

Report card New Zealand



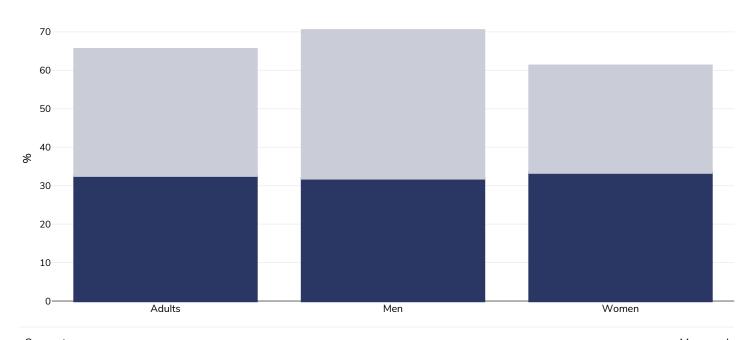
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Obesity prevalence

Adults, 2022-2023



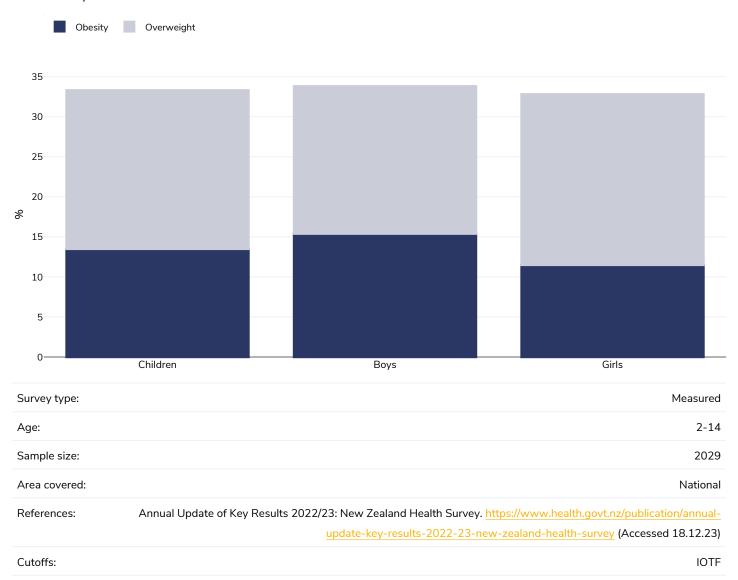


Survey type:	Measured
Age:	15+
Sample size:	6799
Area covered:	National
References:	Annual Update of Key Results 2022/23: New Zealand Health Survey. https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey (Accessed 18.12.23)
Definitions:	Overweight/Obesity based on standard WHO adult cut-offs except for 15-17 year olds where IOTF International cutoffs are used

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



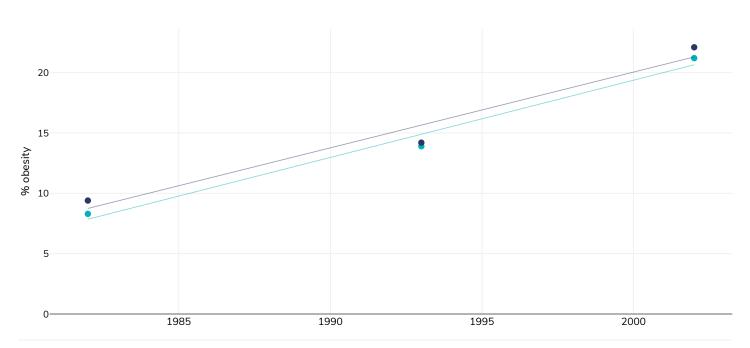
Children, 2022-2023





% Adults living with obesity, 1982-2003





Survey type: Measured

References:

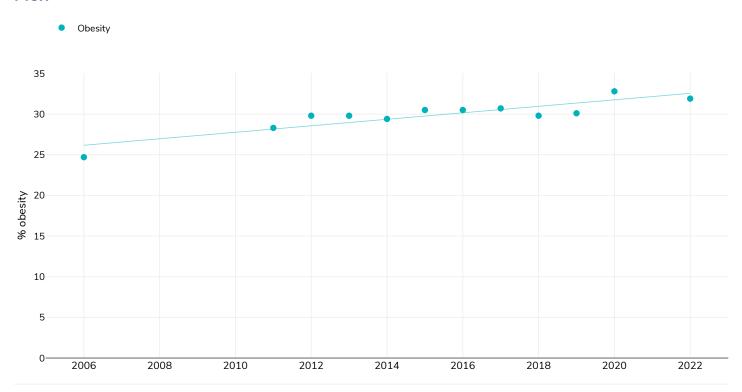
Metcalf P, Scragg R, Schaaf D, Dyall L, Black P, Jackson R. Trends in major cardiovascular risk factors in Auckland, New Zealand: 1982 to 2002-2003. The New Zealand Medical Journal 2006;119

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with obesity, 2006-2023

Men



Survey type: Measured

References:

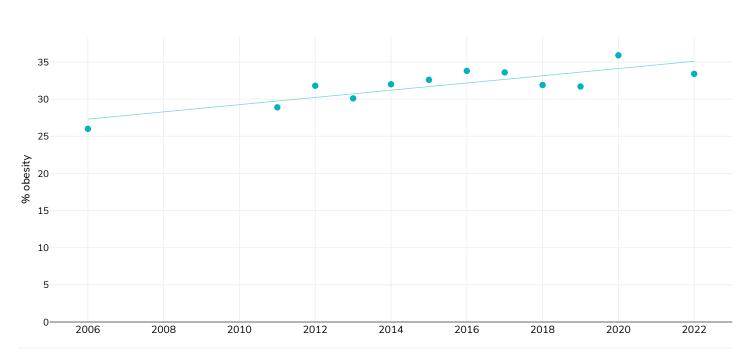
For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women

Obesity



Survey type: Measured

References:

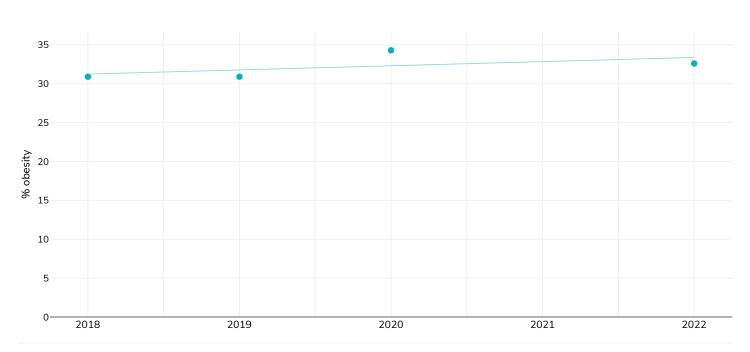
For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Men and women





Survey type: Measured

References:

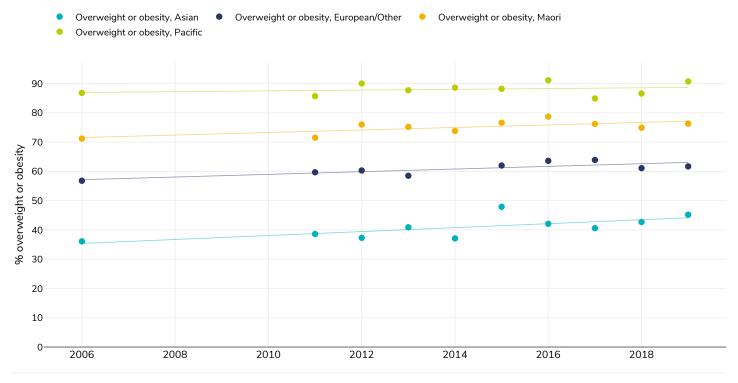
For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with overweight or obesity, 2006-2023

Women



Survey type: Measured

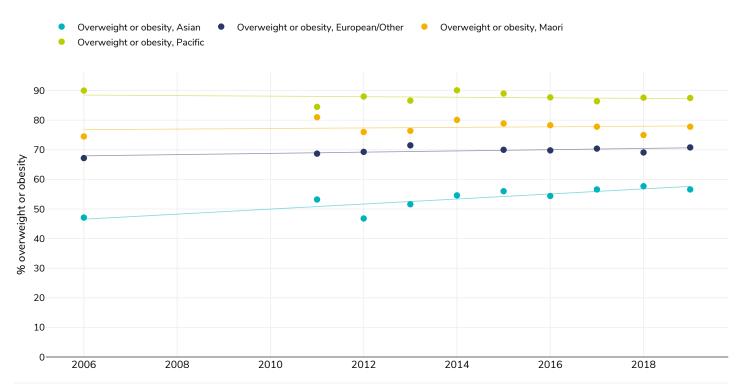
References:

For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Men



Survey type: Measured

References:

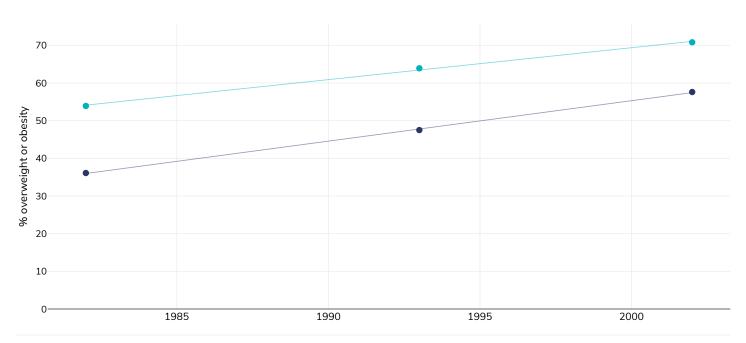
For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with overweight or obesity, 1982-2003





Survey type: Measured

References:

Metcalf P, Scragg R, Schaaf D, Dyall L, Black P, Jackson R. Trends in major cardiovascular risk factors in Auckland, New Zealand: 1982 to 2002-2003. The New Zealand Medical Journal 2006;119

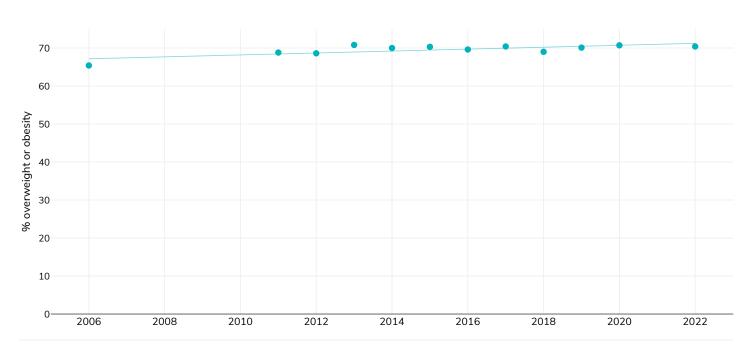
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with overweight or obesity, 2006-2023

Men

Overweight or obesity



Survey type: Measured

References:

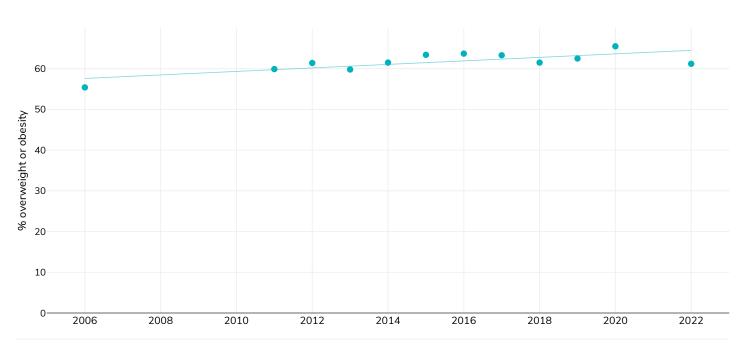
For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women

Overweight or obesity



Survey type: Measured

References:

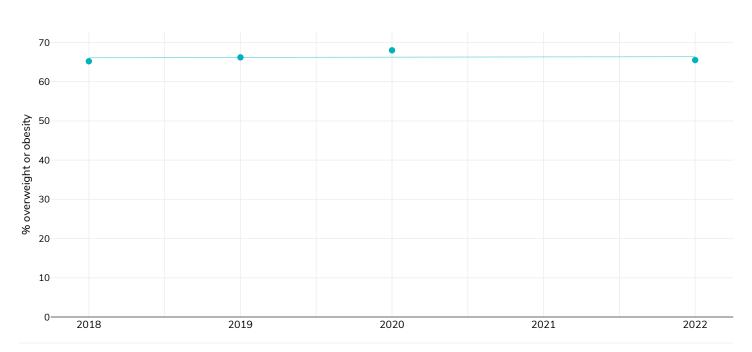
For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Men and women

Overweight or obesity



Survey type: Measured

References:

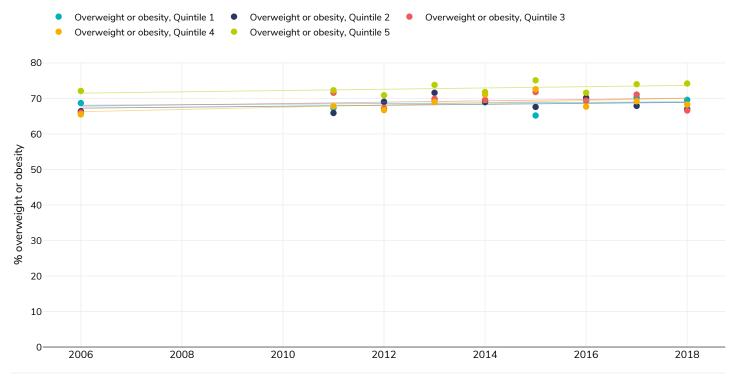
For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with overweight or obesity, 2006-2019

Men



Survey type: Measured

References:

For full details of references visit https://data.worldobesity.org/

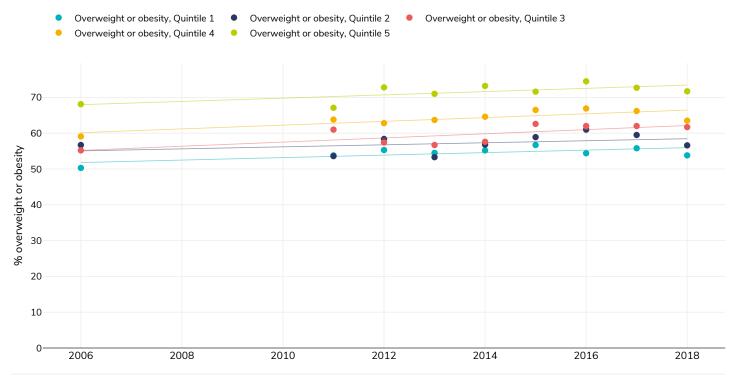
Notes:

Quintile 1 = Least deprived areas, Quintile = 5 Most deprived areas

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women



Survey type: Measured

References:

For full details of references visit https://data.worldobesity.org/

Notes:

Quintile 1 = Least deprived areas, Quintile = 5 Most deprived areas

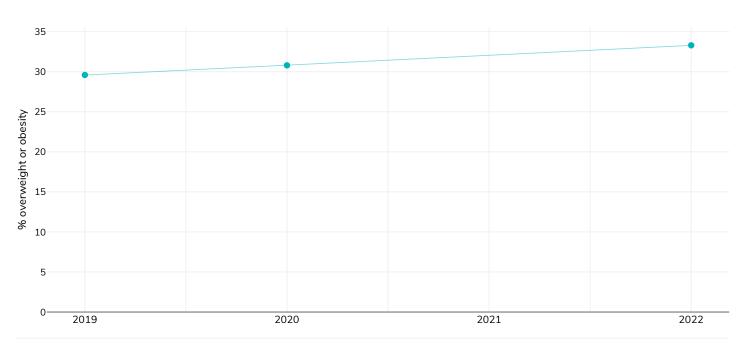
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Children living with overweight or obesity, 2002-2023

Boys and girls

Overweight or obesity



Survey type: Measured

References:

For full details of references visit https://data.worldobesity.org/

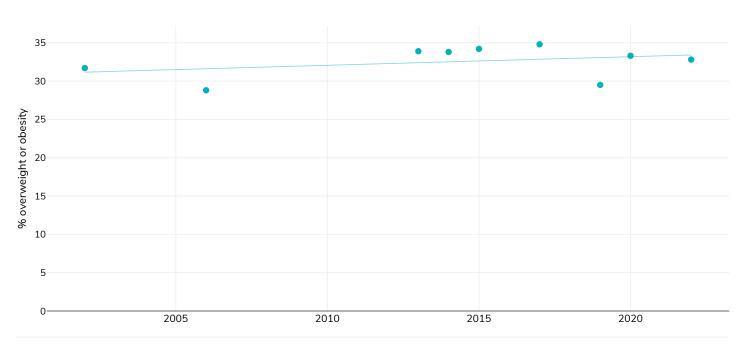
Definitions:

IOTF



Girls

Overweight or obesity



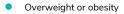
Survey type: Measured

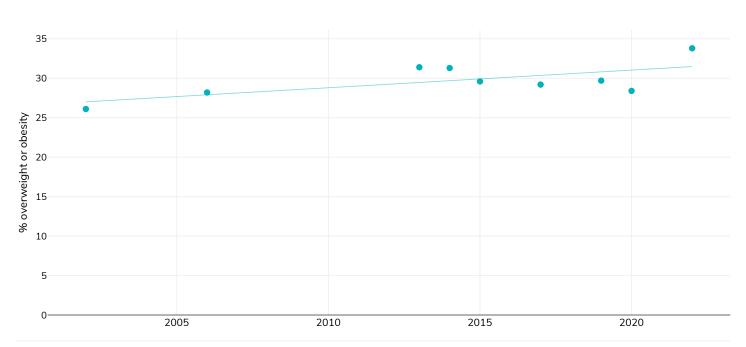
References: For full details of references visit https://data.worldobesity.org/

Definitions:



Boys





Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

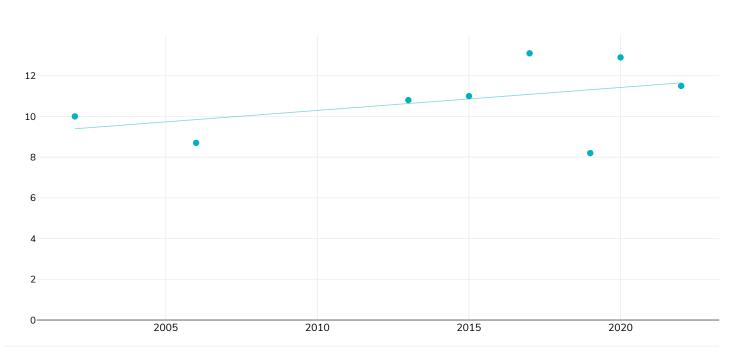
Definitions:



% Children living with obesity, 2002-2023

Girls

Obesity



Survey type: Measured

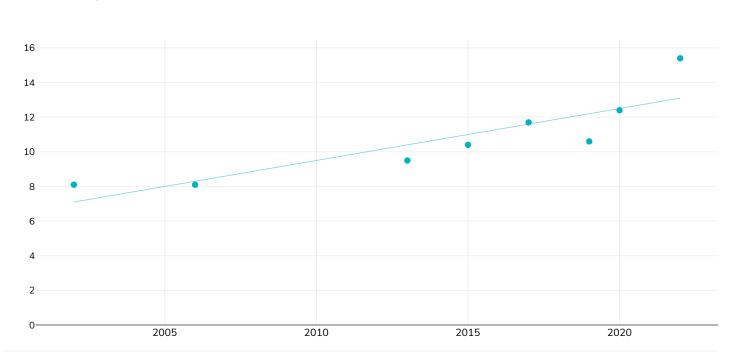
References:

