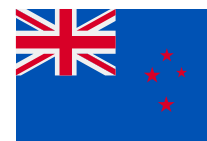


# Report card

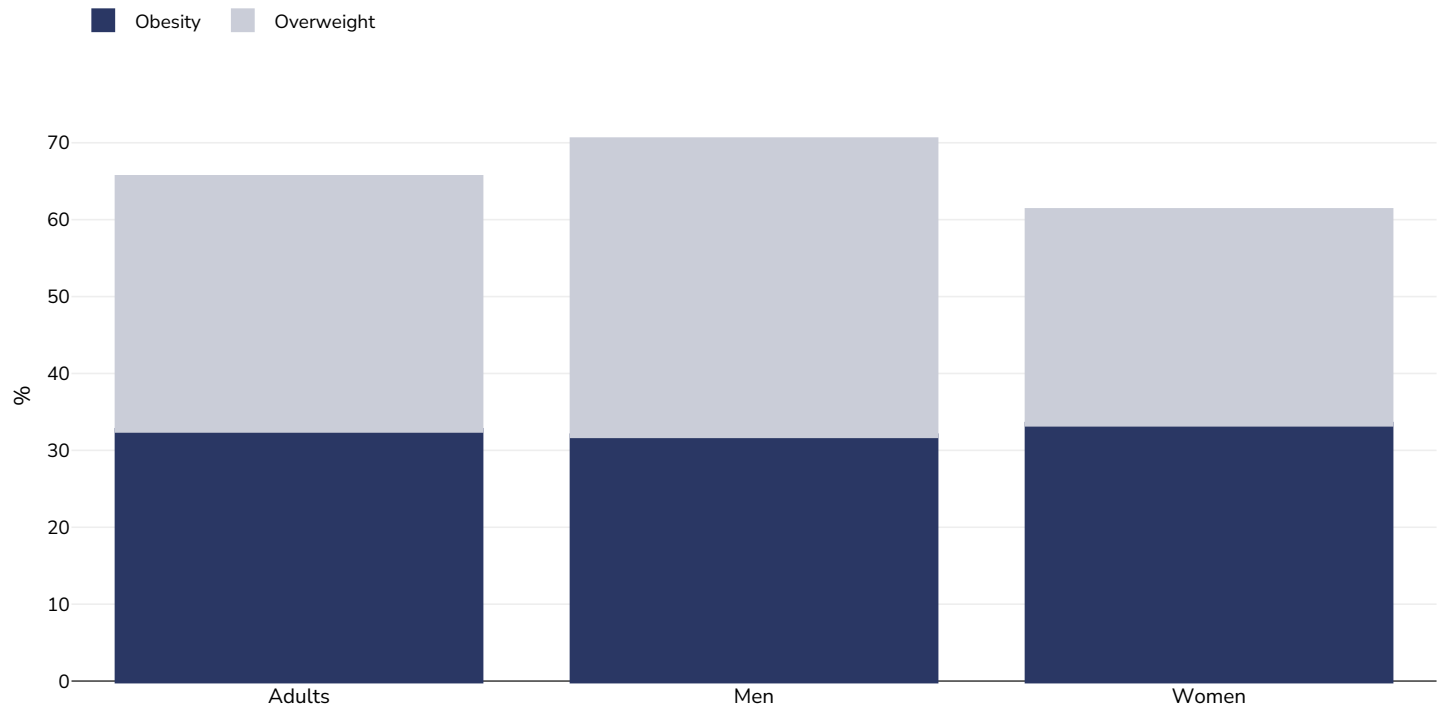
## New Zealand



Contents	Page
Obesity prevalence	2
Trend: % Adults living with obesity, 1982-2003	4
Trend: % Adults living with obesity, 2006-2023	5
Trend: % Adults living with overweight or obesity, 2006-2023	12
Trend: % Adults living with overweight or obesity, 1982-2003	14
Trend: % Adults living with overweight or obesity, 2006-2023	15
Trend: % Adults living with overweight or obesity, 2006-2019	22
Trend: % Children living with overweight or obesity, 2002-2023	24
Trend: % Children living with obesity, 2002-2023	28
Trend: % Adults living with obesity, selected countries, 1976-2023	31
Overweight/obesity by age	36
Overweight/obesity by region	38
Overweight/obesity by socio-economic group	44
Overweight/obesity by ethnicity	47
Insufficient physical activity	49
Estimated per capita fruit intake	55
Estimated per-capita processed meat intake	56
Estimated per capita whole grains intake	57
Mental health - depression disorders	58
Mental health - anxiety disorders	59
Oesophageal cancer	60
Breast cancer	62
Colorectal cancer	63
Pancreatic cancer	65
Gallbladder cancer	67
Kidney cancer	69
Cancer of the uterus	71
Raised blood pressure	72
Raised cholesterol	75
Raised fasting blood glucose	78
Diabetes prevalence	80
Contextual factors	81

## Obesity prevalence

### Adults, 2022-2023



Survey type: Measured

Age: 15+

Sample size: 6799

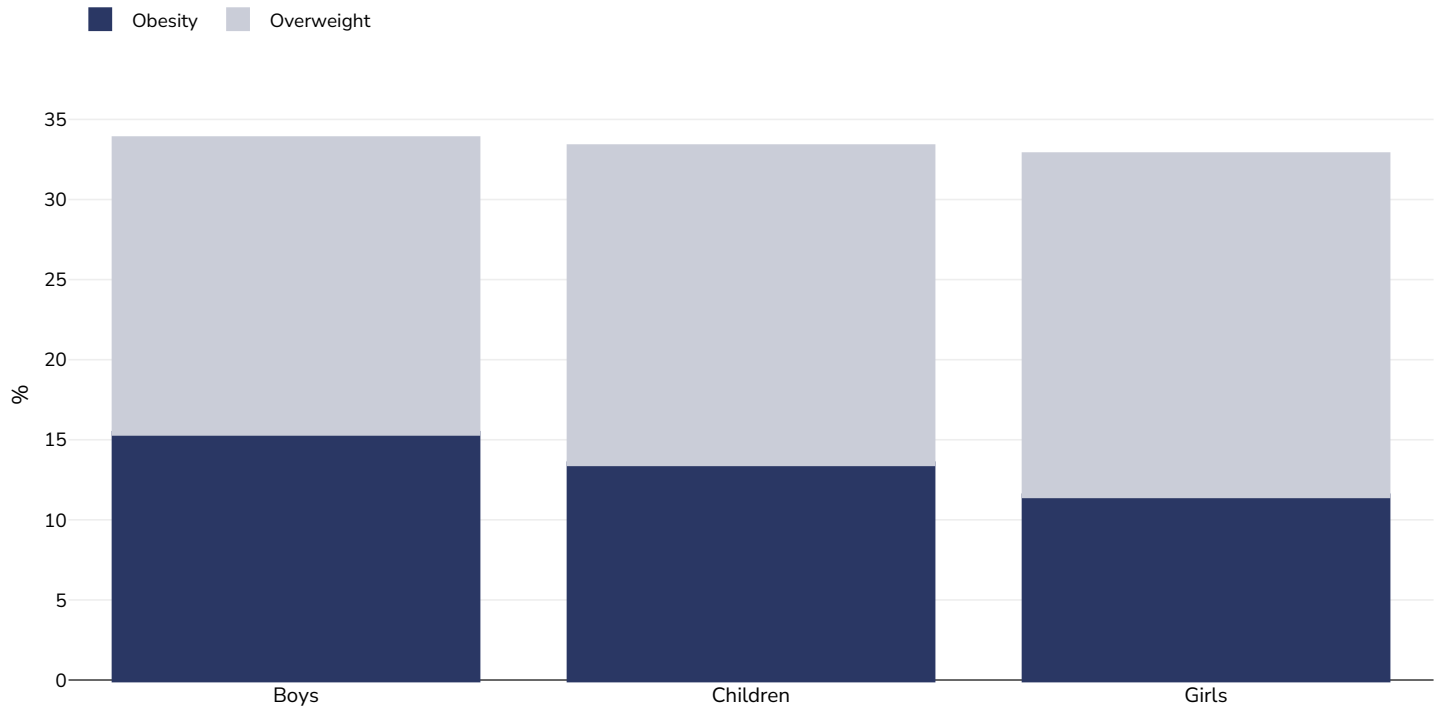
Area covered: National

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

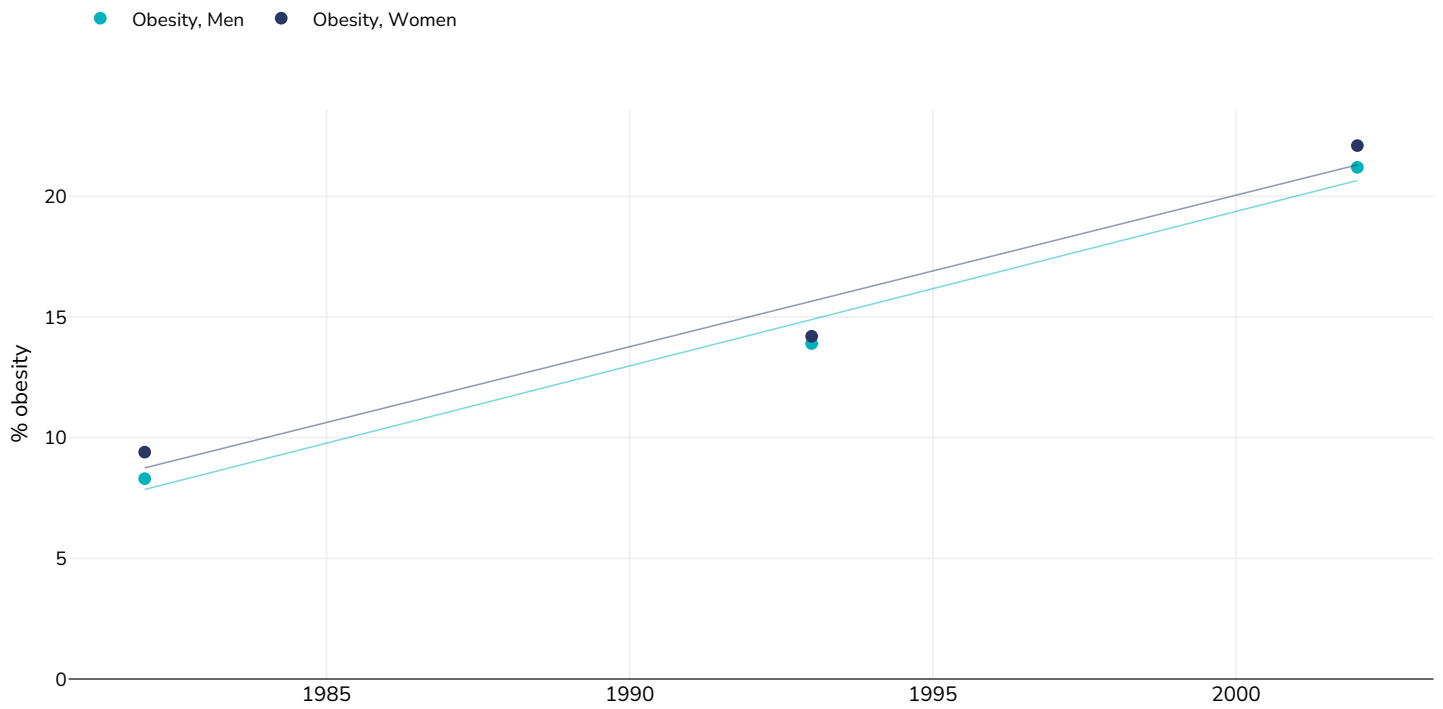
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2022-2023



Survey type:	Measured
Age:	2-14
Sample size:	2029
Area covered:	National
References:	Annual Update of Key Results 2022/23: New Zealand Health Survey. <a href="https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey">https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey</a> (Accessed 18.12.23)
Cutoffs:	IOTF

## % Adults living with obesity, 1982-2003



Survey type:

Measured

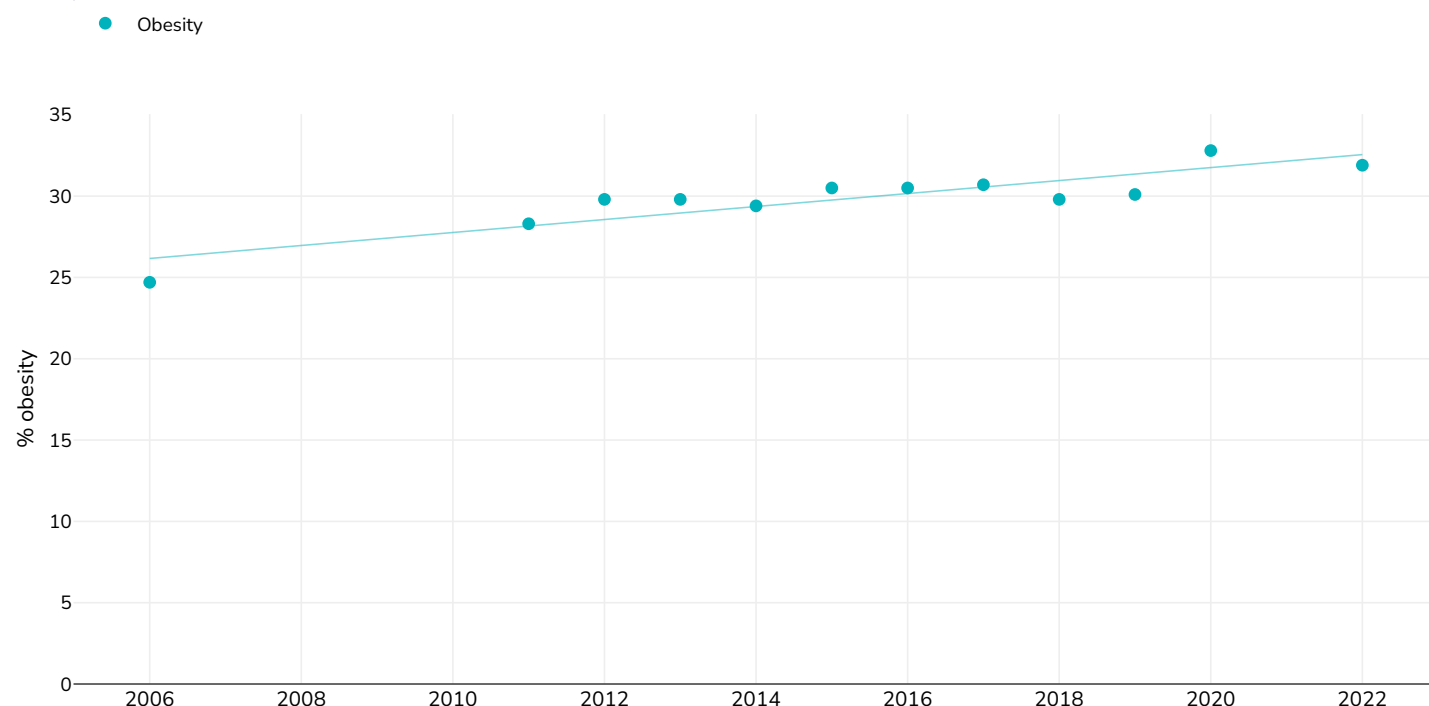
References: Metcalf P, Scragg R, Schaaf D, Dyall L, Black P, Jackson R. Trends in major cardiovascular risk factors in Auckland, New Zealand: 1982 to 2002-2003. *The New Zealand Medical Journal* 2006;119

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

**% Adults living with obesity, 2006-2023**

## Men



Survey  
type:

