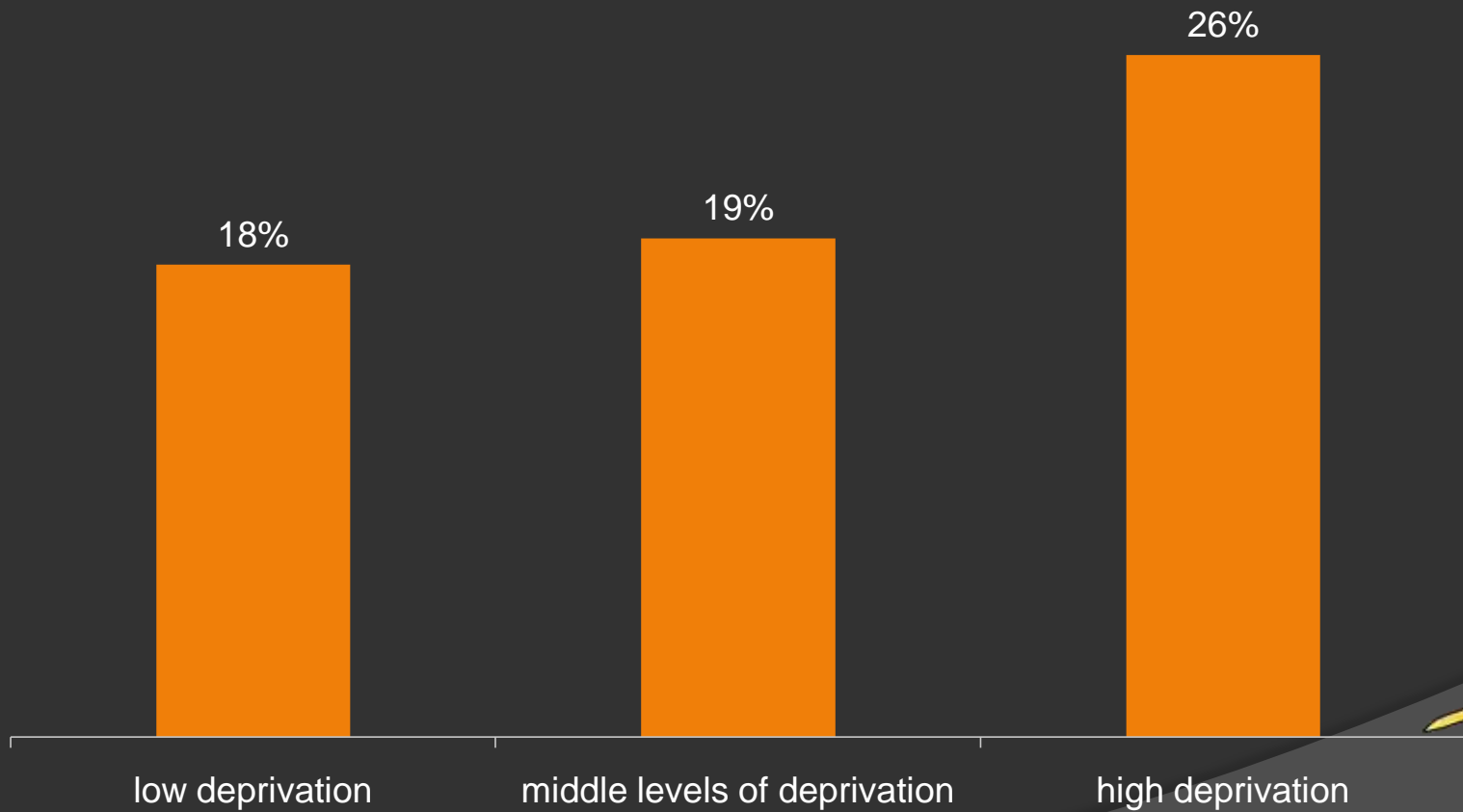


Parental support of activity

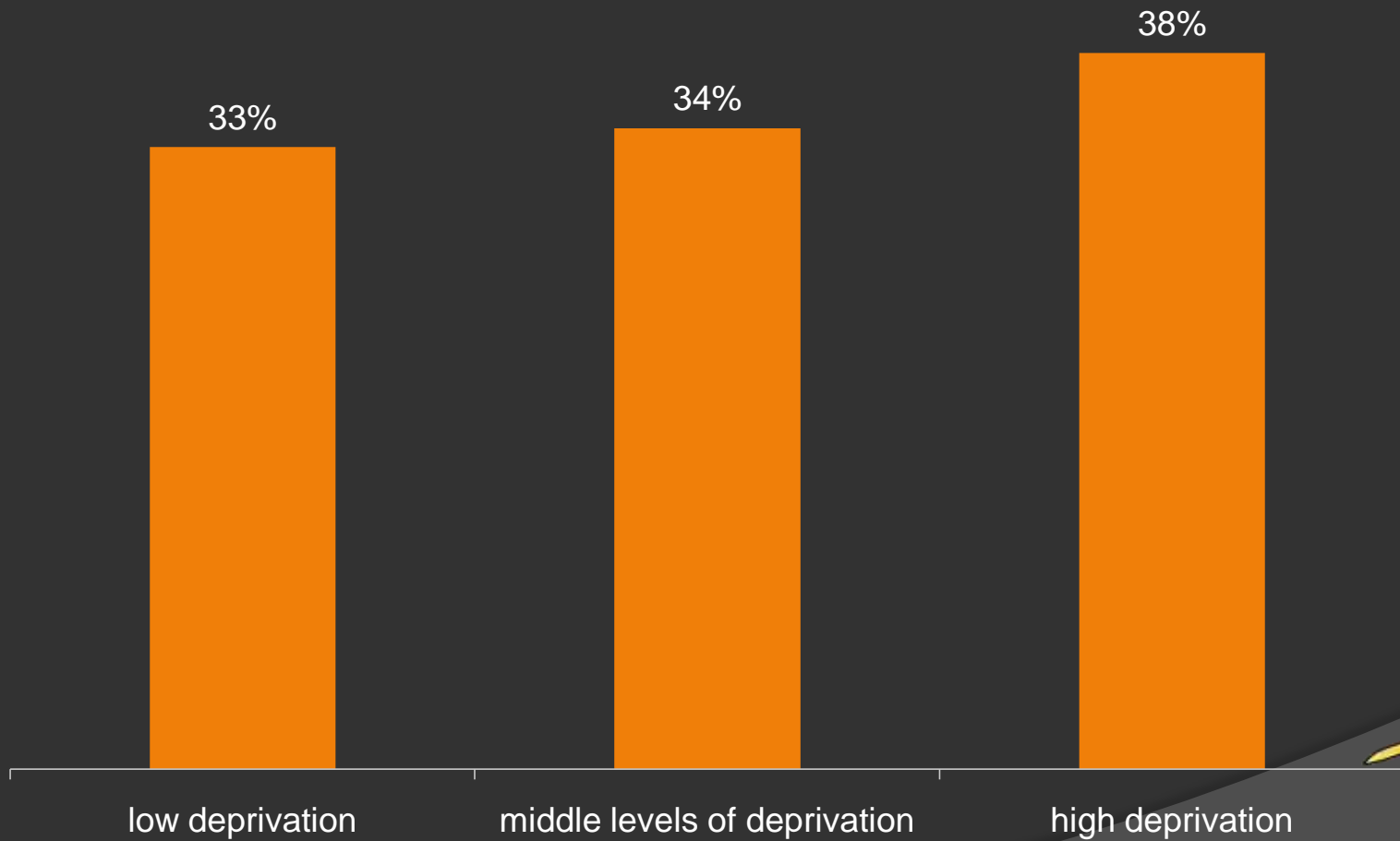


School and communities

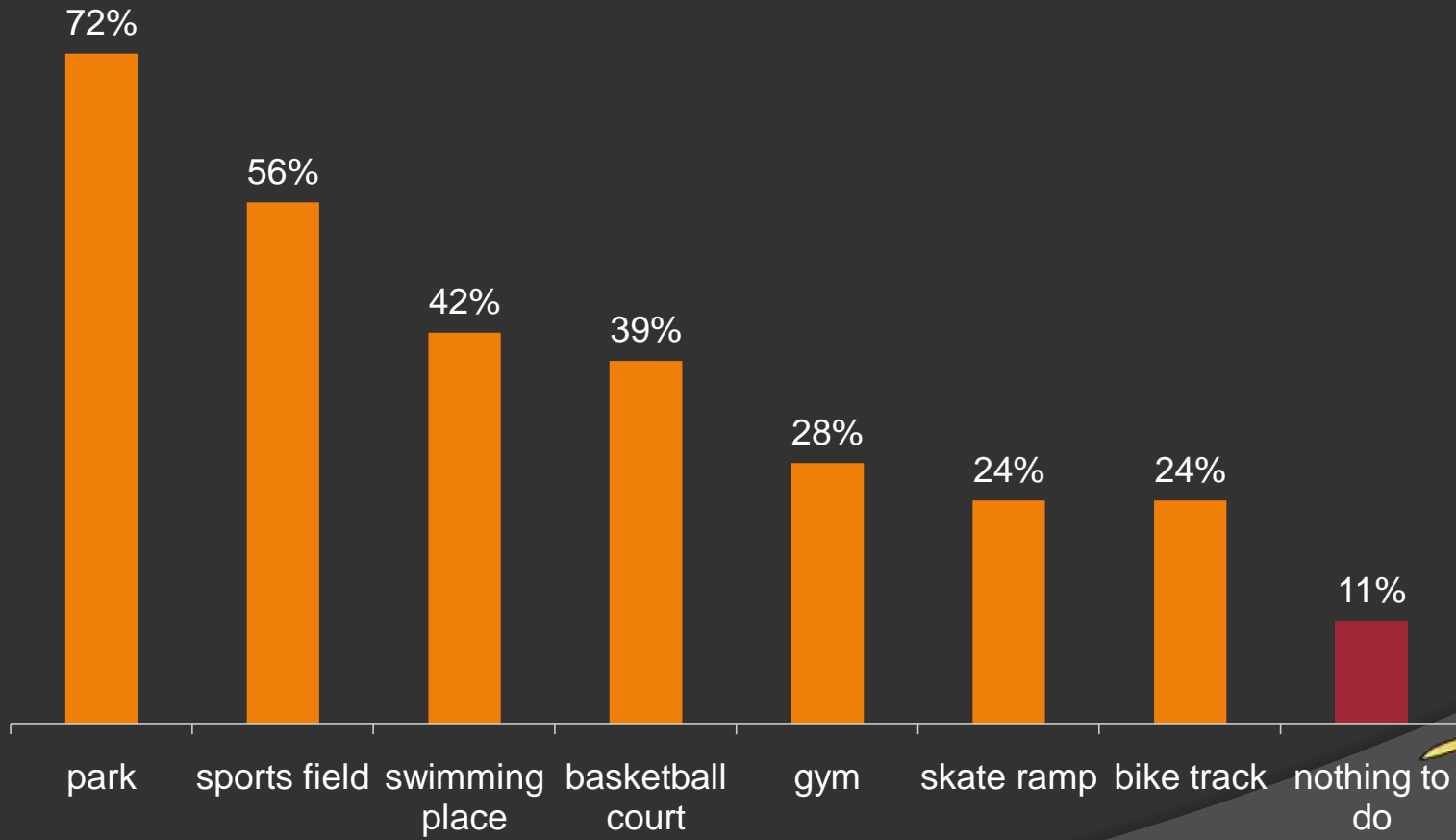
School encourages healthy eating, very much



School encourages physical activity, very much



Facilities available within walking distance of home



Trends in neighbourhood facilities



There is nothing to do within walking distance of home



Summary

- Young people living in the most deprived areas have the highest prevalence of overweight and obesity
- Nutrition behaviours also vary by socioeconomic deprivation, but only with regards to unhealthy foods
- Physical activity does not appear to be associated socioeconomic deprivation, but the type of activity does



Conclusions

- Address the availability and consumption of unhealthy foods by young people
- Requires a full spectrum of public health approaches
- Create opportunities for physical activity that are accessible and acceptable to young people.



Acknowledgements

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- Further Youth'07 publications are available at:
www.youth2000.ac.nz