For full details of references visit https://data.worldobesity.org/



Boys





Survey type: Measured

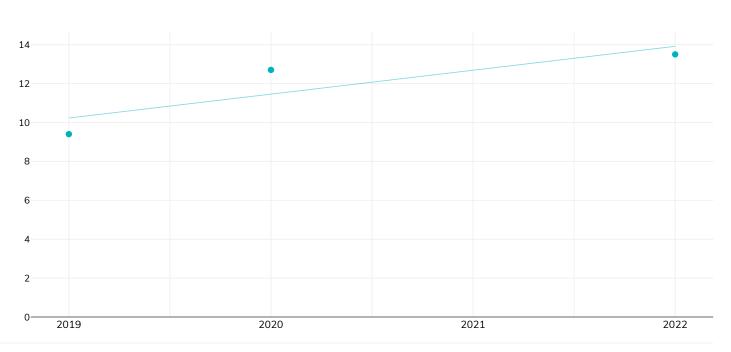
References:

For full details of references visit https://data.worldobesity.org/



Boys and girls

Obesity



Survey type: Measured

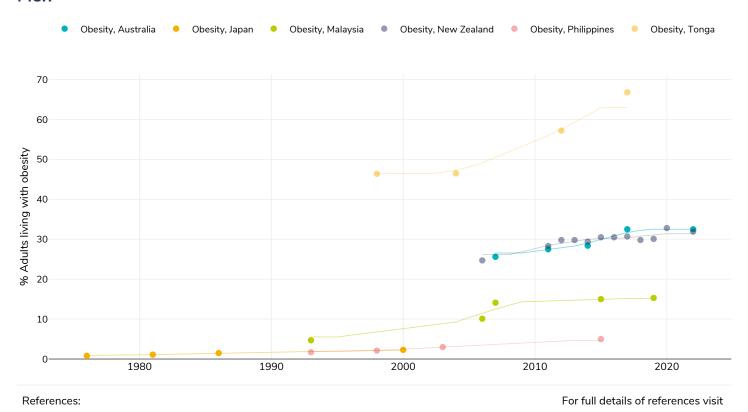
References:

For full details of references visit https://data.worldobesity.org/



% Adults living with obesity, selected countries, 1976-2023

Men

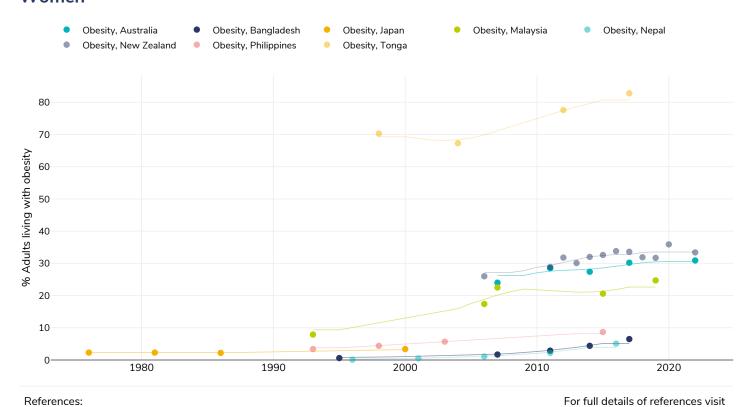


Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

https://data.worldobesity.org/



Women



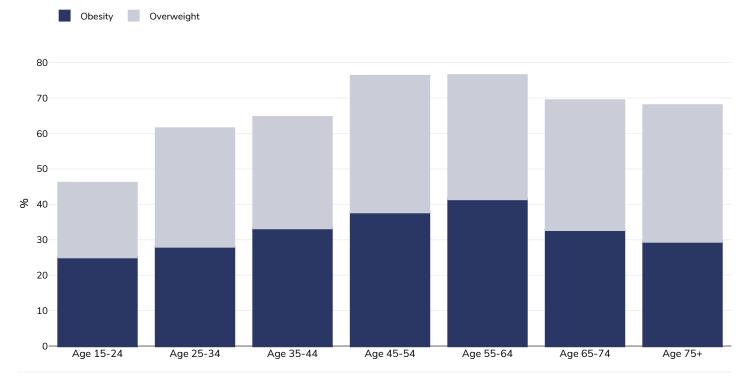
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

https://data.worldobesity.org/



Overweight/obesity by age

Adults, 2022-2023

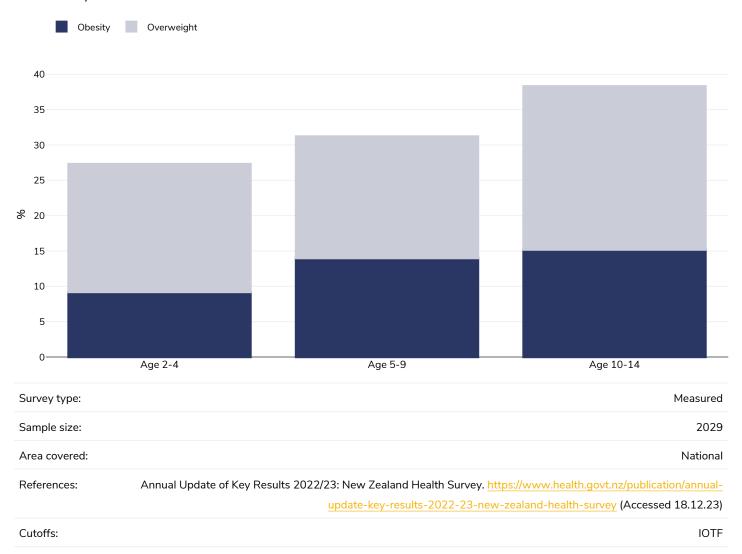


Survey type:	Measured
Sample size:	6799
Area covered:	National
References:	Annual Update of Key Results 2022/23: New Zealand Health Survey. https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey (Accessed 18.12.23)
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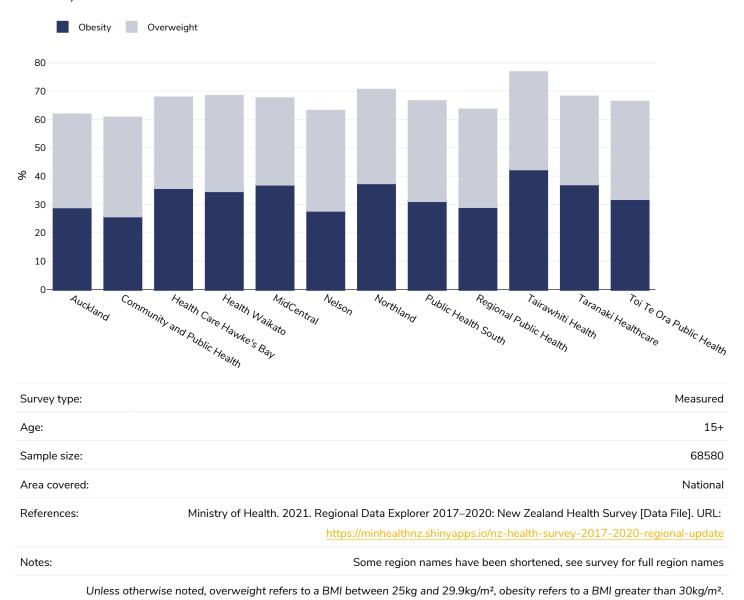
Children, 2022-2023