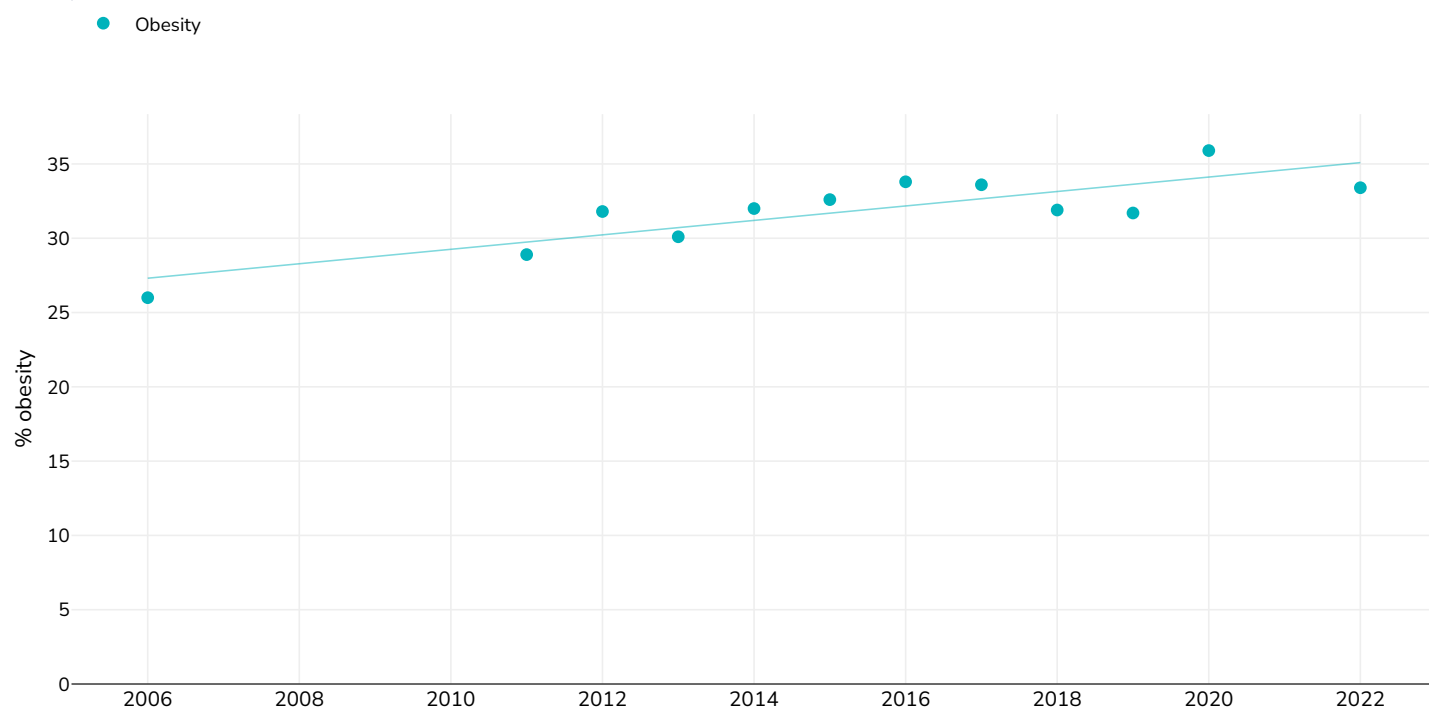
Measured

- References:
- 2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.
  - 2011, 2012: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)
  - 2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>
  - 2014: New Zealand Health Survey 2014/15. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)
  - 2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).
  - 2016: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (last accessed 14th December 2017)
  - 2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)
  - 2018: New Zealand Health Survey 2018-19. New Zealand Ministry of Health ([https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/\\_w\\_b396d161#!/key-indicators](https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/_w_b396d161#!/key-indicators) accessed 14.11.19)
  - 2019: Annual Update of New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhdiiid-r/> (last accessed 19.11.20)
  - 2020: 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.
  - 2022: 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)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Women



Survey  
type:

Measured

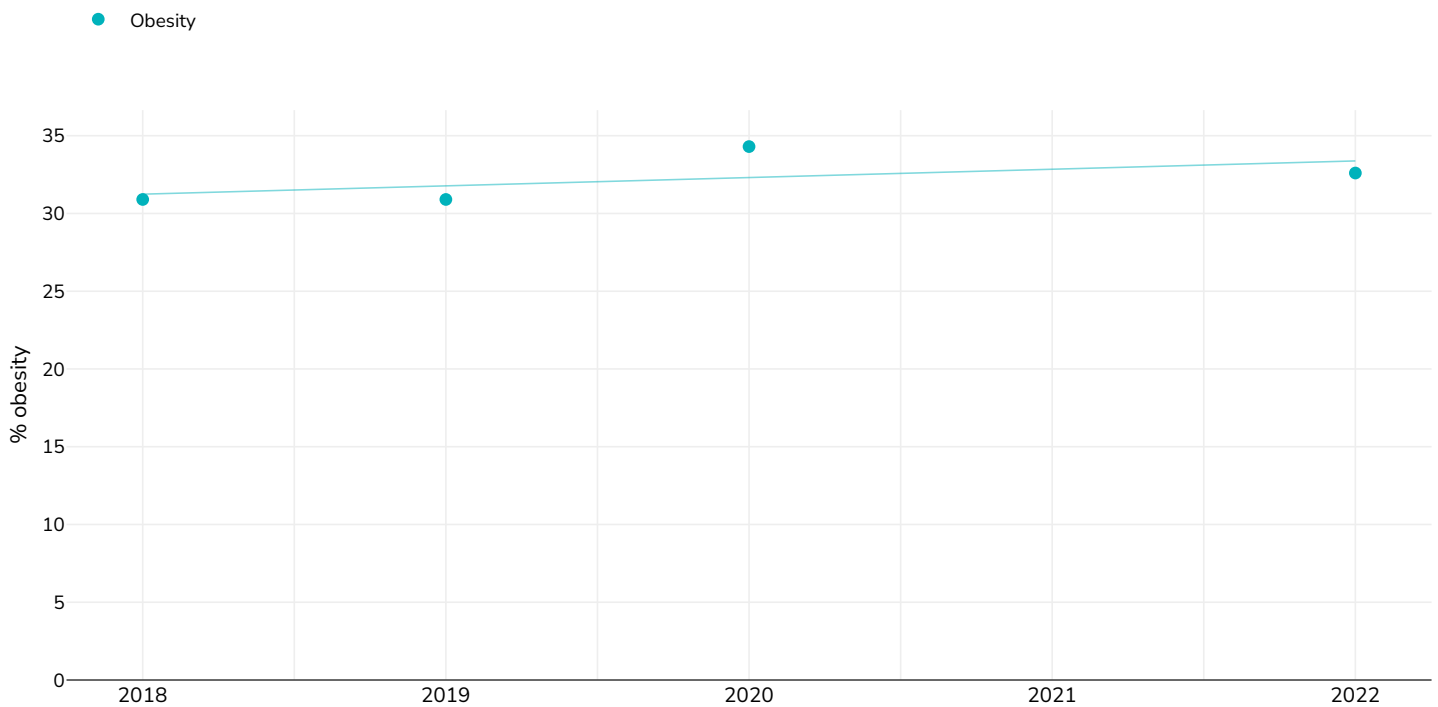
- References:
- 2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.
  - 2011, 2012: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)
  - 2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>
  - 2014: New Zealand Health Survey 2014/15. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)
  - 2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).
  - 2016: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (last accessed 14th December 2017)
  - 2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)
  - 2018: New Zealand Health Survey 2018-19. New Zealand Ministry of Health ([https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/\\_w\\_b396d161/#!/key-indicators](https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/_w_b396d161/#!/key-indicators) accessed 14.11.19)
  - 2019: Annual Update of New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhdiiid-r/> (last accessed 19.11.20)
  - 2020: 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.
  - 2022: 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)



*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Men and women



Survey  
type:

Measured

References: 2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.

2011, 2012: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)

2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>

2014: New Zealand Health Survey 2014/15. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)

2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).

2016: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (last accessed 14th December 2017)

2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)

2018: New Zealand Health Survey 2018-19. New Zealand Ministry of Health ([https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/\\_w\\_b396d161/#!/key-indicators](https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/_w_b396d161/#!/key-indicators) accessed 14.11.19)

2019: Annual Update of New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhdiiid-r/> (last accessed 19.11.20)

2020: 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.

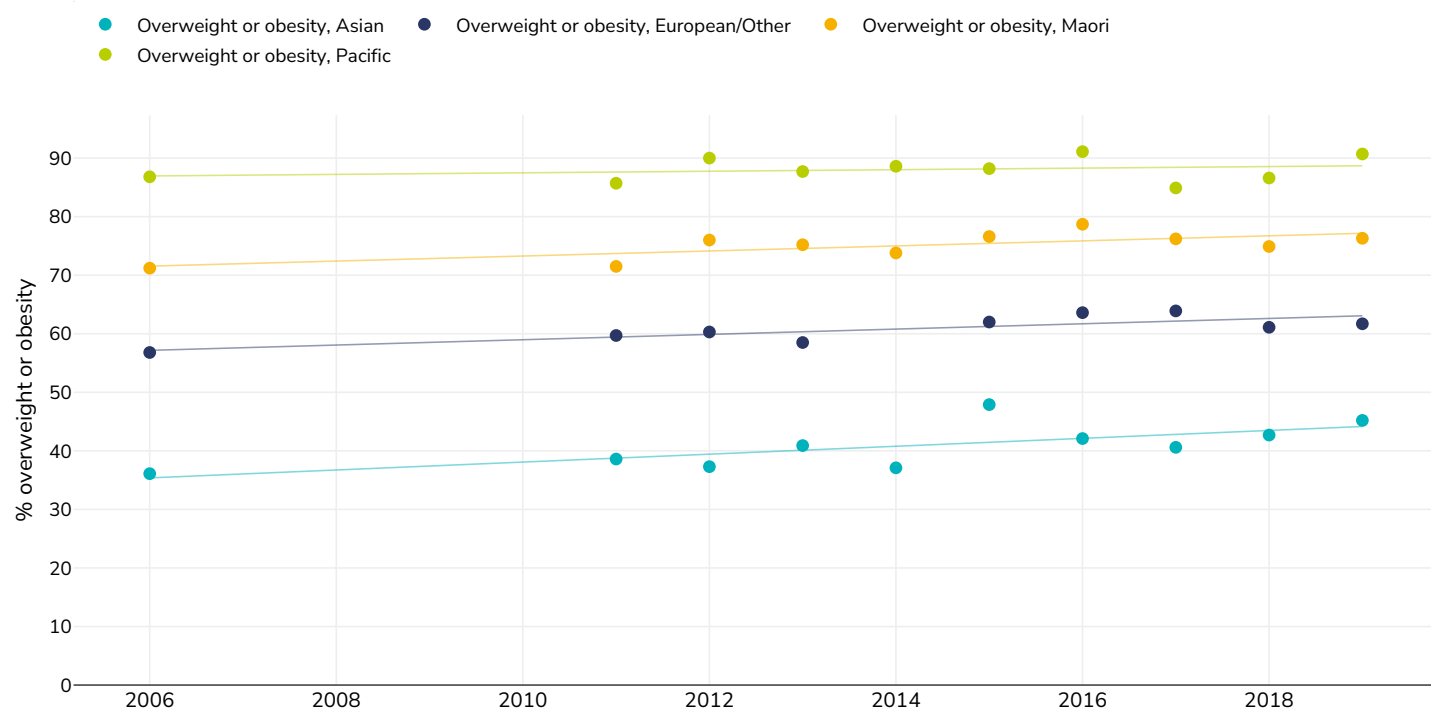
2022: Annual Update of Key Results 2022/23: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey> (Accessed 18.12.23)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## % Adults living with overweight or obesity, 2006-2023

### Women



Survey type:

Measured

References:

2006, 2011, 2012, 2013, 2015, 2016, 2017, 2018: New Zealand Health Survey.

<https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)

2014: New Zealand Health Survey 2014-2015. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)

2019: Annual Update of New Zealand Health Survey 2019/20 available at

<https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhldiiaid-r/> (last accessed 19.11.20)

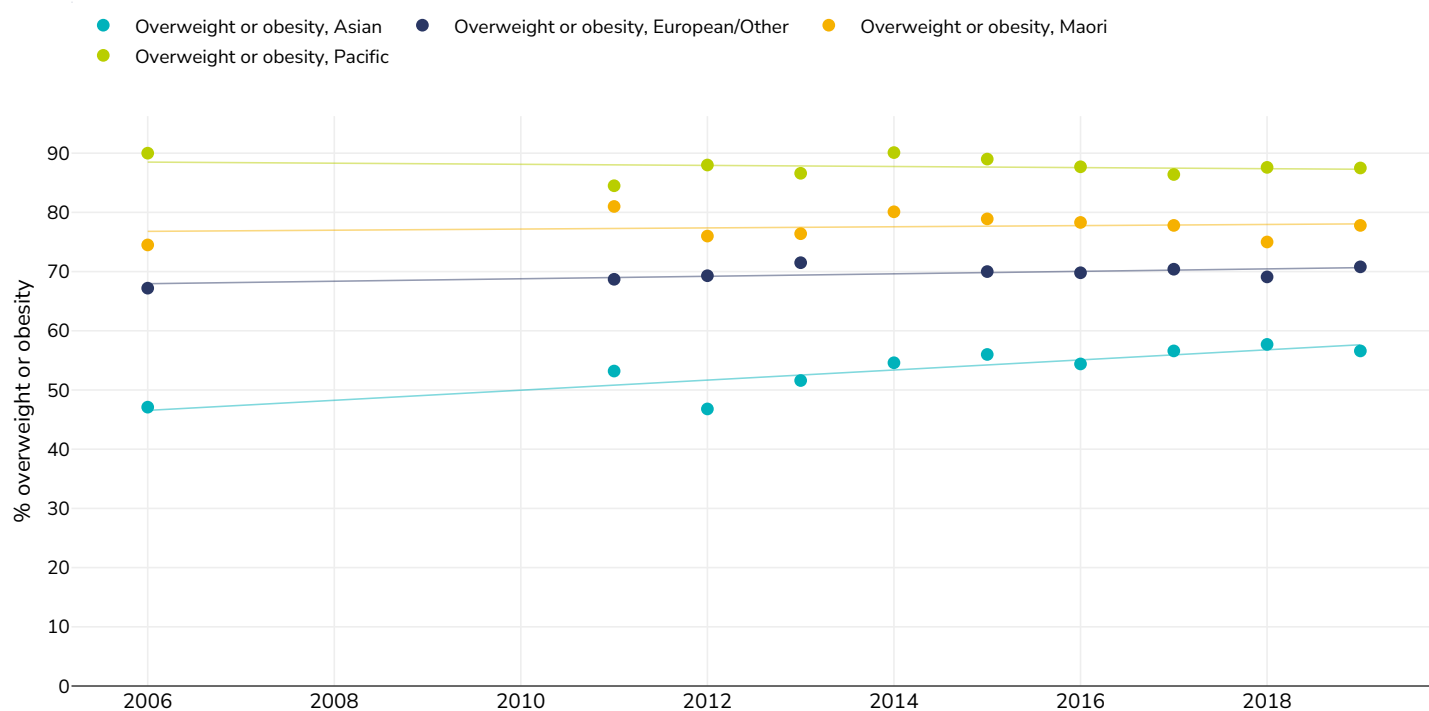
2020: Annual Update of New Zealand Health Survey 2020/2021 available at <https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey>. Accessed 08.11.21.

2022: 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)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Men



Survey type:

Measured

References:

2006, 2011, 2012, 2013, 2015, 2016, 2017, 2018: New Zealand Health Survey.

<https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)

2014: New Zealand Health Survey 2014-2015. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)

2019: Annual Update of New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhldiiaid-r/> (last accessed 19.11.20)

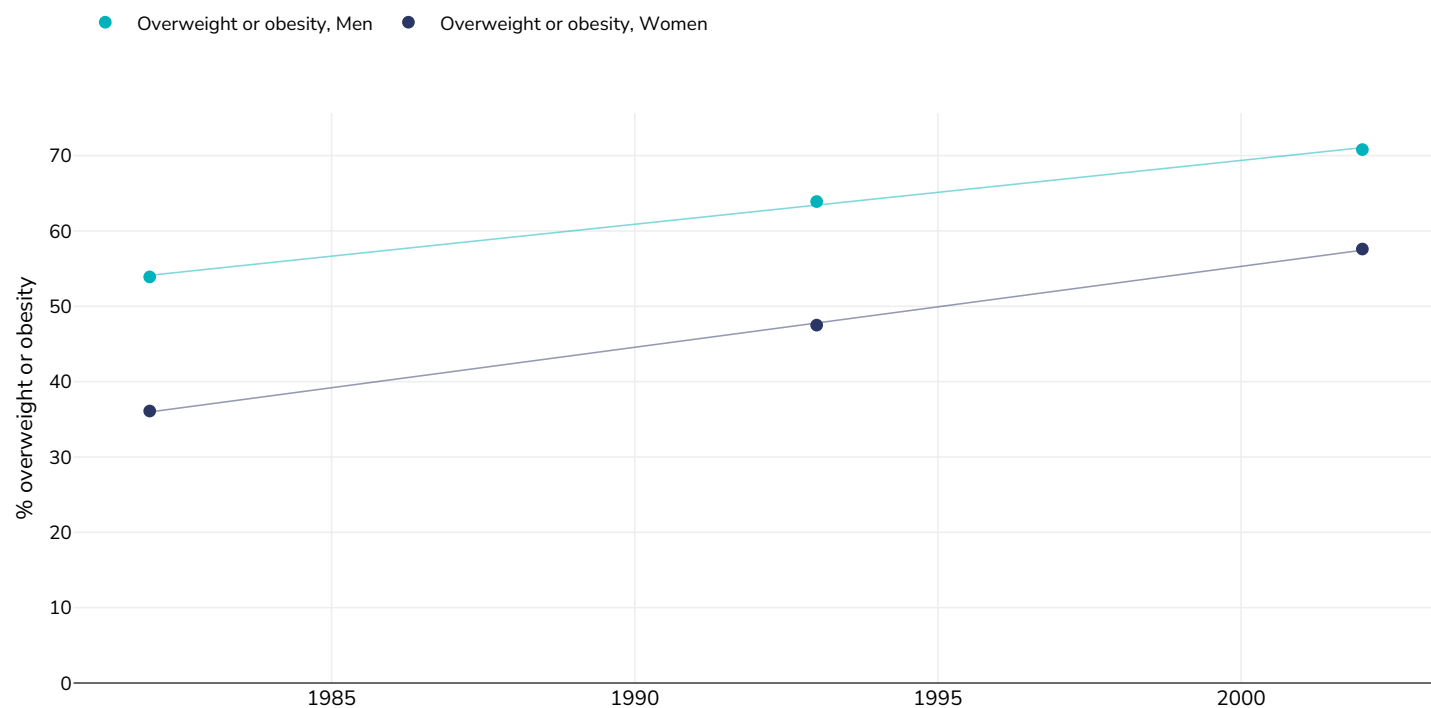
2020: Annual Update of New Zealand Health Survey 2020/2021 available at <https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey>. Accessed 08.11.21.

