

NZ Adult Nutrition Survey 2008/2009

Sally Mackay

Background

- Part of NZ Health Monitor – integrated programme of household surveys and cohort studies managed by the Ministry of Health.
- Fourth national adult population-based nutrition survey.

Objectives

- Assess consumption of food and food groups, and their contribution to nutrient intake.
- Assess nutrient intakes of the population and assess dietary adequacy against the Nutrient Reference Values for Australia and New Zealand.
- Assess consumption of dietary supplements.
- Assess the nutritional status of the adult population, using a range of anthropometric, biochemical and clinical measures.
- Examine factors associated with dietary intake, including food security and dietary patterns.

Key Players

- Ministry of Health
 - Funders, analysis
- University of Otago
 - Fieldwork, analysis
- CBG Health Research Ltd
 - Recruitment
- Plant and Food Research Ltd
 - *NZ Food Composition Database*
- External Technical Group
 - Advice

Time-line

- Oct 2008 – Oct 2009
 - Field work completed
- Nov 2009 – April 2010
 - Data preparation, recipe analysis
- May 2010 – Jan 2011
 - Analysis & preparation of report
- Feb 2011
 - Release of publication and web-tables
- August 2011
 - Confidential data available to researchers on application

Survey Population

- New Zealand adult population (15+ years)
- Approximately 4730 participants
- Representative sample – multi-stage stratified random sampling approach
- Over-sampled Māori and Pacific peoples
- Where possible, results will be presented (in the report) by gender, age, ethnic groups, and neighbourhood deprivation.

Survey Design

- Face to face interview in home
 - 24 hour dietary recall
 - Questionnaire
 - Dietary supplements
 - Dietary habits
 - Nutrition related health
 - Food security
 - Socio-demographic
 - Anthropometry
- Blood sample and urine sample at lab

Dietary Habits

- New questionnaire
- 25 questions on dietary habits
 - *On average, how many slices of bread or toast, or bread rolls do you eat per day?*
 - *How often do you eat chicken?*
 - *What type of butter or margarine spread do you use the most of?*
 - *How often do you drink fruit juices and drinks?*

Food Security

8 food security indicators

- used in the 1997 National Nutrition Survey

- Can't afford to eat properly
- How often food runs out
- Variety of foods limited
- Rely on others to provide food
- Stressed and worried about providing food
- Stressed as can't provide food for social occasions

Anthropometry

- Height
- Weight
- Waist circumference
- Calculation of Body Mass Index

- Blood pressure

Biochemical Indices

Non-fasting blood and spot urine sample collection

- Lipids (total cholesterol, HDL)
- Diabetes (HbA1c)
- Iron status
- Folate
- Urinary iodine
- Urinary sodium and potassium

Nutrients in report

- Energy
- Macronutrients,
 - types of fat, sugars
- Vitamins: A, B, C, E
- Calcium, iron, zinc
- Selenium, iodine, potassium
- Sodium (urinary sodium only)

Iron

- Iron Status
 - Biochemical measurements
- Iron intake
- Prevalence of inadequate intake
 - Compare to Estimated Adequate Requirement
- Dietary sources of iron
- Changes over time

Iodine

- Urinary iodine
- Dietary intake
- Dietary sources

Feedback on report layout of
previous surveys

sally_mackay@moh.govt.nz

www.moh.govt.nz/phi/surveys