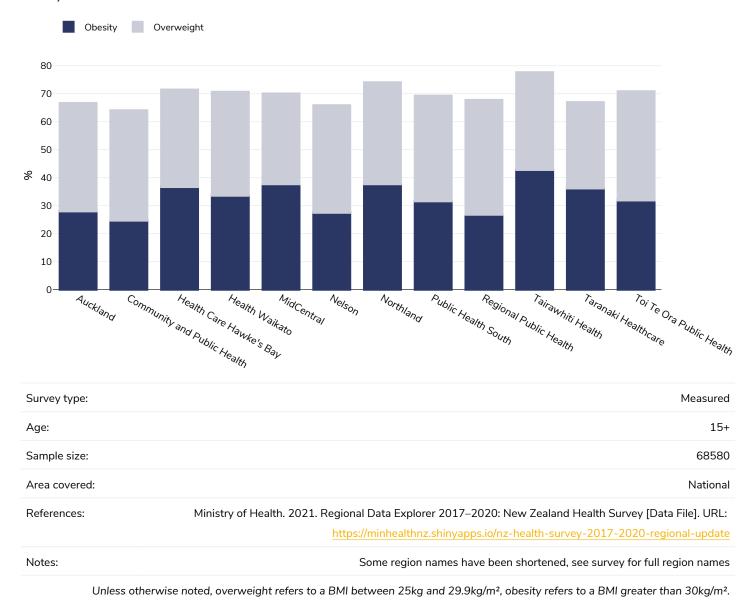
Overweight/obesity by region

Adults, 2017-2019



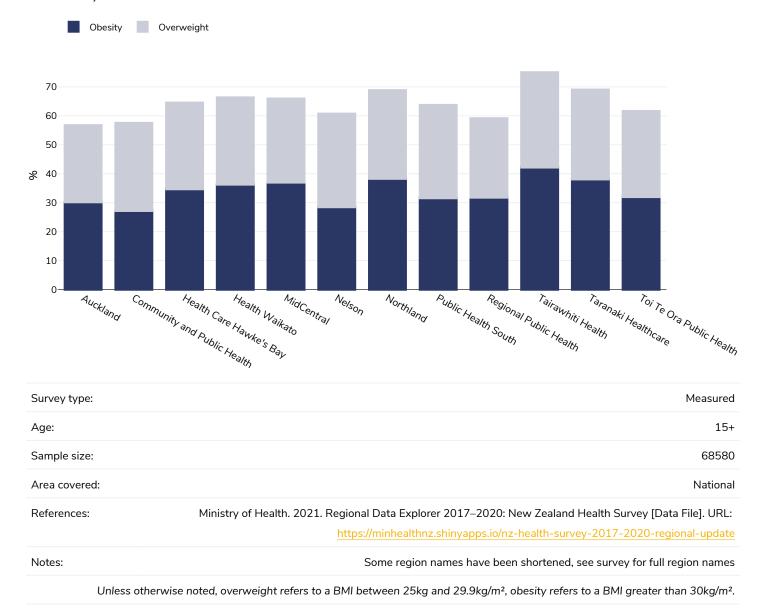


Men, 2017-2019



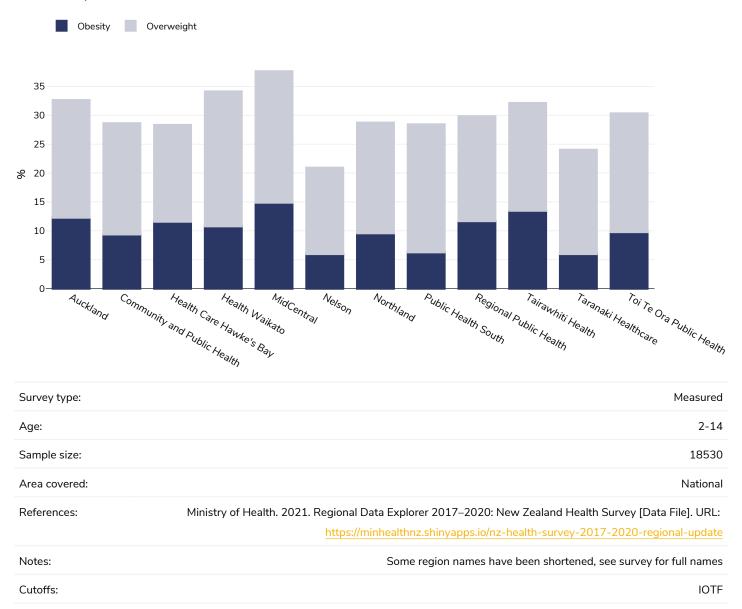


Women, 2017-2019



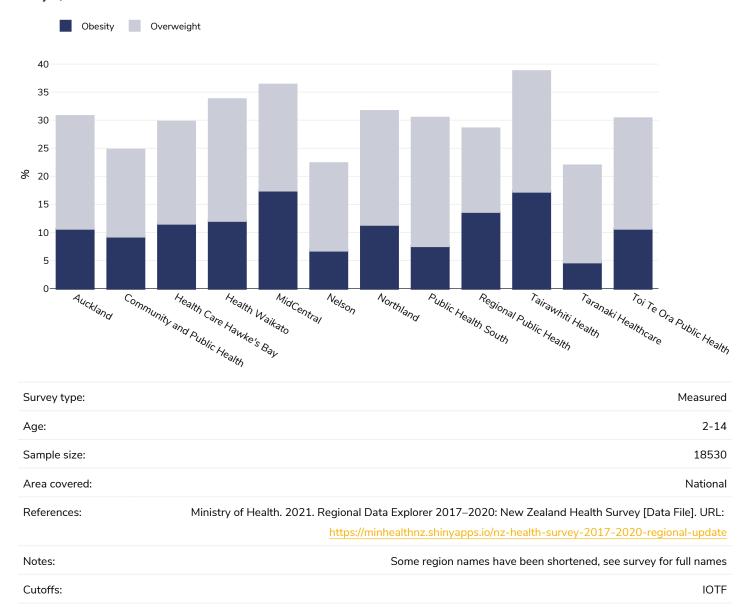


Children, 2017-2020



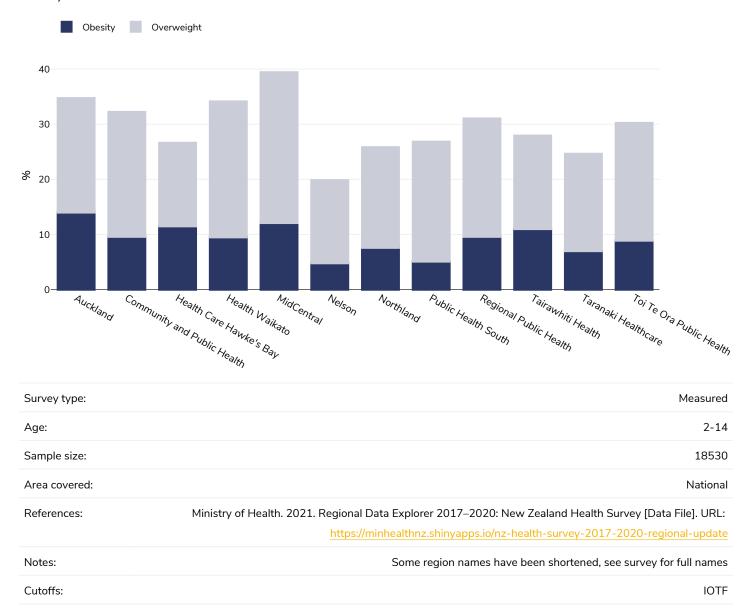


Boys, 2017-2020





Girls, 2017-2020



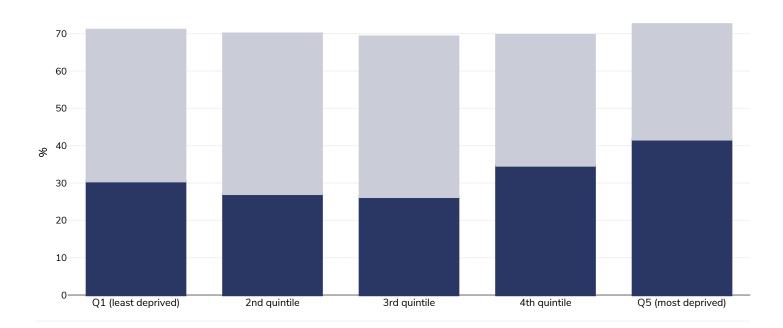


Overweight/obesity by socio-economic group

Men, 2022-2023

Survey type:





Age:	15+
Sample size:	6799
Area covered:	National
References:	Annual Update of Key Results 2022/23: New Zealand Health Survey. https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey (Accessed 18.12.23)
Definitions:	Overweight/Obesity based on standard WHO adult cut-offs except for 15-17 year olds where IOTF International cutoffs are used

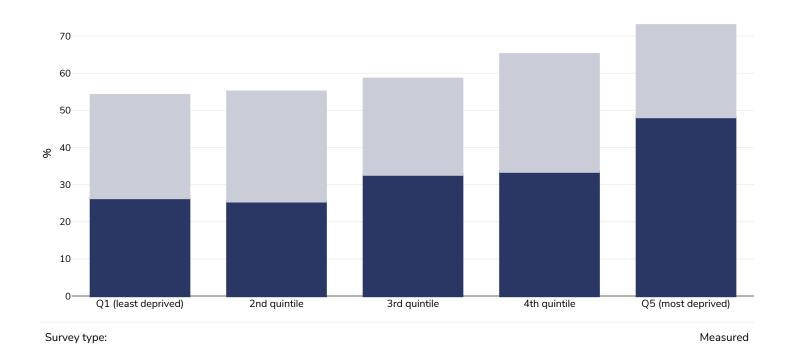
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Measured



Women, 2022-2023





Age:	15+
Sample size:	6799
Area covered:	National
References:	Annual Update of Key Results 2022/23: New Zealand Health Survey. https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey (Accessed 18.12.23)

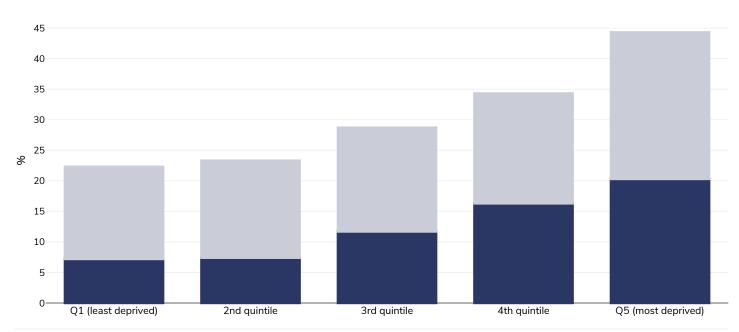
Definitions: Overweight/Obesity based on standard WHO adult cut-offs except for 15-17 year olds where IOTF International

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2020-2021





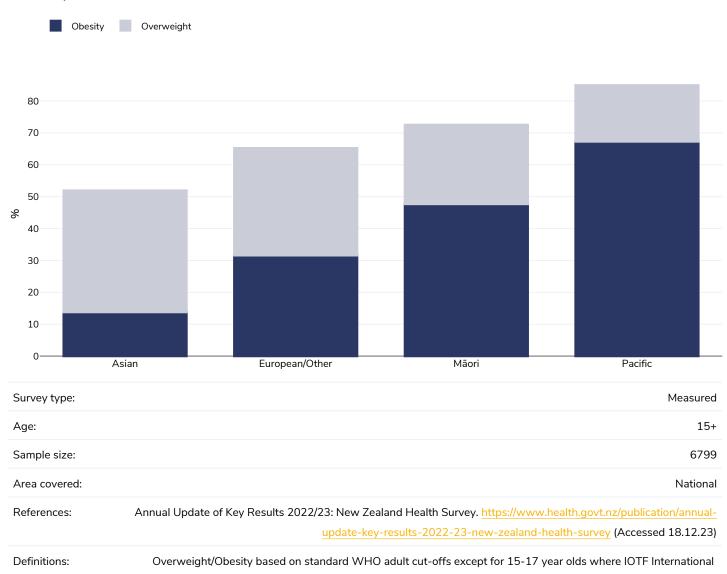
Survey type:	Measured
Age:	2-14
Sample size:	2954
Area covered:	National
References:	Annual Update of New Zealand Health Survey 2020/2021 available at https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey Accessed 08.11.21.
Cutoffs:	IOTF



Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Adults, 2022-2023

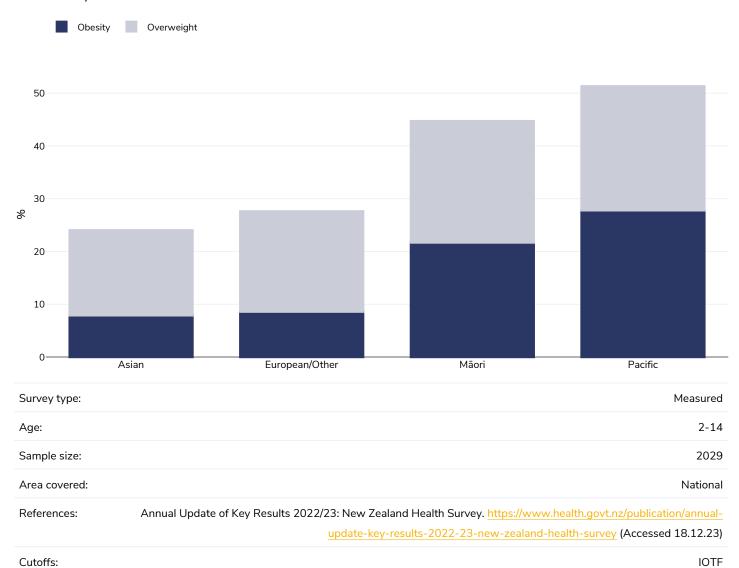


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

cutoffs are used



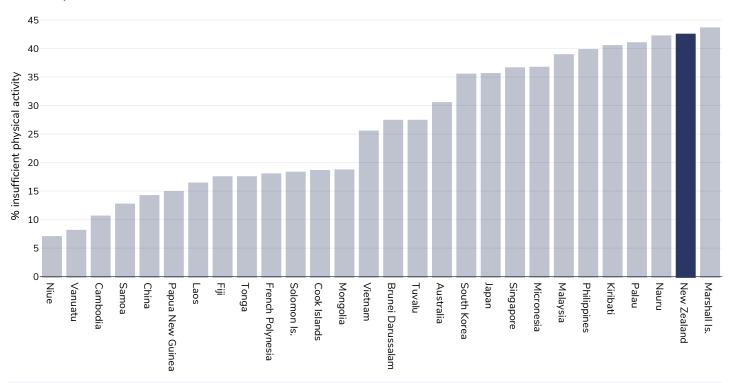
Children, 2022-2023





Insufficient physical activity

Adults, 2016



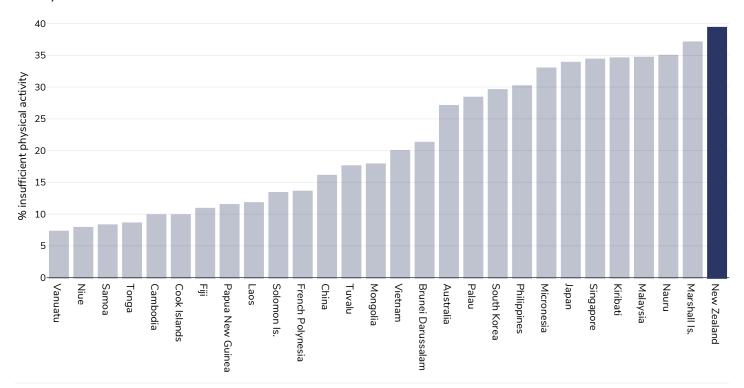
References:

Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-

109X(18)30357-7

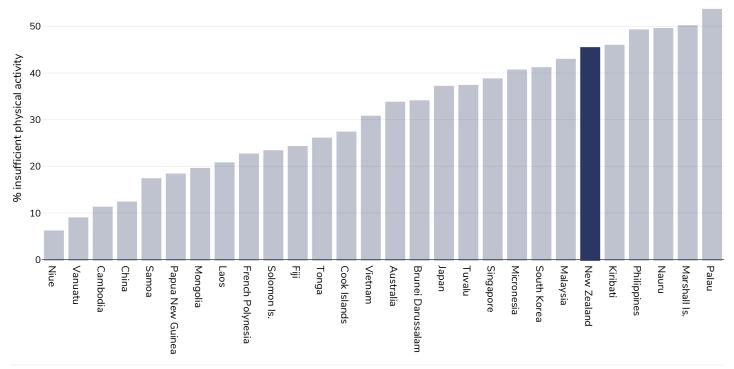


Men, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

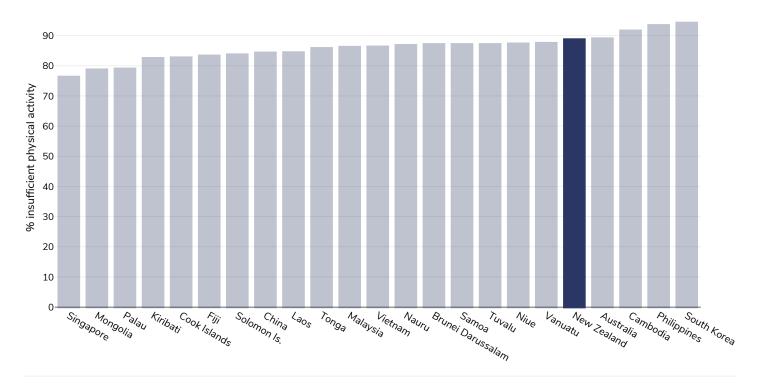




References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7



Children, 2016



Survey type: Self-reported

Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,

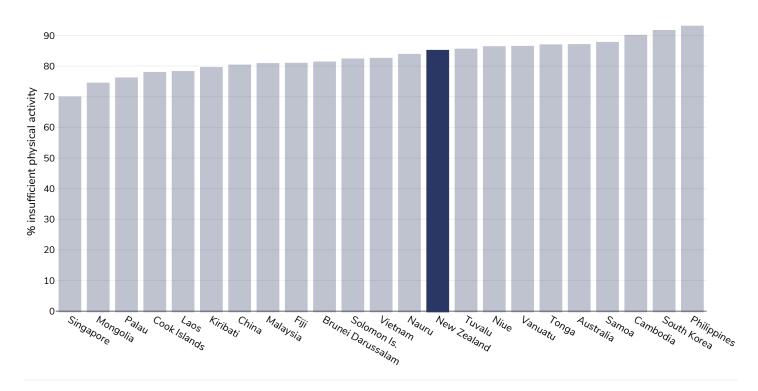
https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Boys, 2016



Survey type: Self-reported

Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,

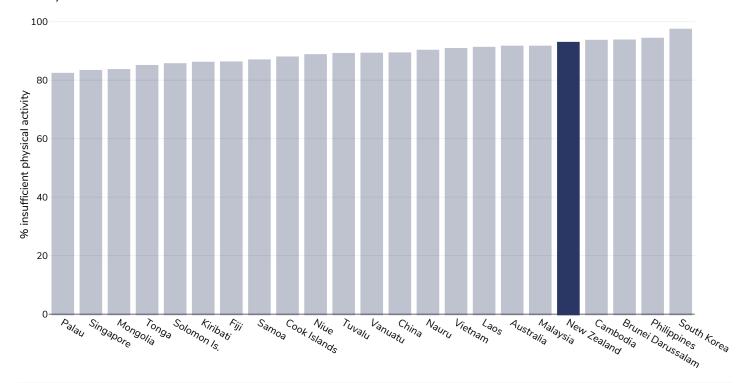
https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Girls, 2016



Survey type:	Self-reported
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Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,

https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

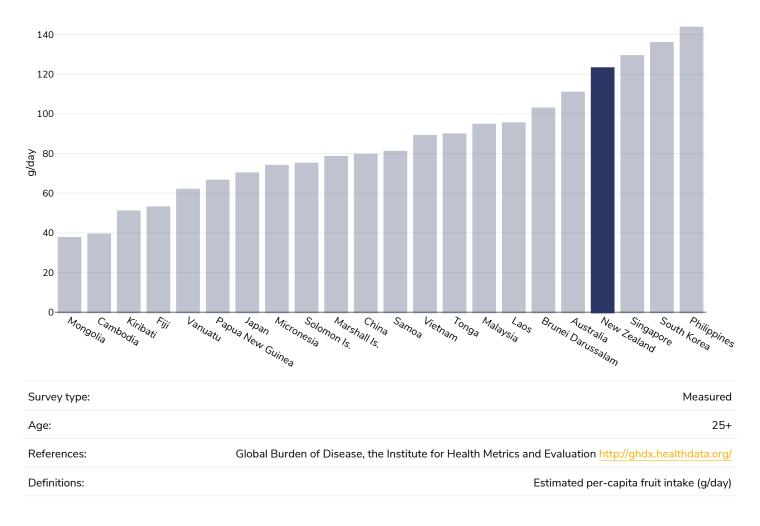
Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Estimated per capita fruit intake