2022: 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)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

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.

## % Adults living with overweight or obesity, 1982-2003



Survey type: Measured

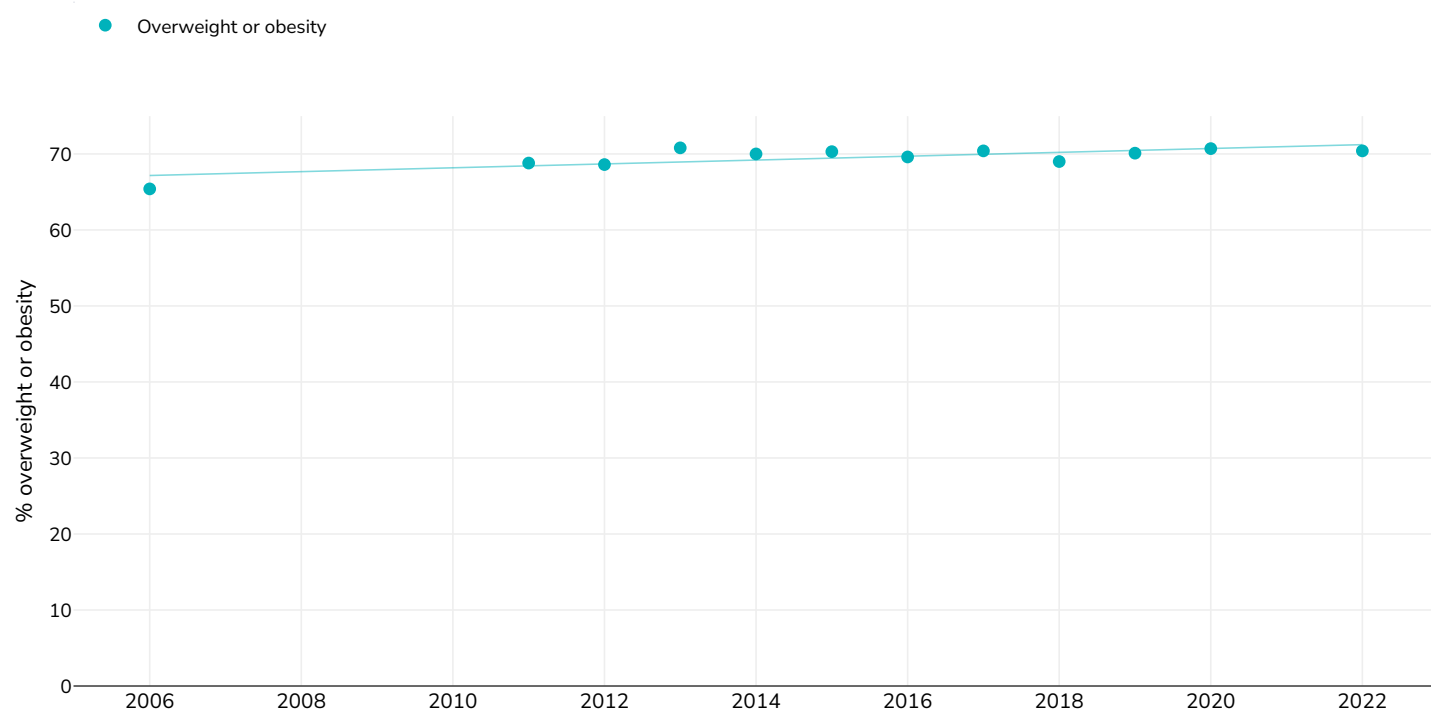
References: Metcalf P, Scragg R, Schaaf D, Dyall L, Black P, Jackson R. Trends in major cardiovascular risk factors in Auckland, New Zealand: 1982 to 2002-2003. *The New Zealand Medical Journal* 2006;119

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

**% Adults living with overweight or obesity, 2006-2023**

## Men



Survey  
type:

Measured

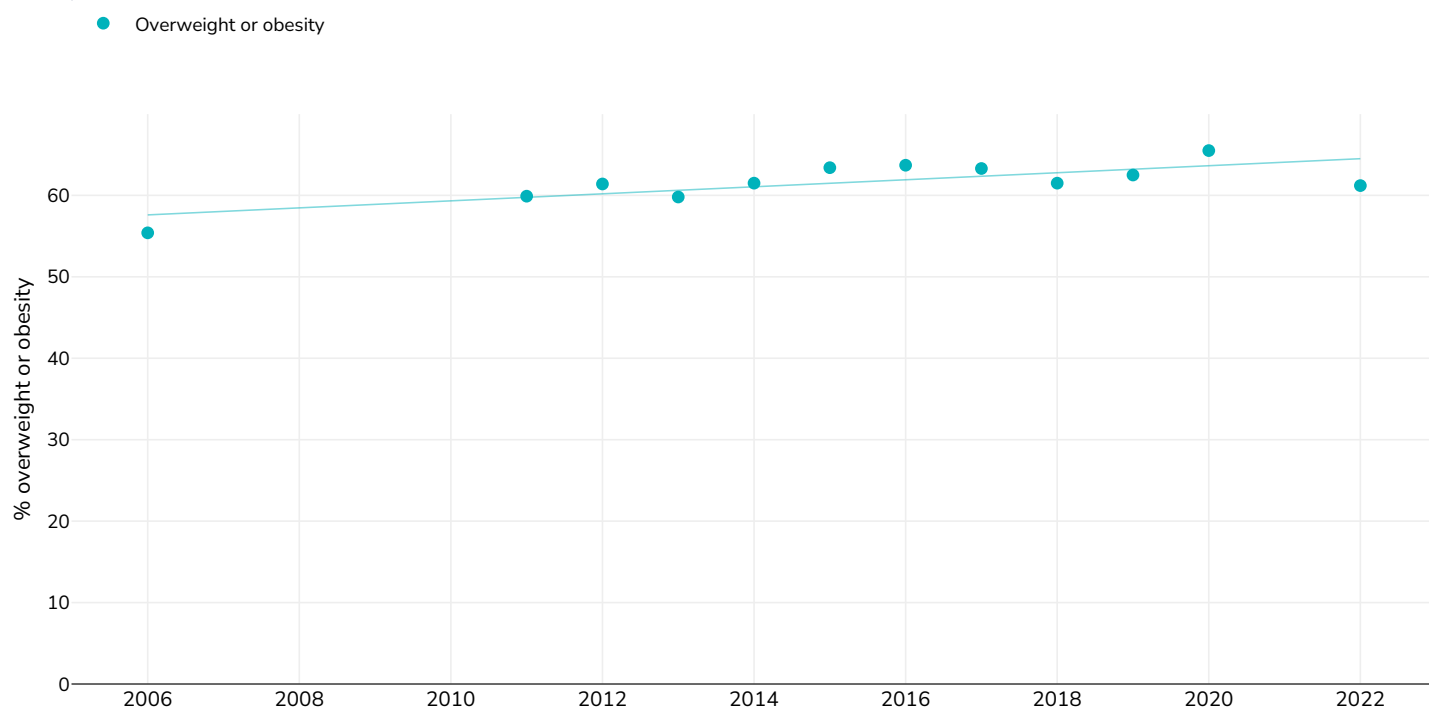
- References:
- 2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.
  - 2011, 2012: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)
  - 2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>
  - 2014: New Zealand Health Survey 2014/15. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)
  - 2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).
  - 2016: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (last accessed 14th December 2017)
  - 2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)
  - 2018: New Zealand Health Survey 2018-19. New Zealand Ministry of Health ([https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/\\_w\\_b396d161/#!/key-indicators](https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/_w_b396d161/#!/key-indicators) accessed 14.11.19)
  - 2019: Annual Update of New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhdiiid-rl/> (last accessed 19.11.20)
  - 2020: 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.
  - 2022: 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)



*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Women



Survey type: Measured

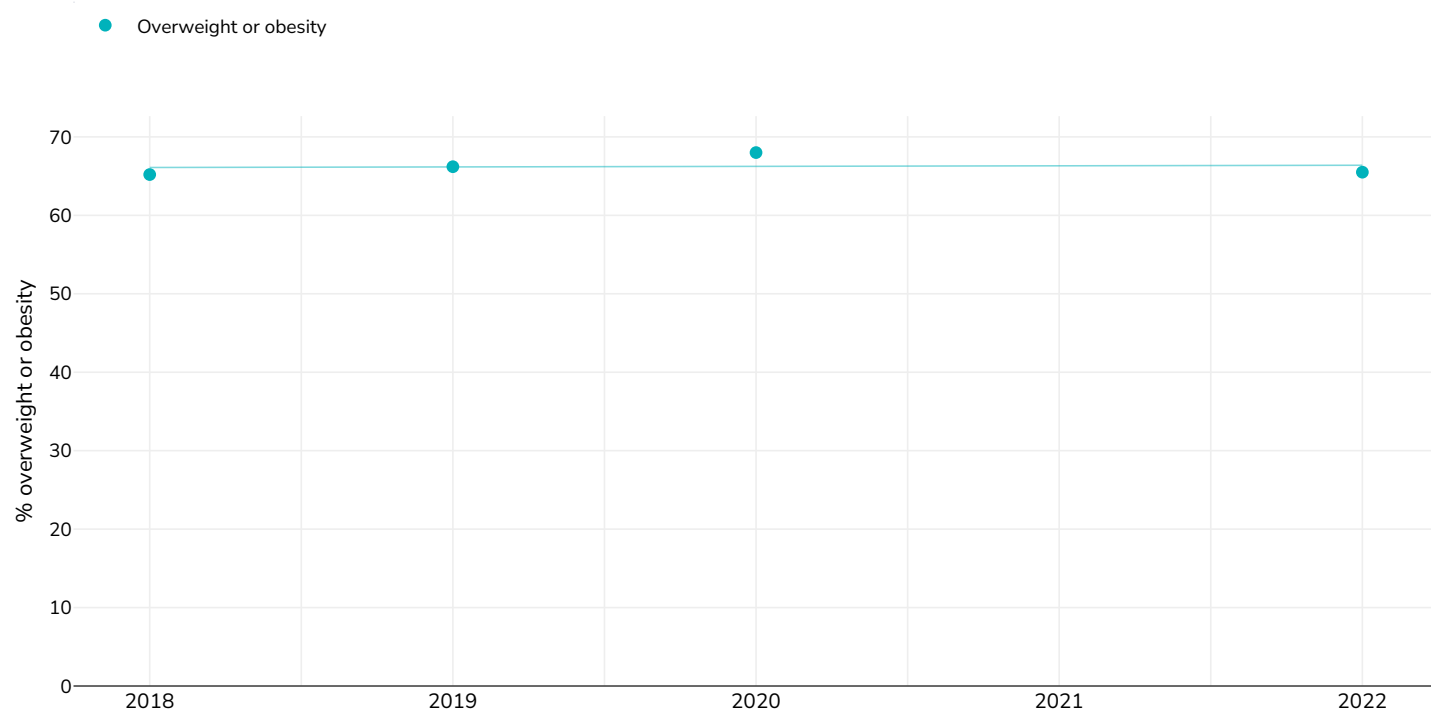
References:

- 2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.
- 2011, 2012: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)
- 2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>
- 2014: New Zealand Health Survey 2014/15. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)
- 2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).
- 2016: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (last accessed 14th December 2017)
- 2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)
- 2018: New Zealand Health Survey 2018-19. New Zealand Ministry of Health ([https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/\\_w\\_b396d161/#!/key-indicators](https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/_w_b396d161/#!/key-indicators) accessed 14.11.19)
- 2019: Annual Update of New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhdiiid-r/> (last accessed 19.11.20)
- 2020: 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.
- 2022: 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)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Men and women



Survey type: Measured

References:

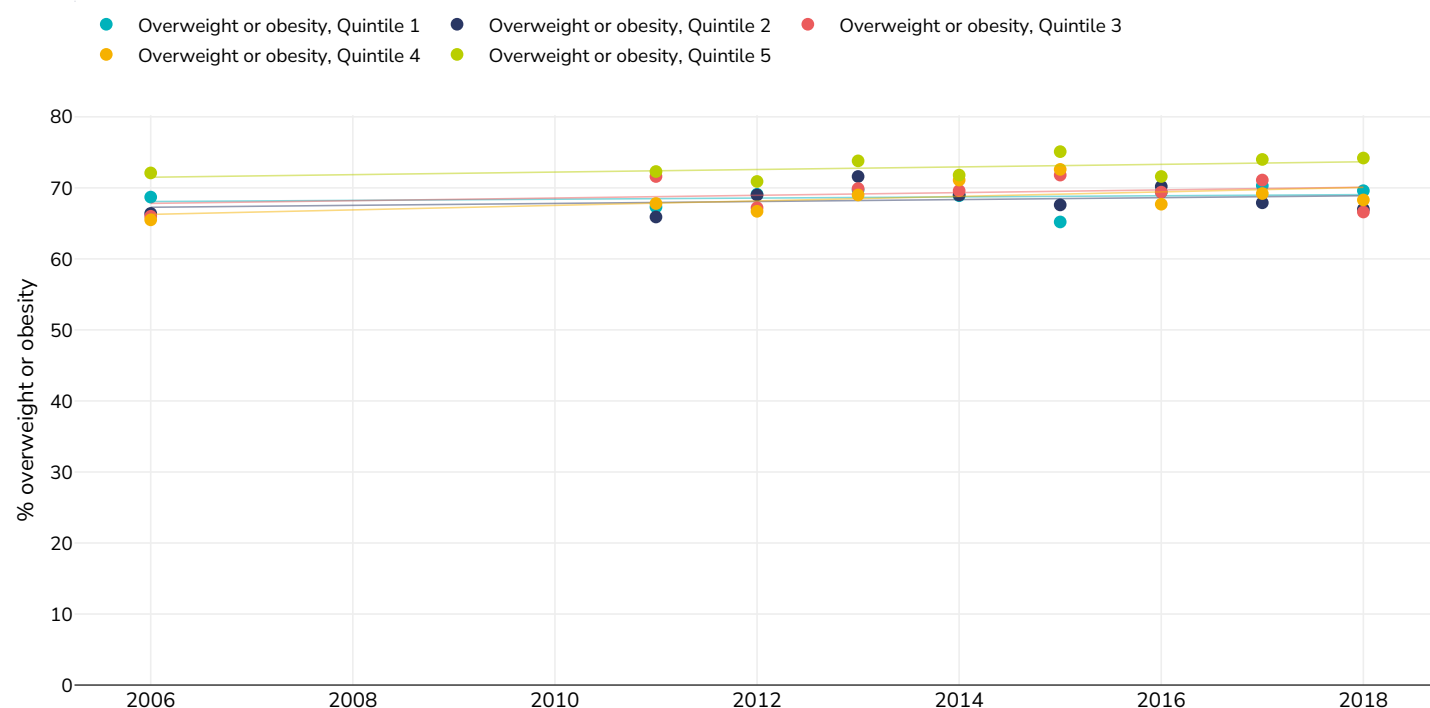
- 2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.
- 2011, 2012: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)
- 2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>
- 2014: New Zealand Health Survey 2014/15. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)
- 2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).
- 2016: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (last accessed 14th December 2017)
- 2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)
- 2018: New Zealand Health Survey 2018-19. New Zealand Ministry of Health ([https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/\\_w\\_b396d161/#!/key-indicators](https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/_w_b396d161/#!/key-indicators) accessed 14.11.19)
- 2019: Annual Update of New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhdiiid-r/> (last accessed 19.11.20)
- 2020: 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.
- 2022: 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)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## % Adults living with overweight or obesity, 2006-2019

### Men



Survey type: Measured

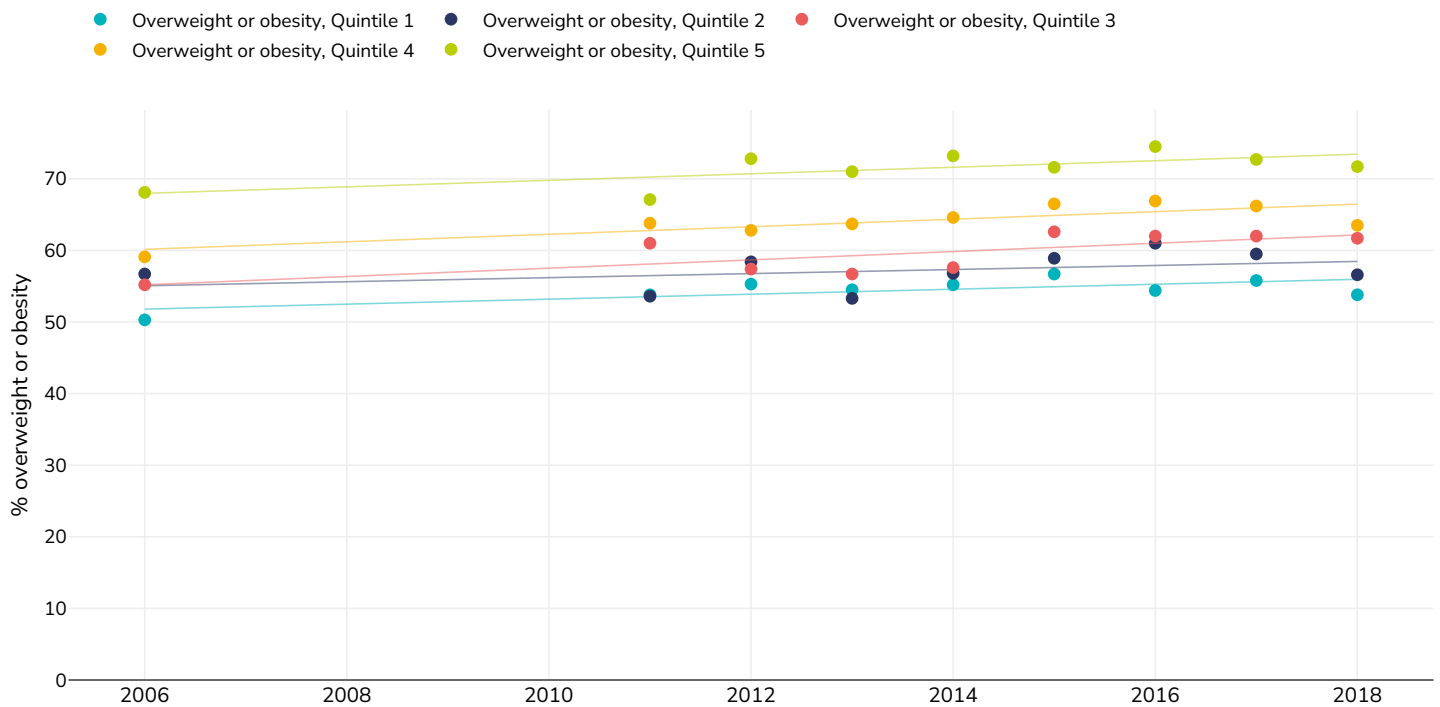
References: 2006, 2011, 2012, 2013, 2016, 2018: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)  
 2014: New Zealand Health Survey 2014-2015. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)  
 2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016)  
 2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 15.04.19)

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

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Women



Survey type:

Measured

References: 2006, 2011, 2012, 2013, 2016, 2018: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)

2014: New Zealand Health Survey 2014-2015. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)

2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016)

2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 15.04.19)

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

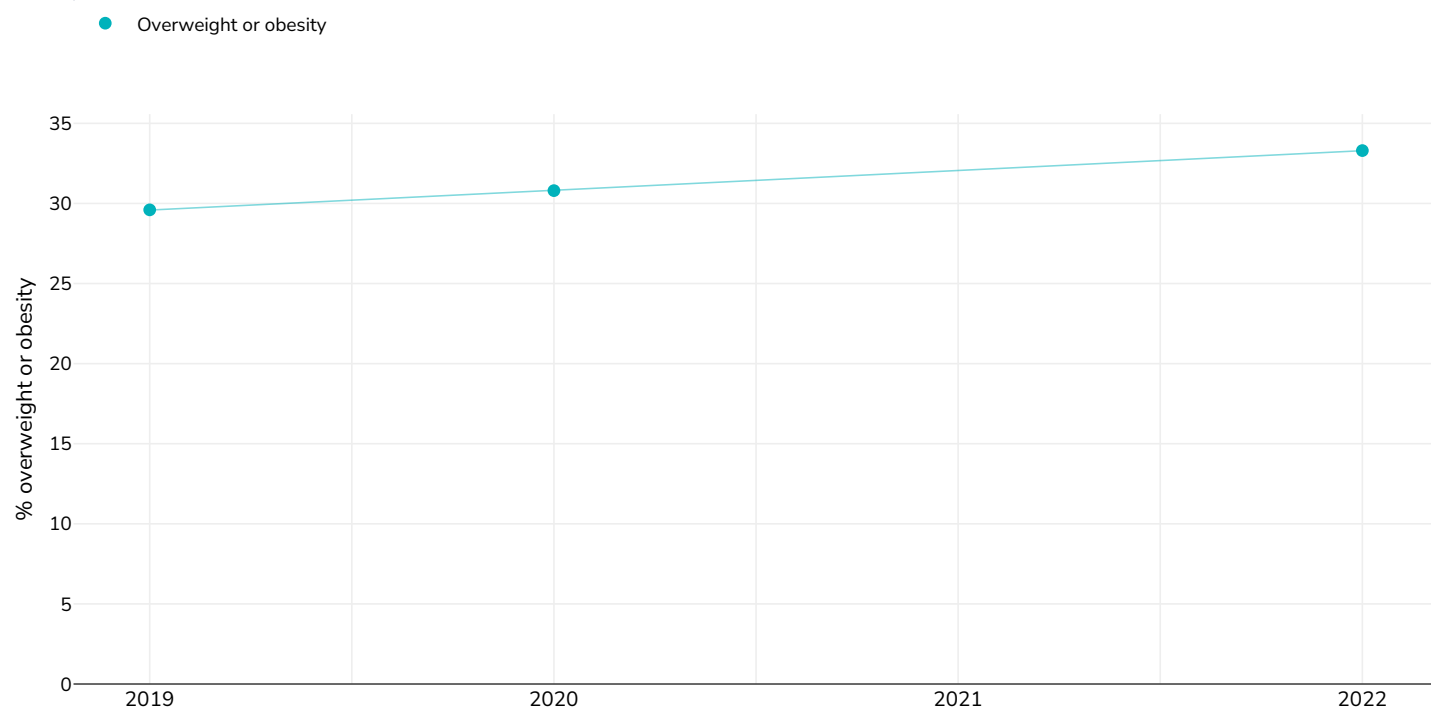
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

**% Children living with overweight or obesity, 2002-2023**



## Boys and girls



Survey type: Measured

References:

2002: Childrens Nutrition Survey 2002.

2006: National Health Survey New Zealand 2006/7 more information [www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health](http://www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health)

2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>

2014: New Zealand Health Survey 2014/2015. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)

2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).

2016: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (last accessed 25.02.19)

2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)

2019: Annual Update New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhldiuid-r/> (last accessed 19.11.20)

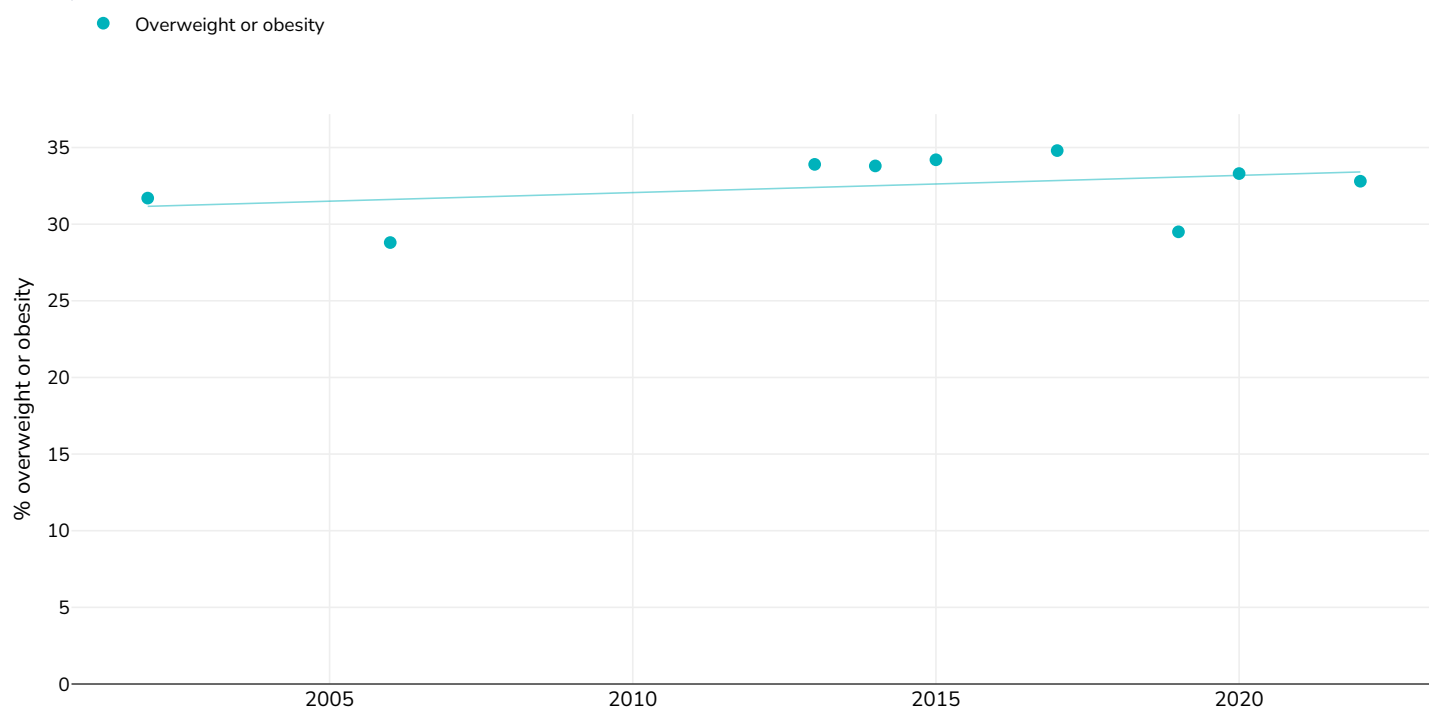
2020: Annual Update of New Zealand Health Survey 2020/2021 available at <https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey> Accessed 08.11.21.

2022: 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: IOTF

*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.*

## Girls



Survey type:

Measured

References:

2002: Childrens Nutrition Survey 2002.

2006: National Health Survey New Zealand 2006/7 more information [www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health](http://www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health)

2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>

2014: New Zealand Health Survey 2014/2015. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)

2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).

2016: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (last accessed 25.02.19)

2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)

2019: Annual Update New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhldiivid-r/> (last accessed 19.11.20)

2020: 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.

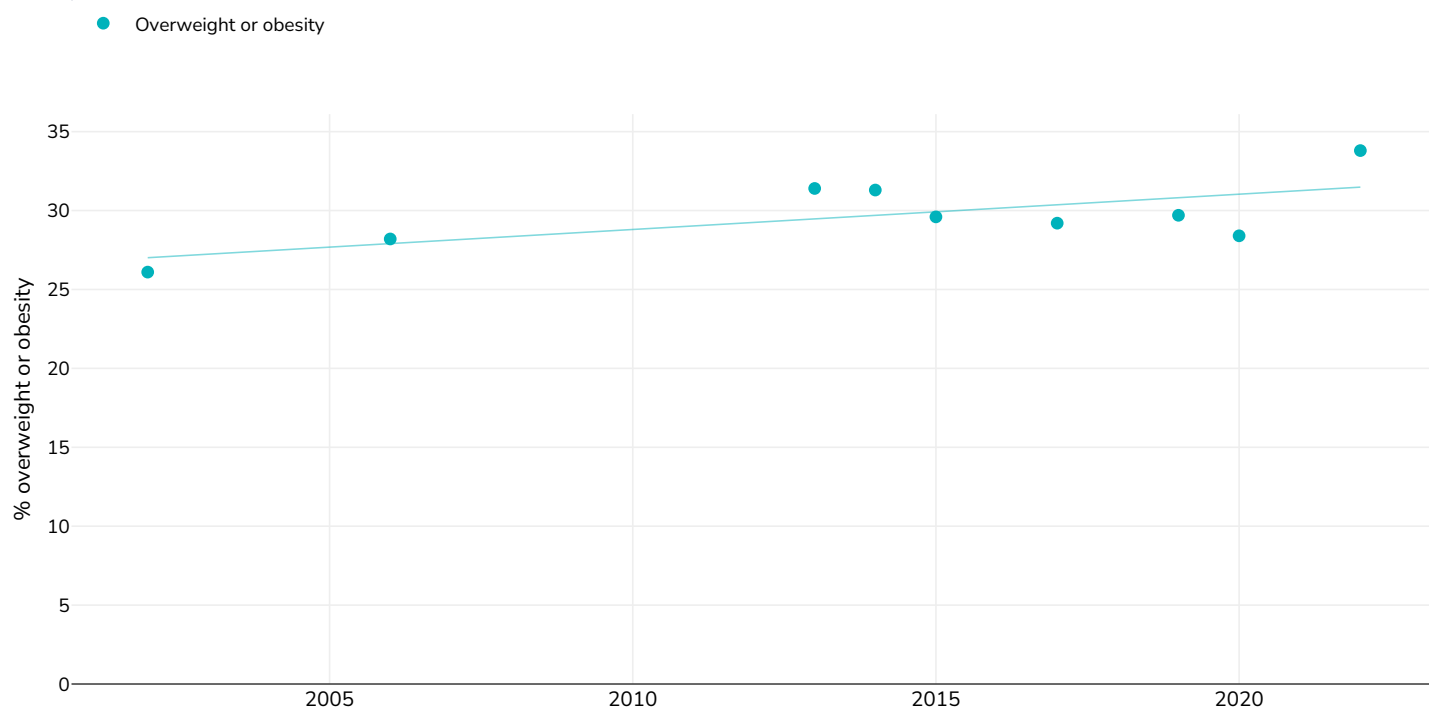
2022: Annual Update of Key Results 2022/23: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey> (Accessed 18.12.23)

Definitions:

IOTF

*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.*

## Boys



Survey type: Measured

References:

2002: Childrens Nutrition Survey 2002.

2006: National Health Survey New Zealand 2006/7 more information [www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health](http://www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health)

2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>

2014: New Zealand Health Survey 2014/2015. <https://www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey> (last accessed 16.12.2015)

2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).

2016: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (last accessed 25.02.19)

2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)

2019: Annual Update New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhldiuid-r/> (last accessed 19.11.20)

2020: 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.