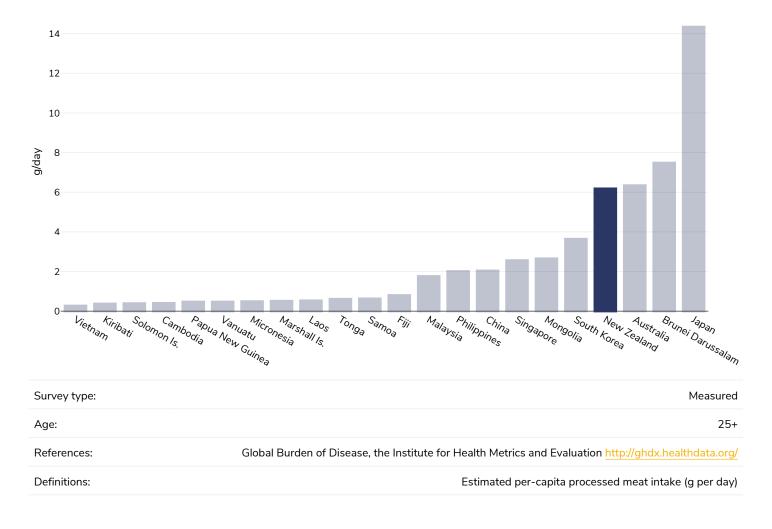
Adults, 2017





Estimated per-capita processed meat intake

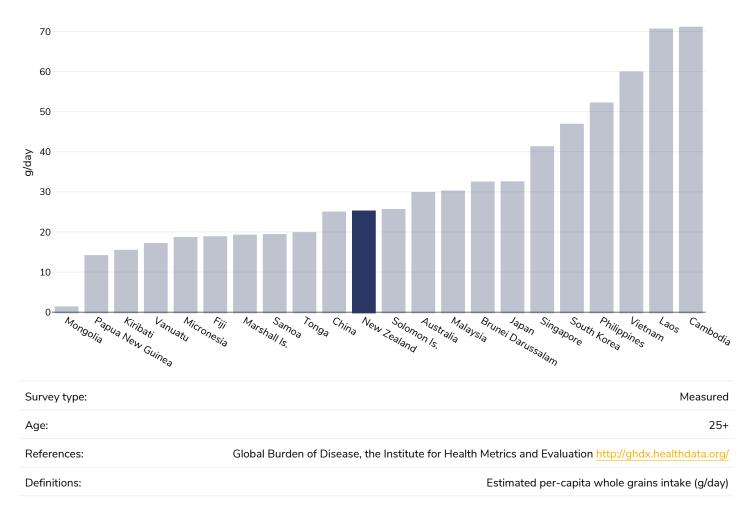
Adults, 2017





Estimated per capita whole grains intake

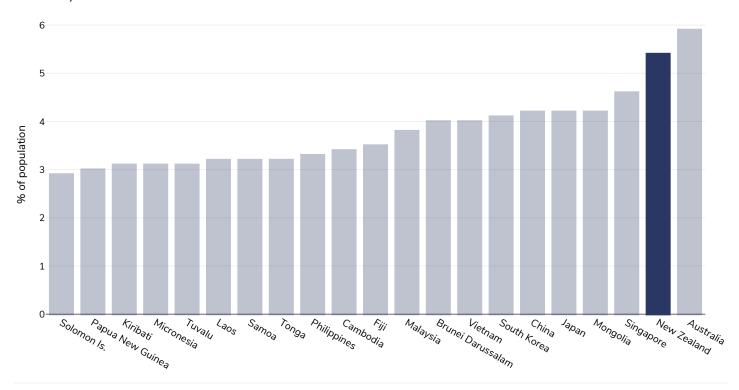
Adults, 2017





Mental health - depression disorders

Adults, 2015



References:

Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

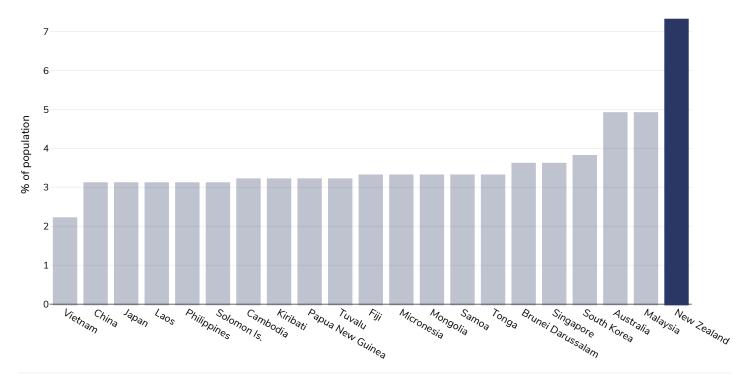
Definitions:

% of population with depression disorders



Mental health - anxiety disorders

Adults, 2015



References:

Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

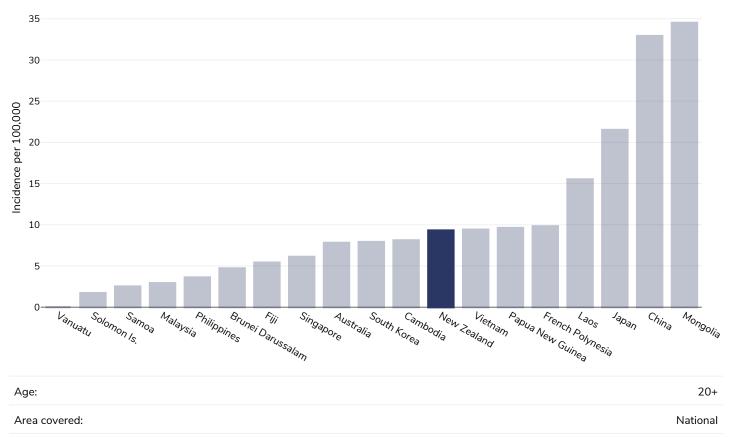
Definitions:

% of population with anxiety disorders



Oesophageal cancer

Men, 2020



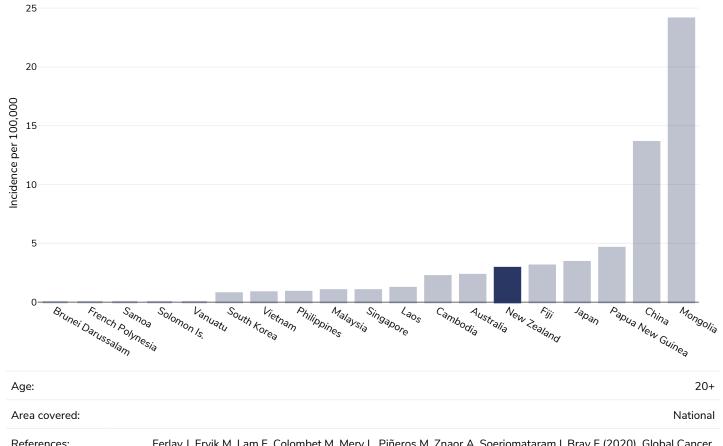
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2259

Definitions:





References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

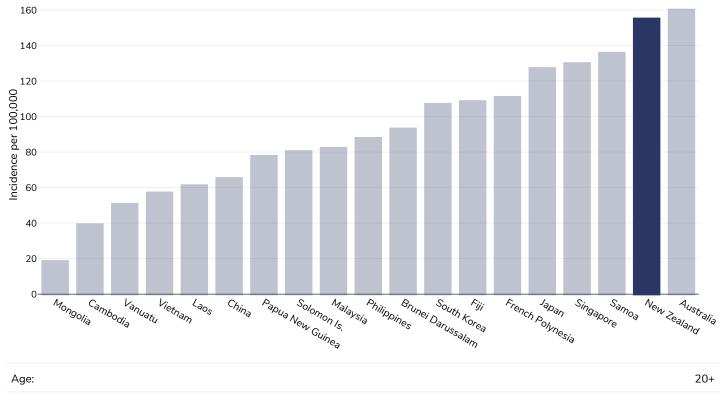
https://gco.iarc.fr/today, accessed 10.01.2259

Definitions: Age-standardized indicence rates per 100 000



Breast cancer

Women, 2020



Area covered: National

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

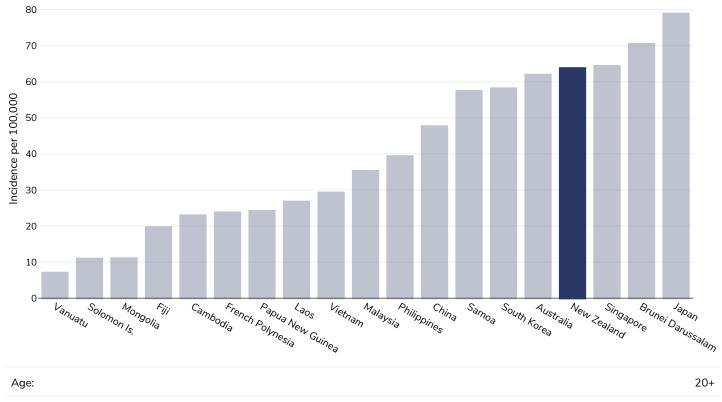
https://gco.iarc.fr/today, accessed 10.01.2259

Definitions:



Colorectal cancer

Men, 2020



Area covered: National

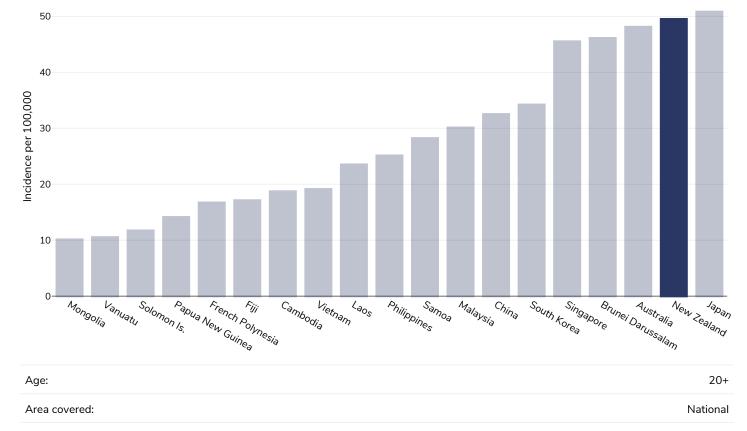
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2259