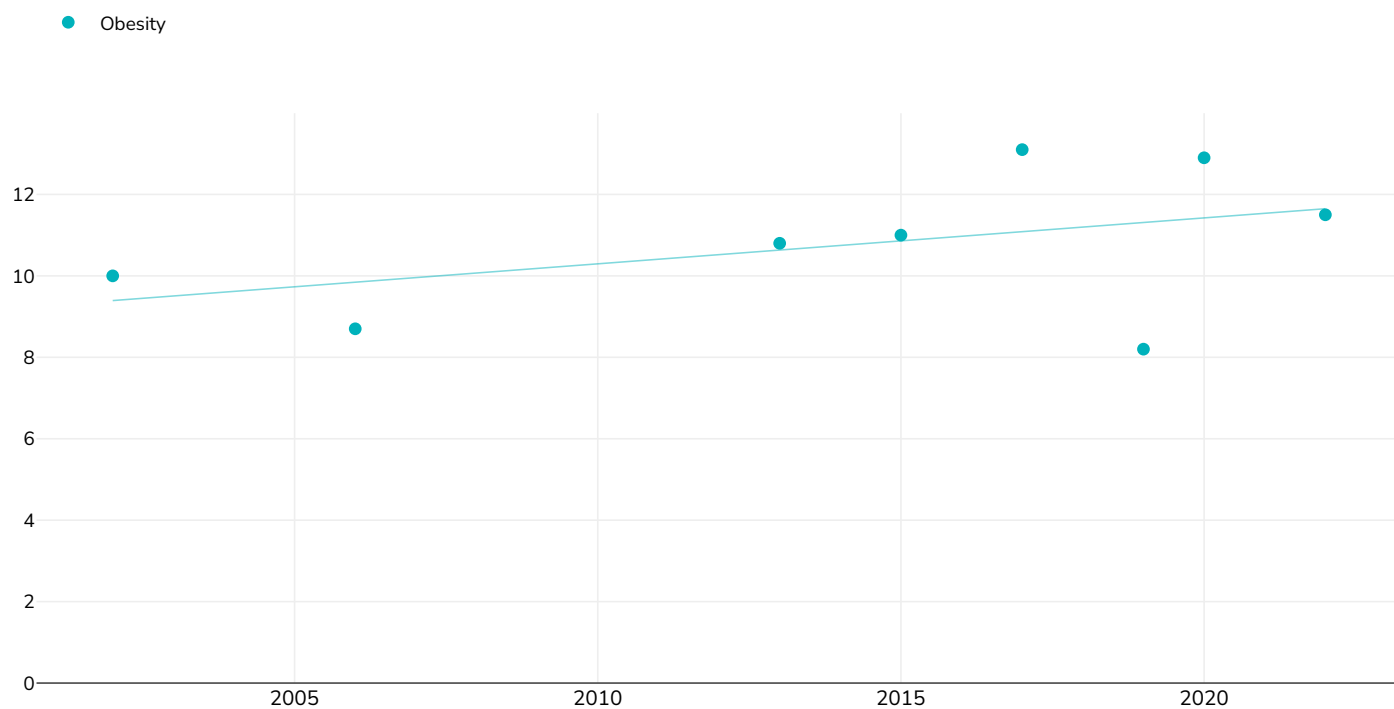
2022: Annual Update of Key Results 2022/23: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey> (Accessed 18.12.23)

Definitions: IOTF

*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.*

## % Children living with obesity, 2002-2023

### Girls



Survey type:

Measured

References:

2002: Childrens Nutrition Survey 2002.

2006: National Health Survey New Zealand 2006/7 more information [www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health](http://www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health)

2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>

2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).

2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)

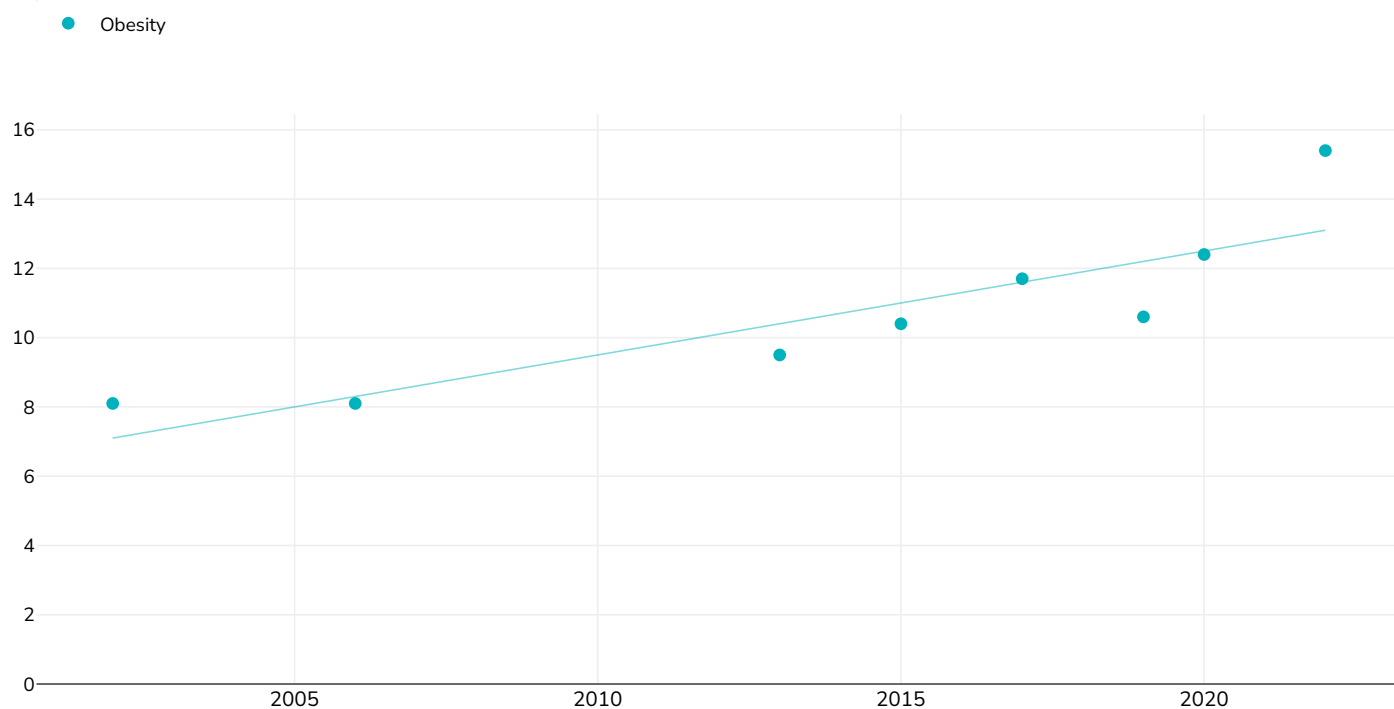
2019: Annual Update New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhldiiid-r/> (last accessed 19.11.20)

2020: 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.

2022: 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)

*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.*

## Boys



Survey  
type:

Measured

References:

2002: Childrens Nutrition Survey 2002.

2006: National Health Survey New Zealand 2006/7 more information [www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health](http://www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health)

2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>

2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).

2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)

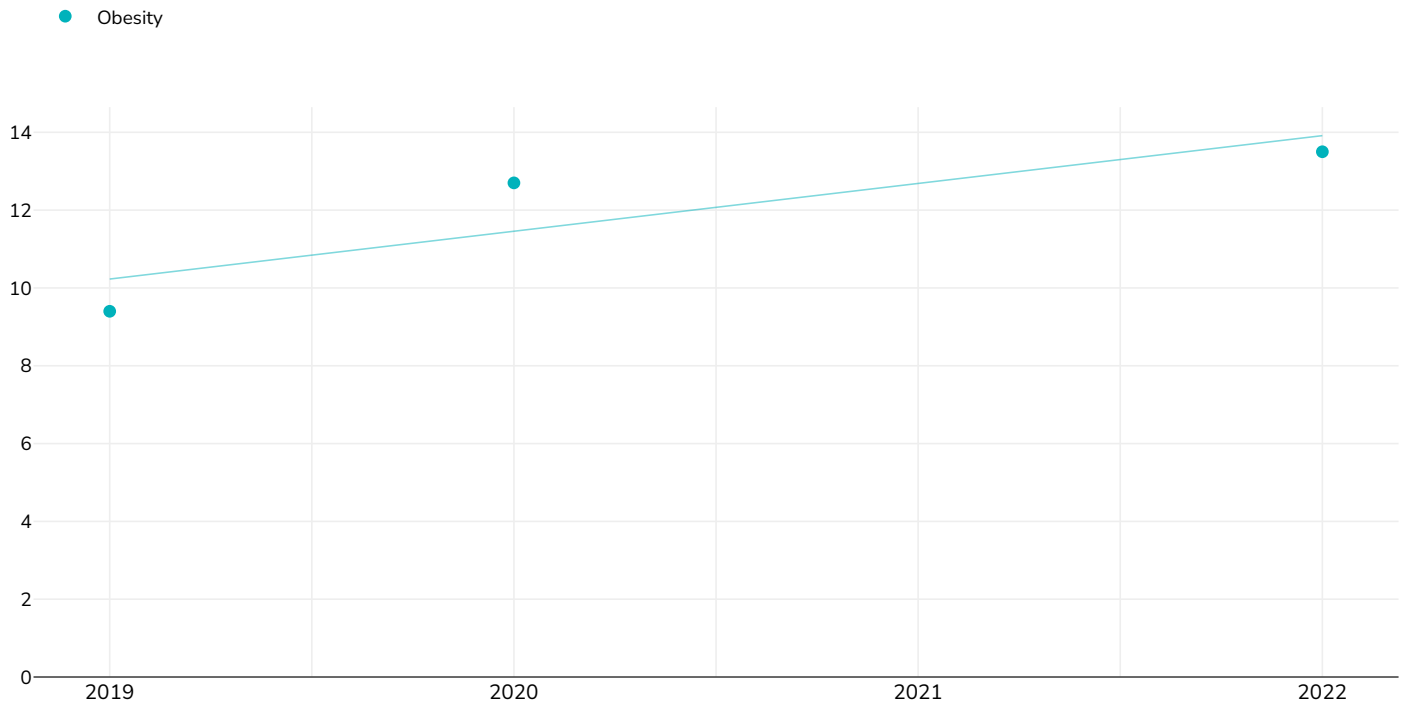
2019: Annual Update New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhldiiaid-r/> (last accessed 19.11.20)

2020: 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.

2022: 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)

*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.*

## Boys and girls



Survey  
type:

Measured

References:

2002: Childrens Nutrition Survey 2002.

2006: National Health Survey New Zealand 2006/7 more information [www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health](http://www.moh.govt.nz/moh.nsf/indexmh/portrait-of-health)

2013: <http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey>

2015: New Zealand Health Survey 2015-2016. Available at: <http://www.health.govt.nz/publication/annual-update-key-results-2015-16-new-zealand-health-survey> (Accessed 15 December 2016).

2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> (Accessed 11.04.19)

2019: Annual Update New Zealand Health Survey 2019/20 available at <https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhldiiid-r/> (last accessed 19.11.20)

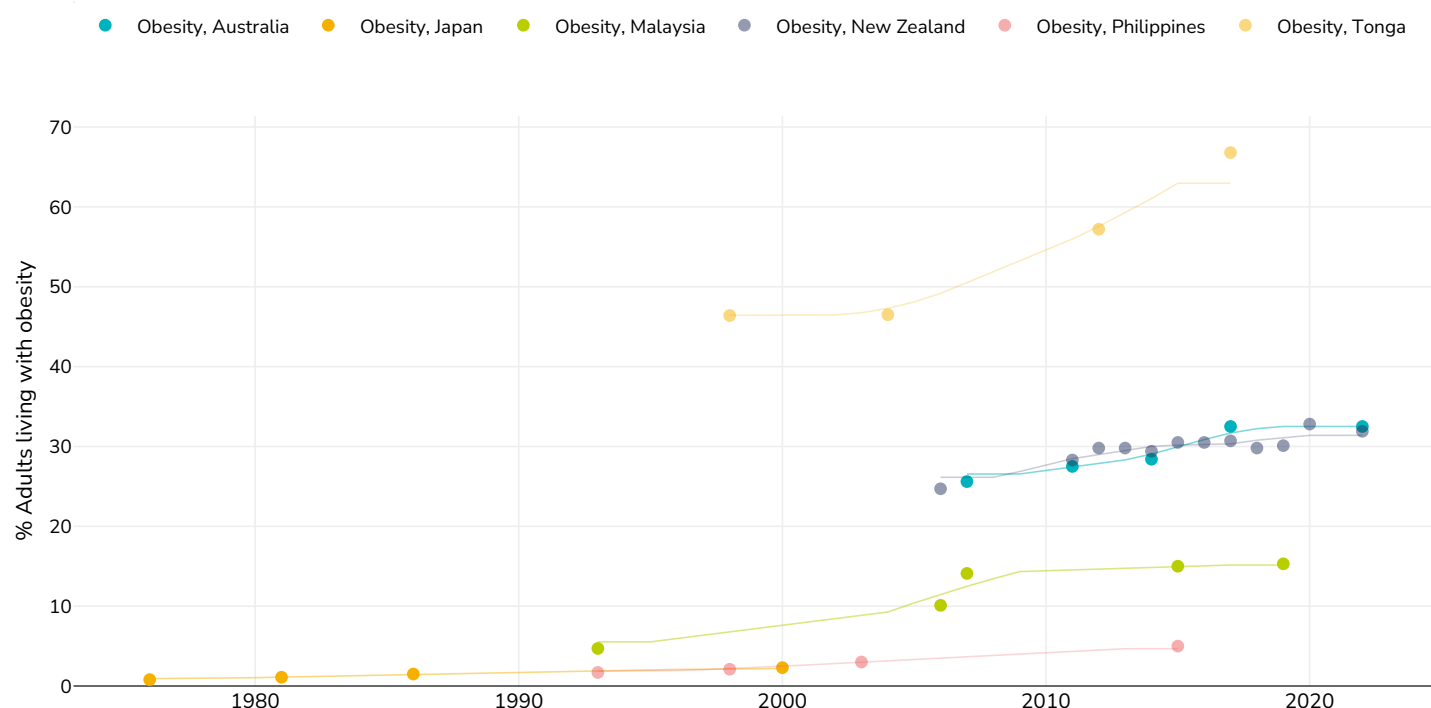
2020: Annual Update of New Zealand Health Survey 2020/2021 available at <https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey> Accessed 08.11.21.

2022: 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)

*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.*

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

## Men



References:

1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

1993, 2005, 2013: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. *PLoS One*. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577

1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252

1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. *Diabetes care*, 25: 1378 - 1383.

2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.

2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11

2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).

2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)

2004: Tonga STEPS Survey 2004

2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.

2007: Australian Bureau of Statistics (ABS). National Health Survey: Summary of results. Canberra, Australia, ABS, 2009. WHO Global InfoBase reference:102910

2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/j.1467-789X.2012.01016.x

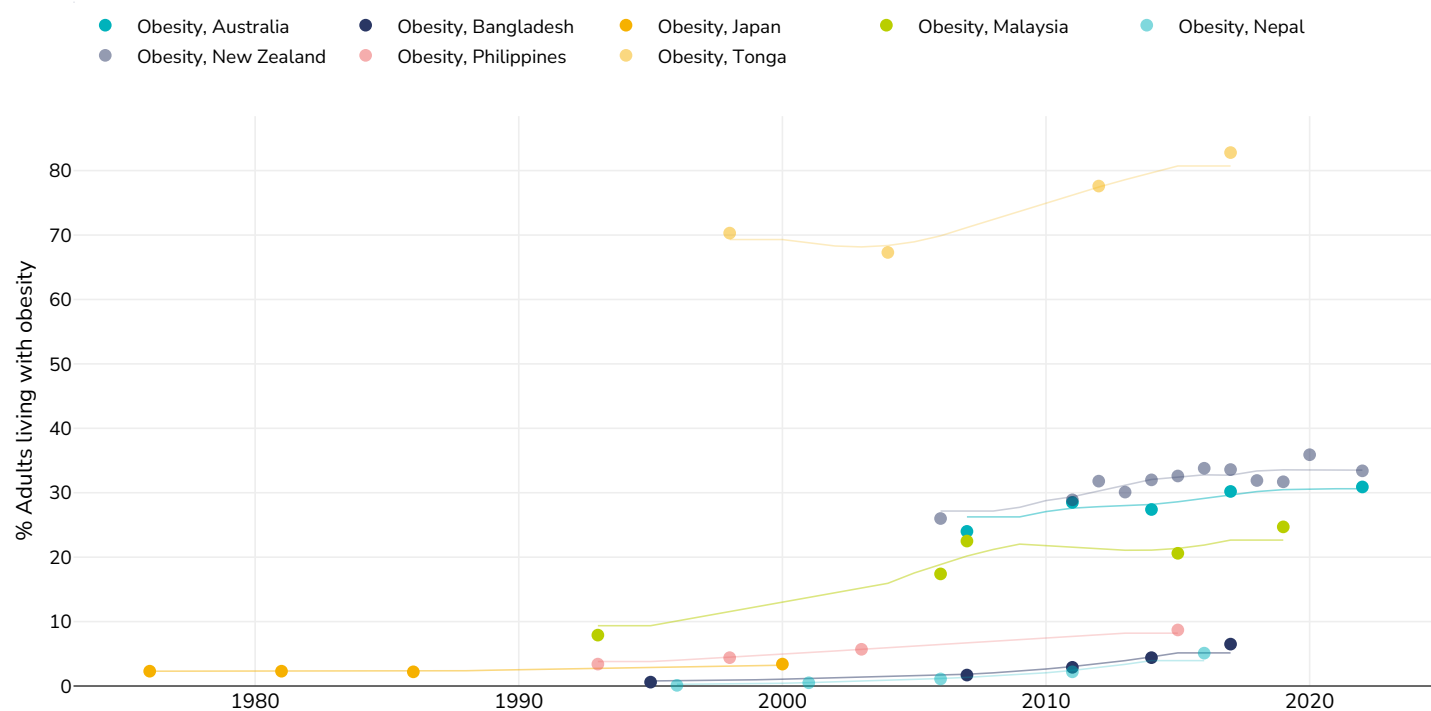
2011: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICF International. 2012. Bangladesh Demographic and Health Survey 2011. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.



*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.*

---

## Women



References:

1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

1993, 2005, 2013: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. *PLoS One*. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577

1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252

1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. *Diabetes care*, 25: 1378 - 1383.

2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.

2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11

2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).

2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)

2004: Tonga STEPS Survey 2004

2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.

2007: Australian Bureau of Statistics (ABS). National Health Survey: Summary of results. Canberra, Australia, ABS, 2009. WHO Global InfoBase reference:102910

2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/j.1467-789X.2012.01016.x

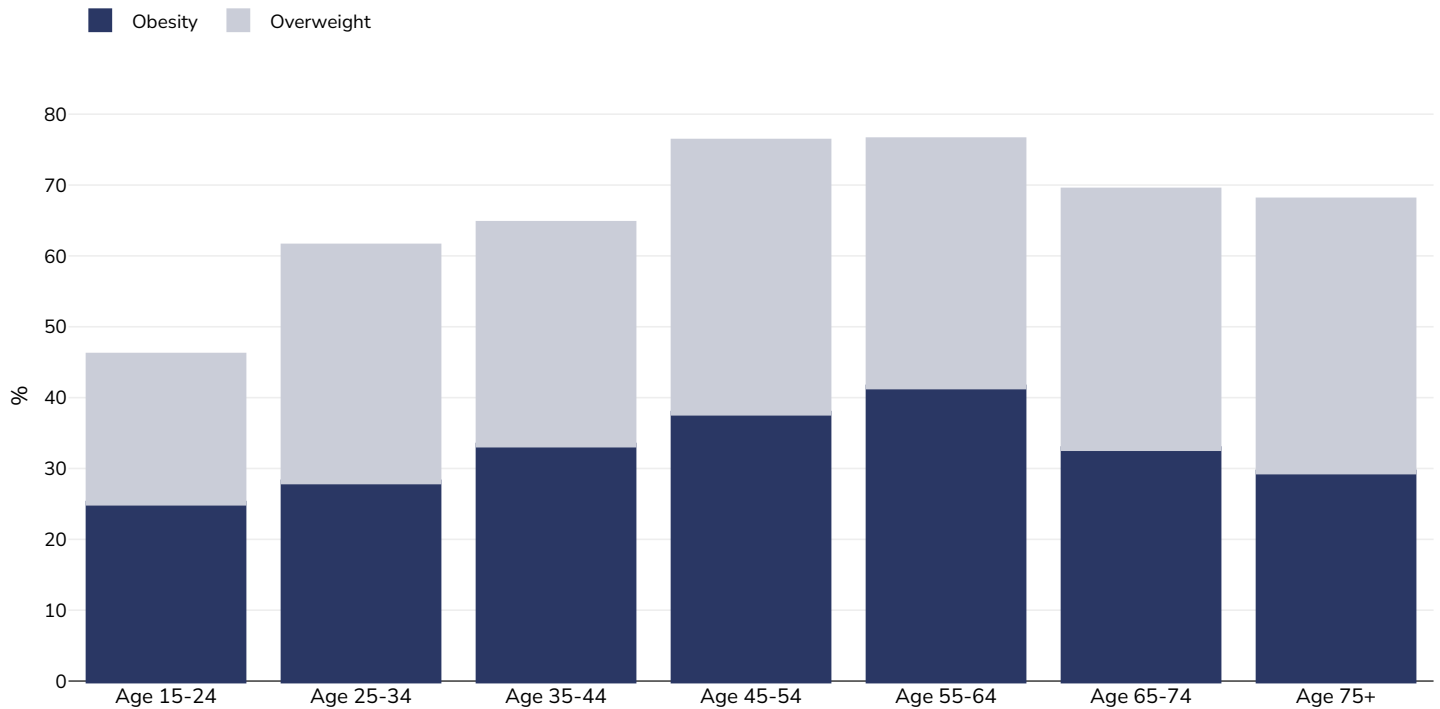
2011: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICF International. 2012. Bangladesh Demographic and Health Survey 2011. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.

*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.*

---

## Overweight/obesity by age

### Adults, 2022-2023



Survey type: Measured

Sample size: 6799

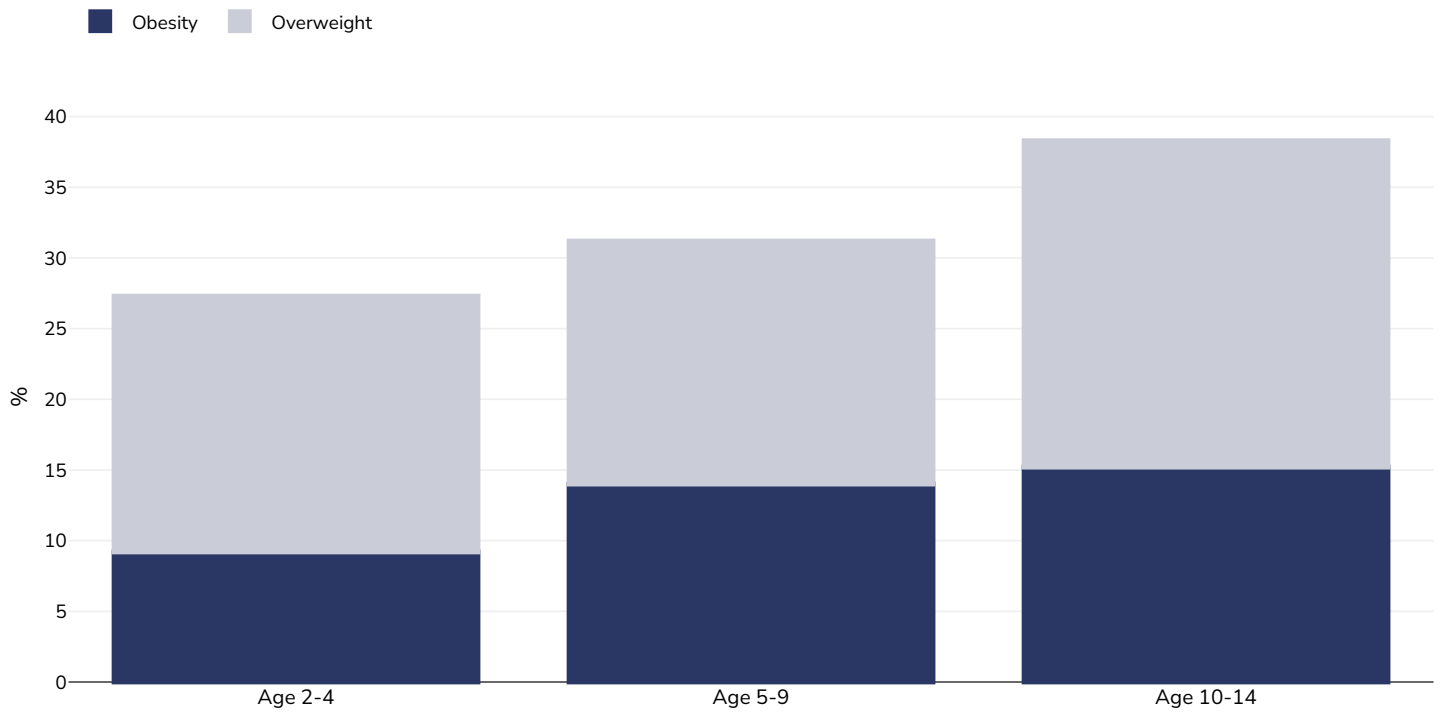
Area covered: National

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)

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/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

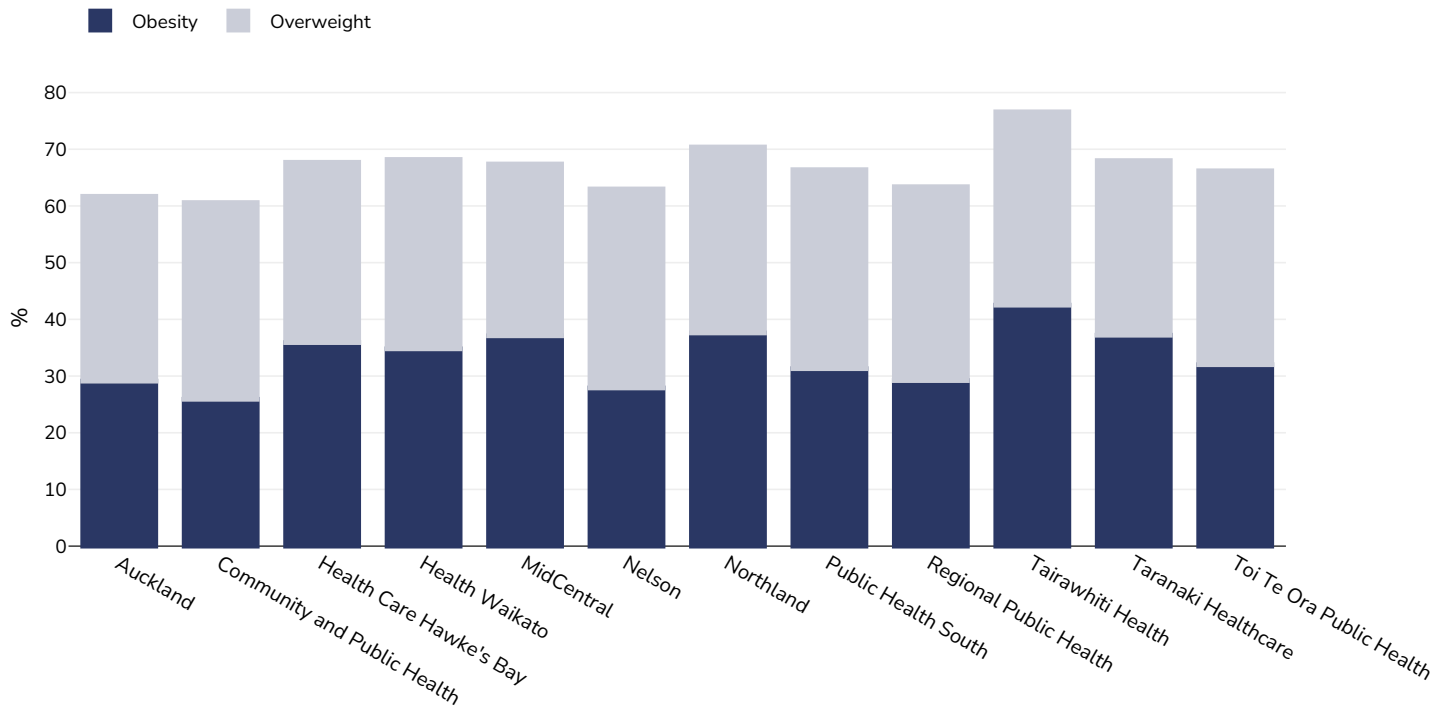
## Children, 2022-2023



Survey type:	Measured
Sample size:	2029
Area covered:	National
References:	Annual Update of Key Results 2022/23: New Zealand Health Survey. <a href="https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey">https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey</a> (Accessed 18.12.23)
Cutoffs:	IOTF

## Overweight/obesity by region

### Adults, 2017-2019



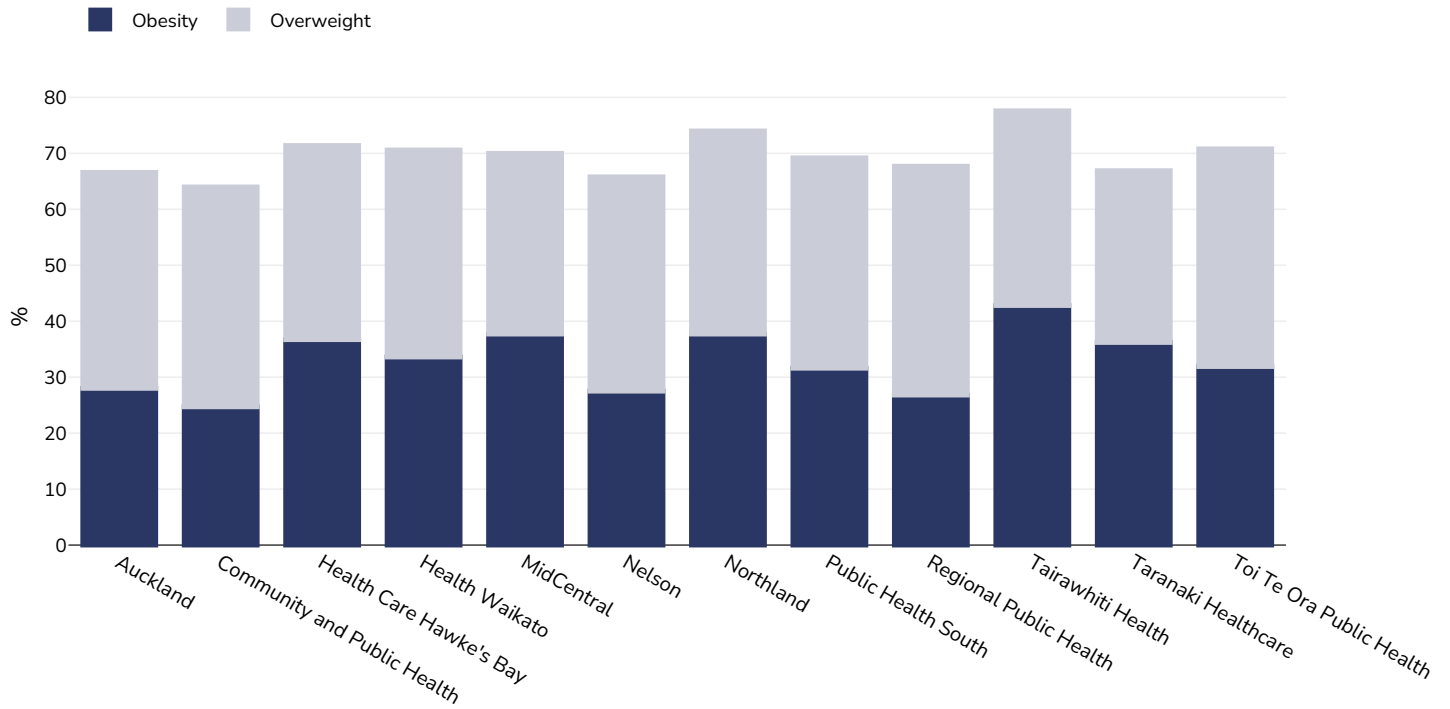
Survey type:	Measured
Age:	15+
Sample size:	68580
Area covered:	National

References: Ministry of Health. 2021. Regional Data Explorer 2017–2020: New Zealand Health Survey [Data File]. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update>

Notes: Some region names have been shortened, see survey for full region names

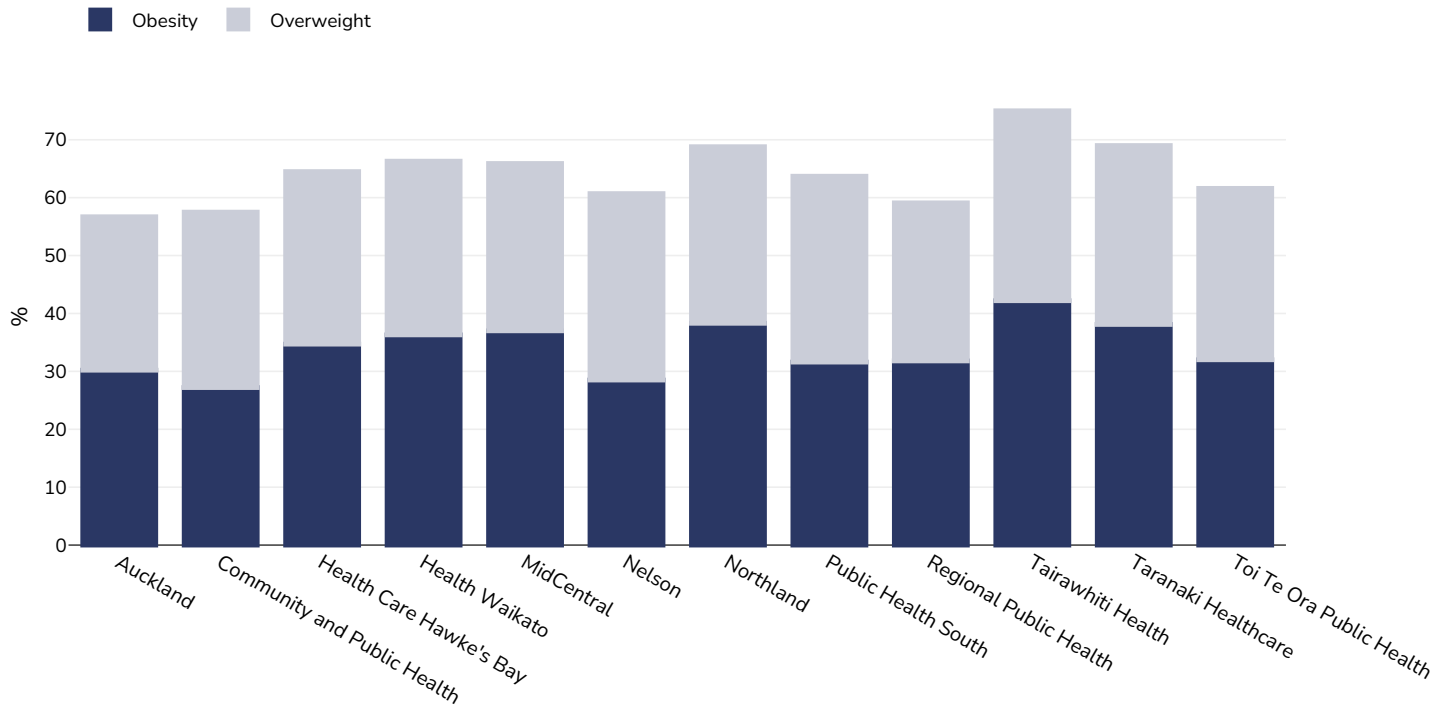
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Men, 2017-2019