Definitions:





References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

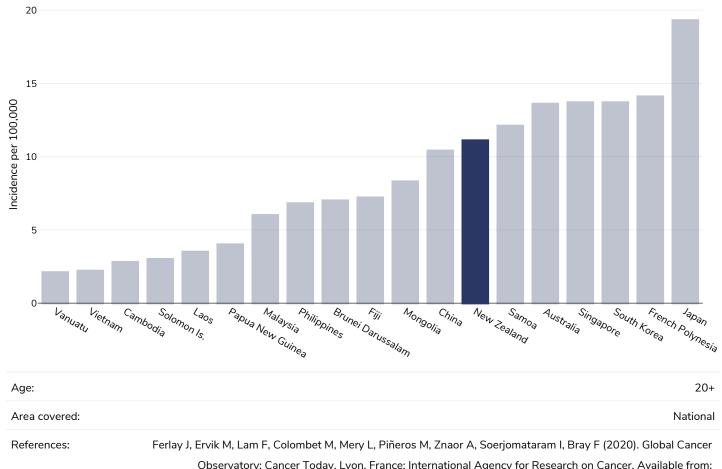
https://gco.iarc.fr/today, accessed 10.01.2259

Definitions:



Pancreatic cancer

Men, 2020

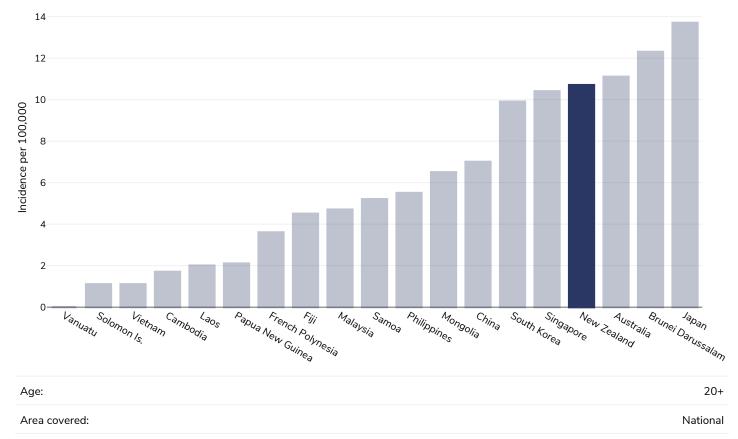


Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2259

Definitions: Age-standardized indicence rates per 100 000





References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

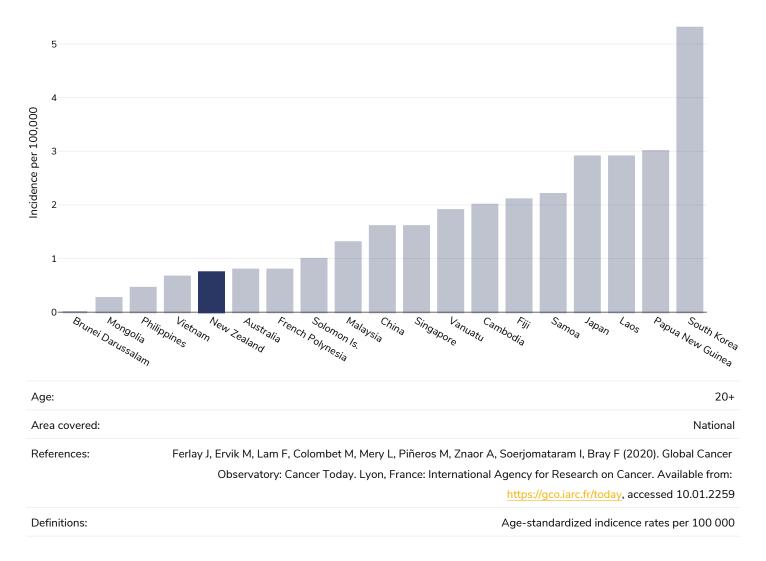
https://gco.iarc.fr/today, accessed 10.01.2259

Definitions:

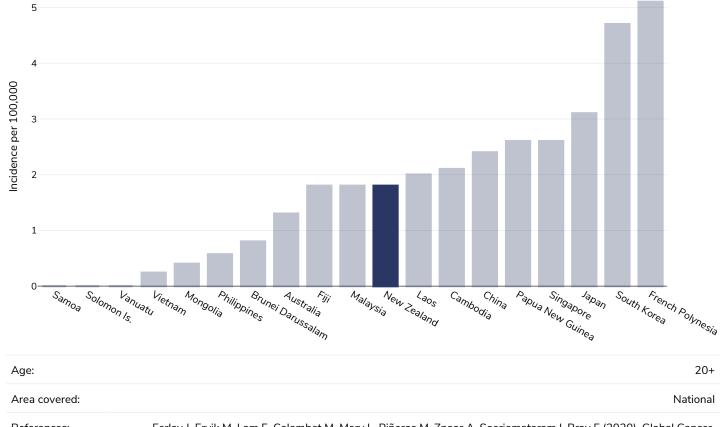


Gallbladder cancer

Men, 2020







References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

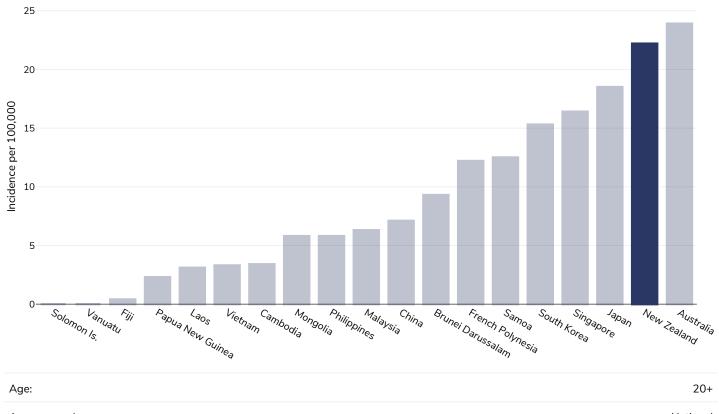
https://gco.iarc.fr/today, accessed 10.01.2259

Definitions:



Kidney cancer

Men, 2020



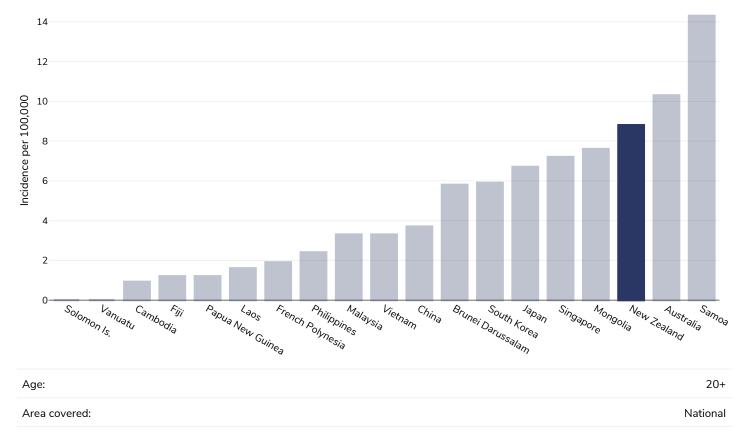
Area covered: National

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2259

Definitions: Age-standardized indicence rates per 100 000





References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

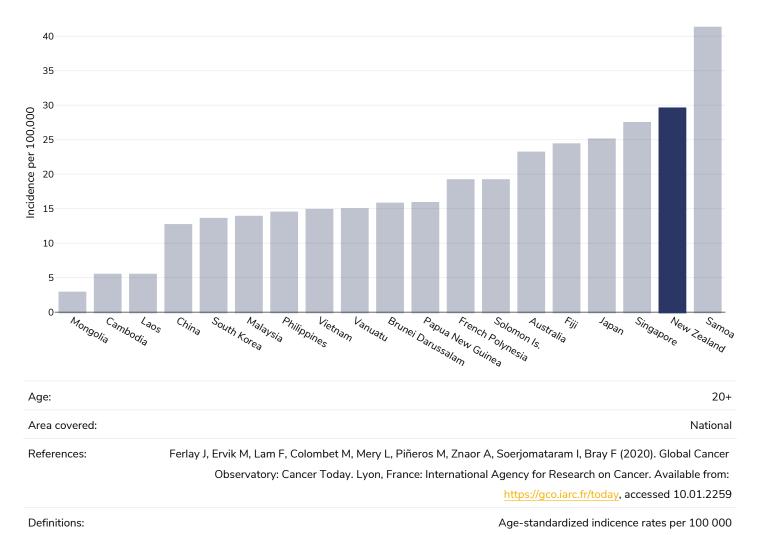
https://gco.iarc.fr/today, accessed 10.01.2259

Definitions:



Cancer of the uterus

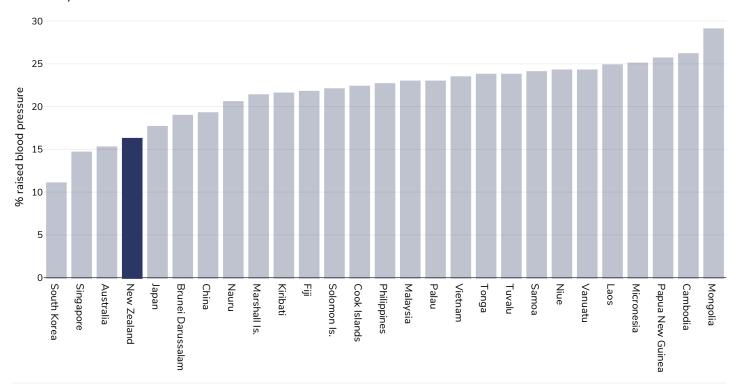
Women, 2020





Raised blood pressure

Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

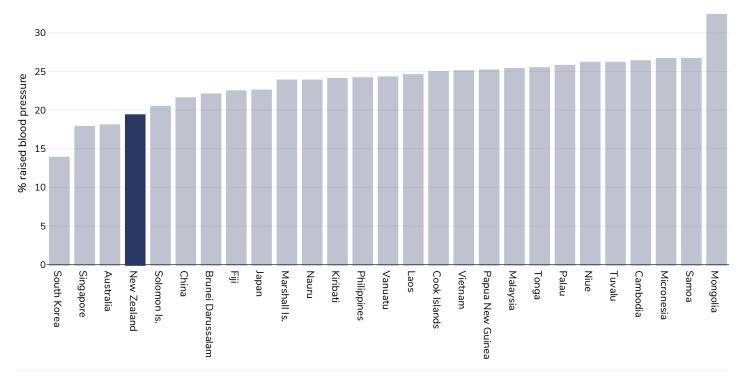
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Men, 2015



References:

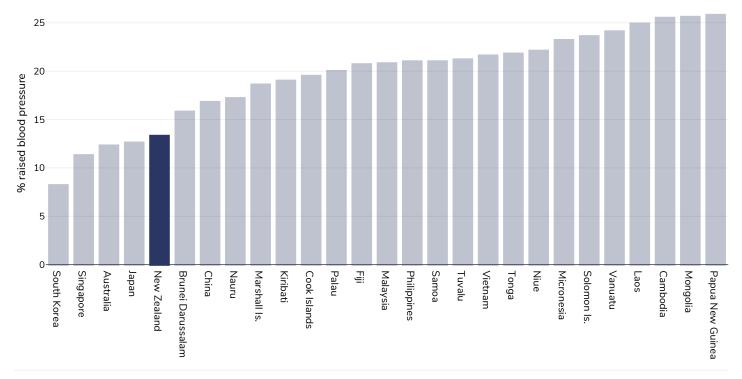
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

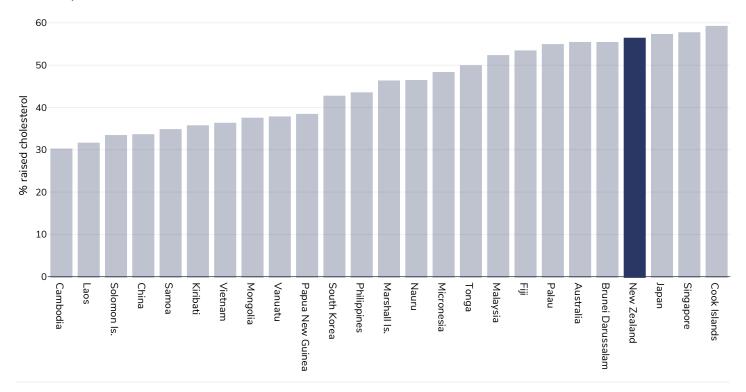
Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Raised cholesterol

Adults, 2008



References:

Global Health Observatory data repository, World Health Organisation,

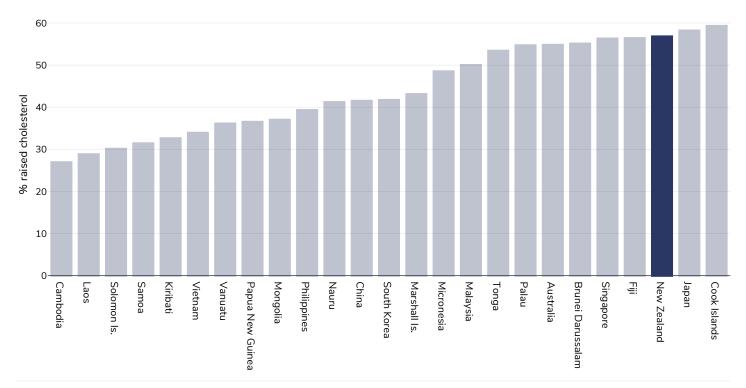
http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Men, 2008



References:

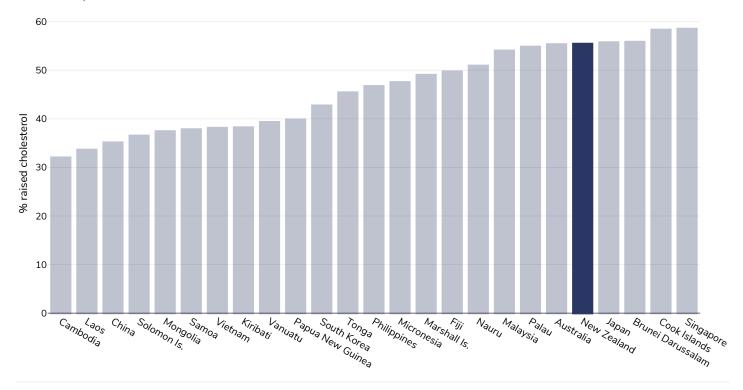
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A885

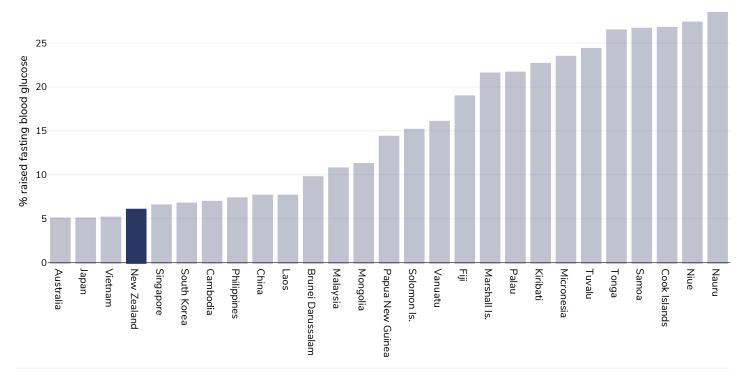
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Raised fasting blood glucose

Men, 2014



References:

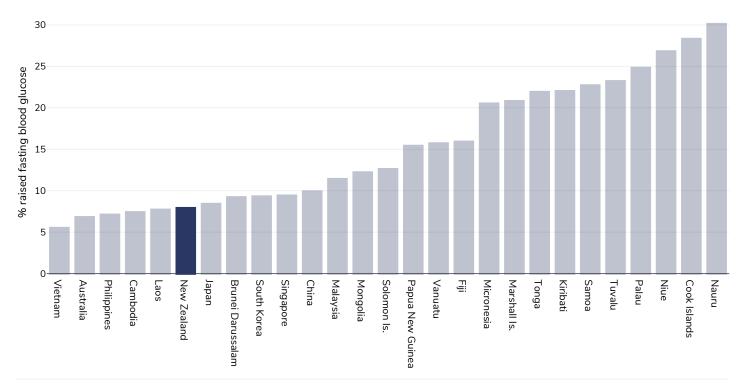
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

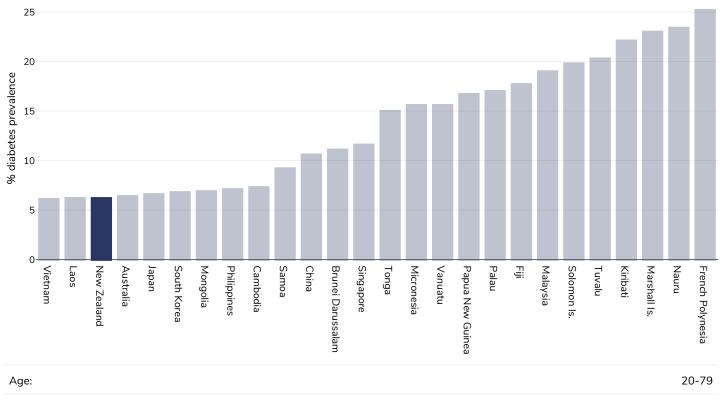
Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).



Diabetes prevalence

Adults, 2021



Area covered: National

References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels,

Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org

Definitions:

Age-adjusted comparative prevalence of diabetes, %



Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

Is there mandatory nutrition labelling?	
Front-of-package labelling?	✓
Back-of-pack nutrition declaration?	✓
Color coding?	×
Warning label?	×





Regulation and marketing

Are there fiscal policies on unhealthy products?	X
Tax on unhealthy foods?	×
Tax on unhealthy drinks?	×
Are there fiscal policies on healthy products?	X
Subsidy on fruits?	X
Subsidy on vegetables?	X
Subsidy on other healthy products?	X
Mandatory limit or ban of trans fat (all settings)?	X
Mandatory limit of trans fats in place (all settings)?	X
Ban on trans-fats or phos in place (all settings)?	×
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	X
Mandatory restriction on broadcast media?	×
Mandatory restriction on non-broadcast media?	X
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	~
Are there mandatory standards for food in schools?	~
Are there any mandatory nutrient limits in any manufactured food products?	X
Nutrition standards for public sector procurement?	X





Political will and support

National obesity strategy or nutrition and physical activity national strategy?	~
National obesity strategy?	~
National childhood obesity strategy?	~
Comprehensive nutrition strategy?	~
Comprehensive physical activity strategy?	~
Evidence-based dietary guidelines and/or RDAs?	~
National target(s) on reducing obesity?	?
Guidelines/policy on obesity treatment?	~
Promotion of breastfeeding?	~
Monitoring and surveillance	
Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✓
Within 5 years?	~
Governance and resource	
Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	~
Key	



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