Survey type:	Measured
Age:	15+
Sample size:	68580
Area covered:	National
References:	Ministry of Health. 2021. Regional Data Explorer 2017–2020: New Zealand Health Survey [Data File]. URL: <a href="https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update">https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update</a>
Notes:	Some region names have been shortened, see survey for full region names
<i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.</i>	

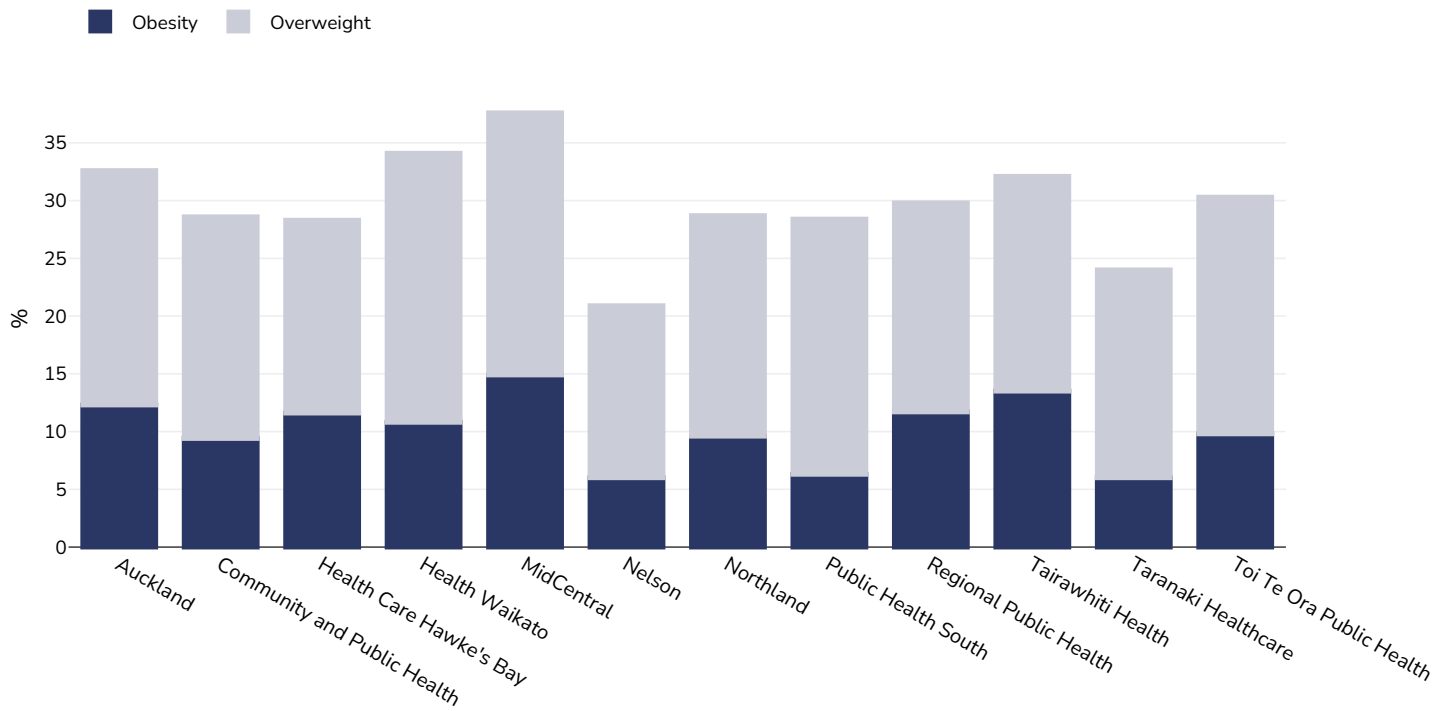
## Women, 2017-2019



Survey type:	Measured
Age:	15+
Sample size:	68580
Area covered:	National
References:	Ministry of Health. 2021. Regional Data Explorer 2017–2020: New Zealand Health Survey [Data File]. URL: <a href="https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update">https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update</a>
Notes:	Some region names have been shortened, see survey for full region names
<i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.</i>	

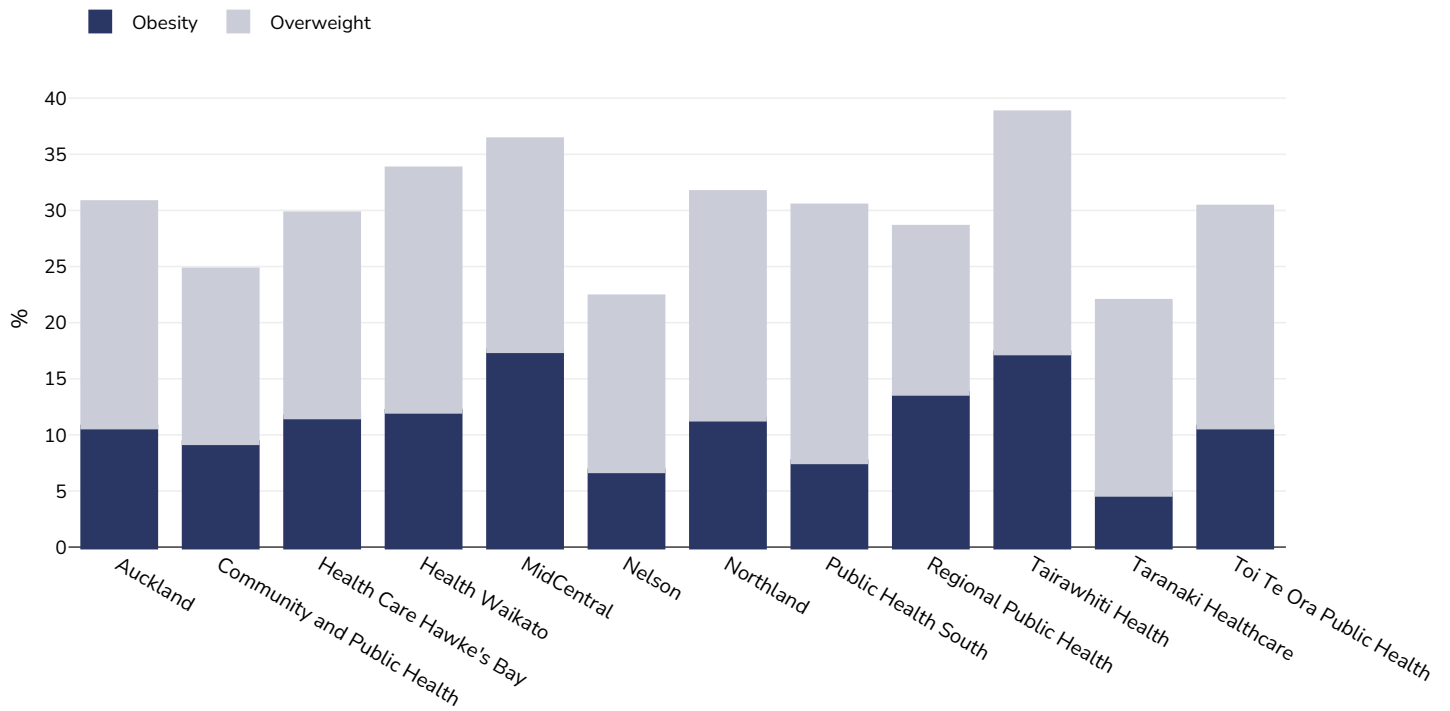


## Children, 2017-2020



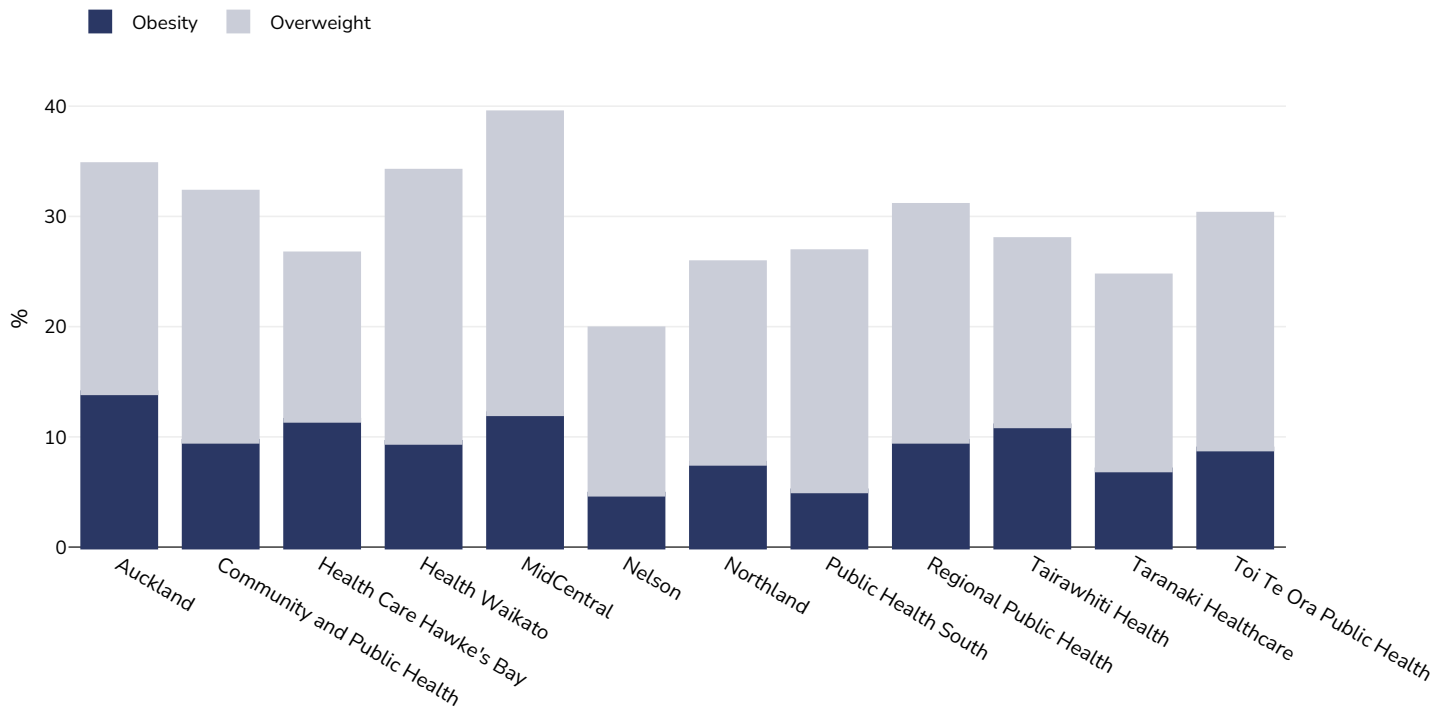
Survey type:	Measured
Age:	2-14
Sample size:	18530
Area covered:	National
References:	Ministry of Health. 2021. Regional Data Explorer 2017–2020: New Zealand Health Survey [Data File]. URL: <a href="https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update">https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update</a>
Notes:	Some region names have been shortened, see survey for full names
Cutoffs:	IOTF

## Boys, 2017-2020



Survey type:	Measured
Age:	2-14
Sample size:	18530
Area covered:	National
References:	Ministry of Health. 2021. Regional Data Explorer 2017–2020: New Zealand Health Survey [Data File]. URL: <a href="https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update">https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update</a>
Notes:	Some region names have been shortened, see survey for full names
Cutoffs:	IOTF

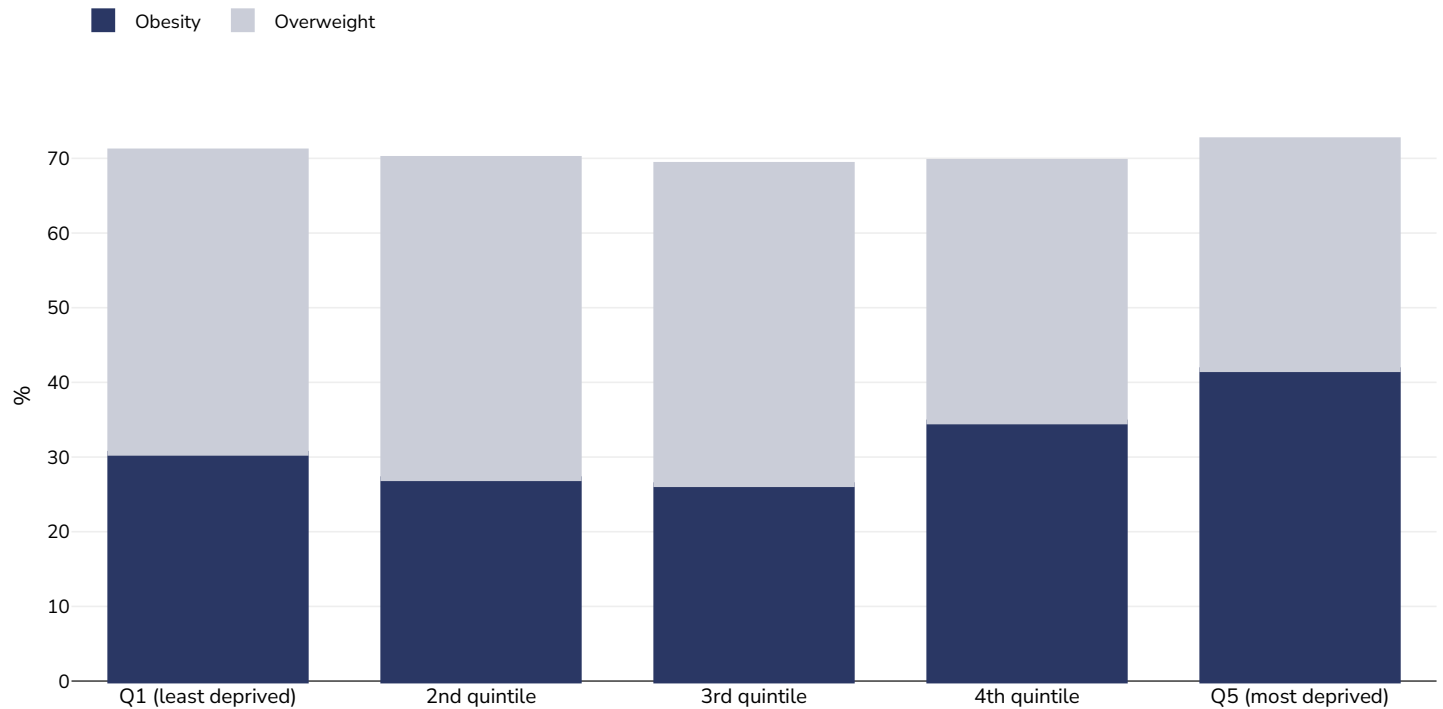
## Girls, 2017-2020



Survey type:	Measured
Age:	2-14
Sample size:	18530
Area covered:	National
References:	Ministry of Health. 2021. Regional Data Explorer 2017–2020: New Zealand Health Survey [Data File]. URL: <a href="https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update">https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update</a>
Notes:	Some region names have been shortened, see survey for full names
Cutoffs:	IOTF

## Overweight/obesity by socio-economic group

### Men, 2022-2023



Survey type: Measured

Age: 15+

Sample size: 6799

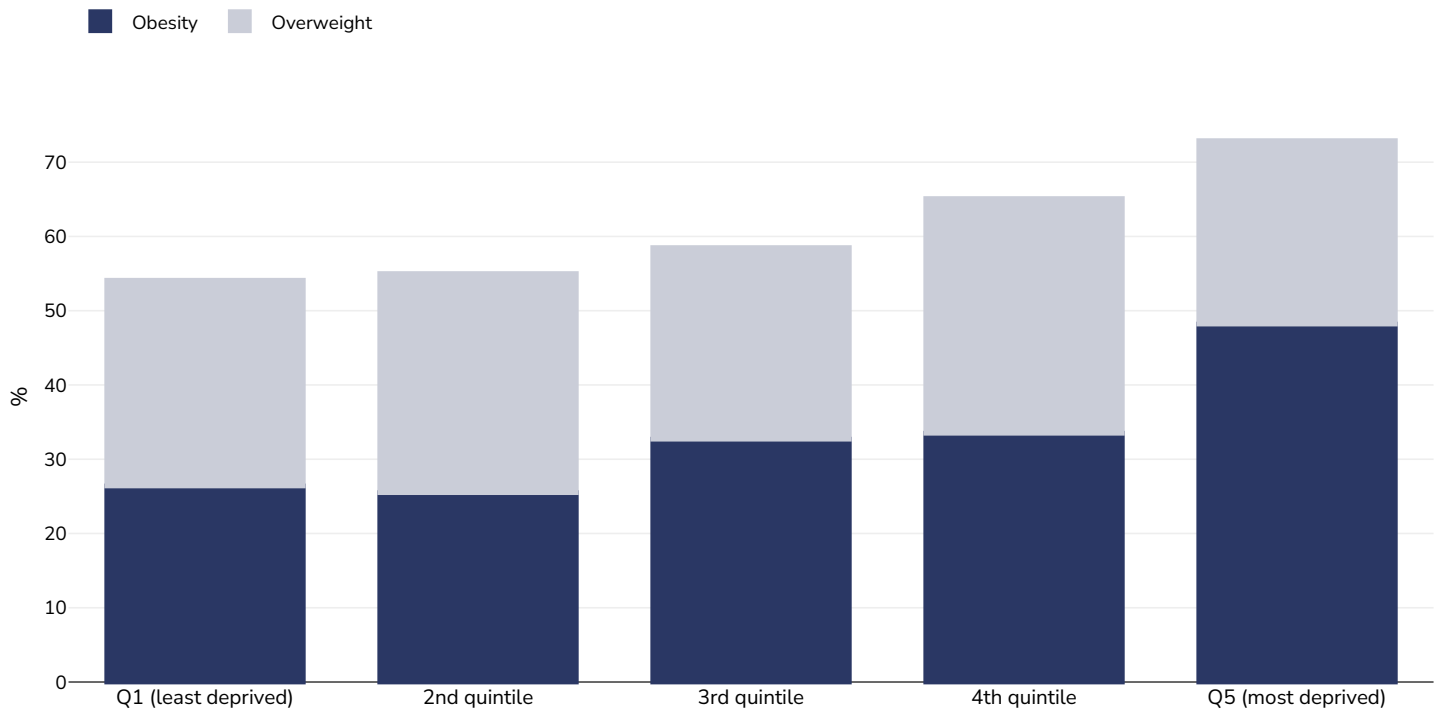
Area covered: National

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/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Women, 2022-2023



Survey type: Measured

Age: 15+

Sample size: 6799

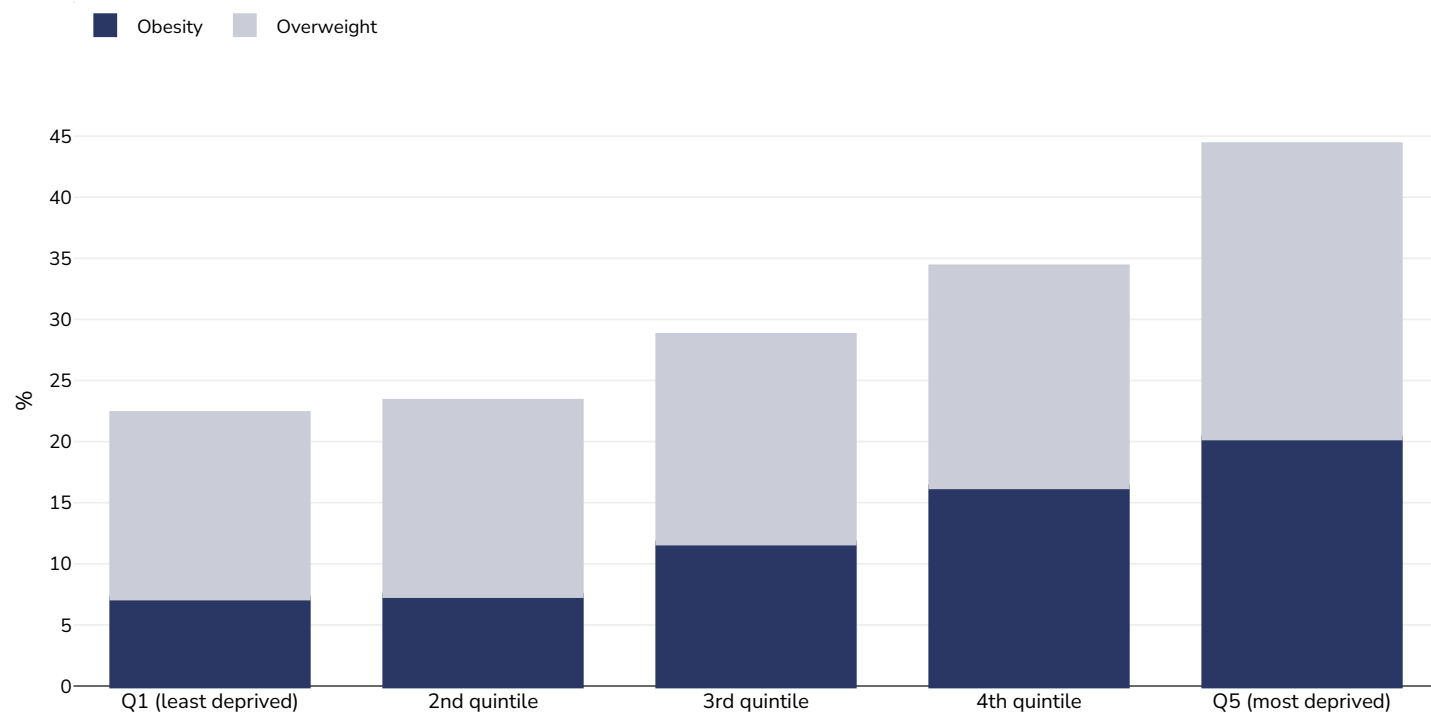
Area covered: National

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/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2020-2021

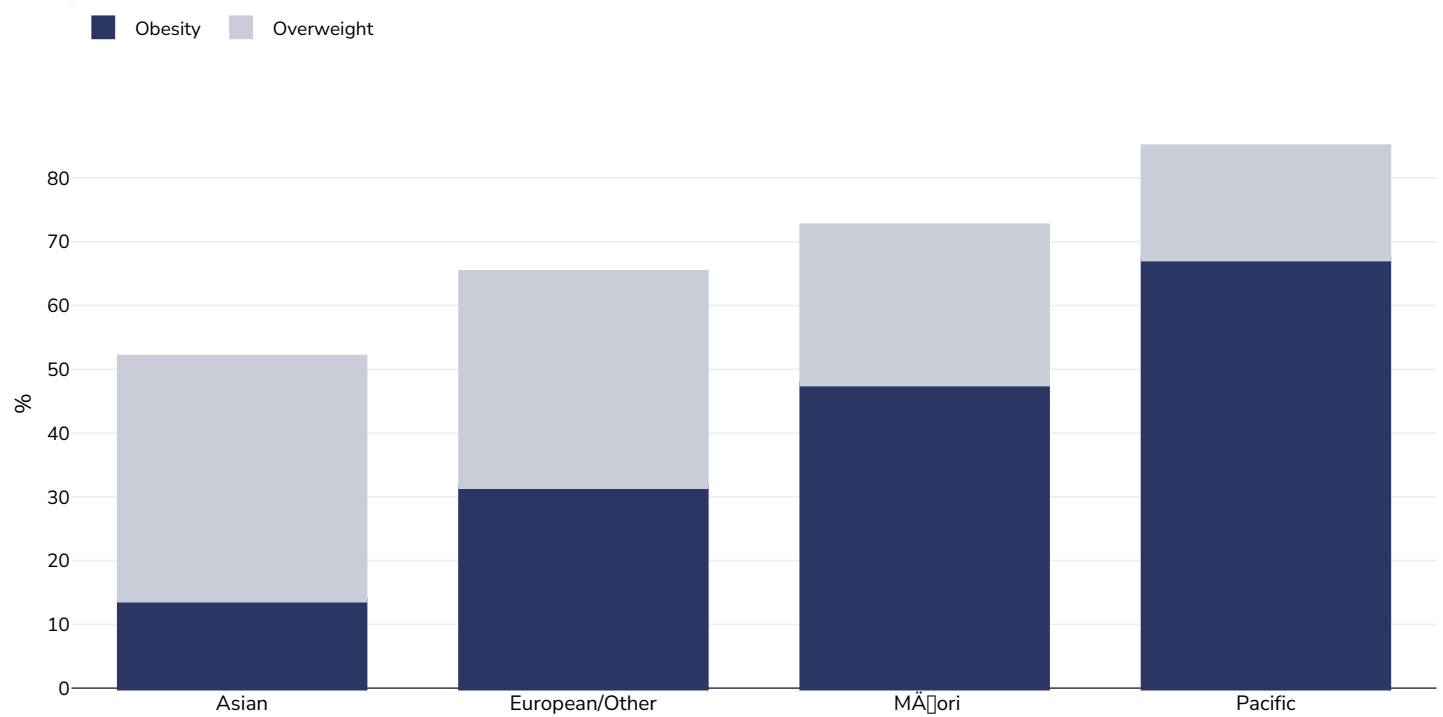


Survey type:	Measured
Age:	2-14
Sample size:	2954
Area covered:	National
References:	Annual Update of New Zealand Health Survey 2020/2021 available at <a href="https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey">https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey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



Survey type: Measured

Age: 15+

Sample size: 6799

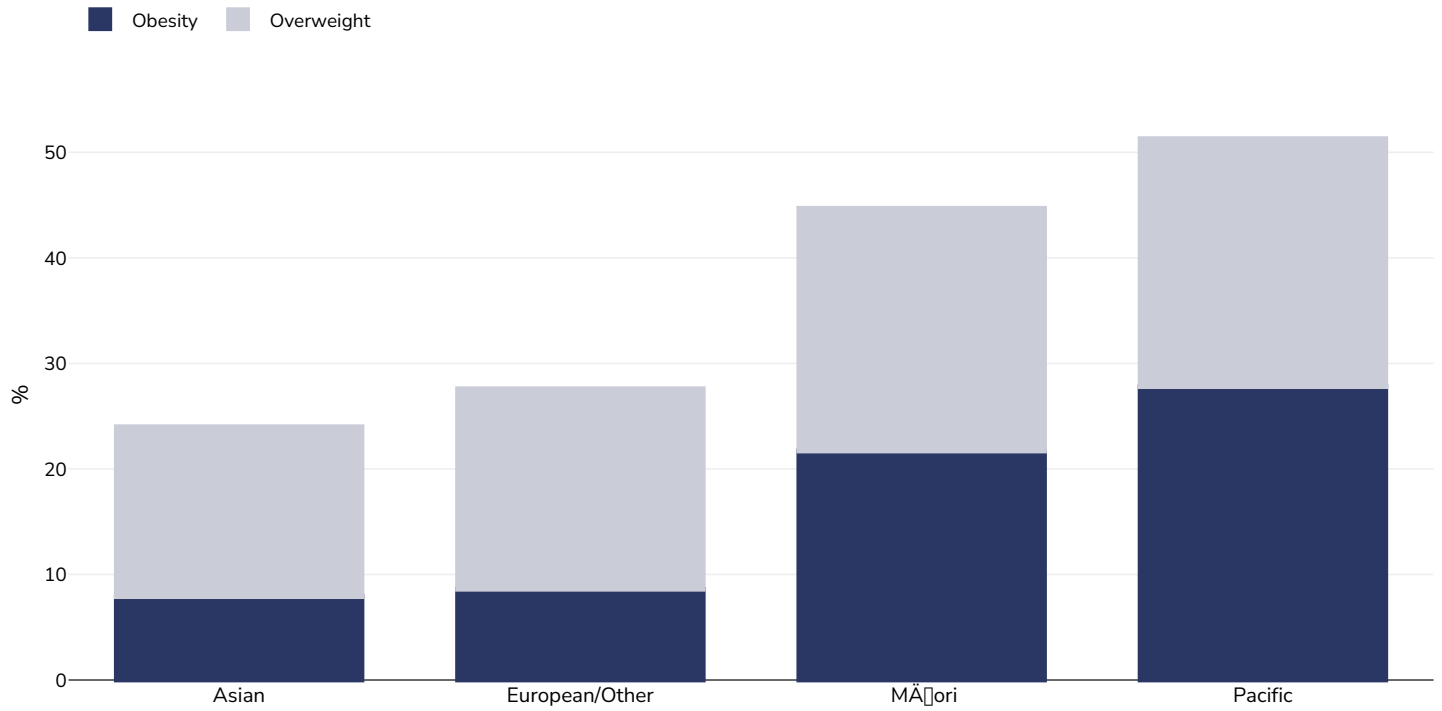
Area covered: National

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/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2022-2023

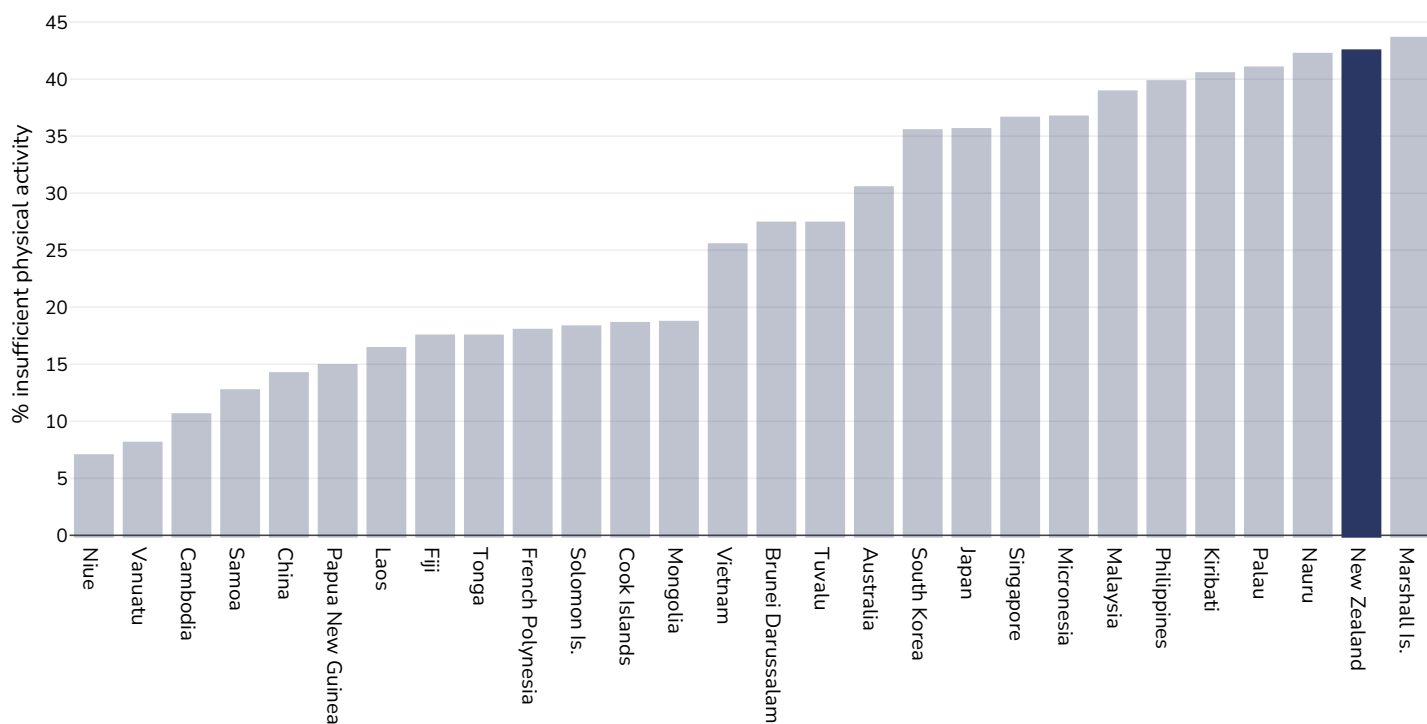


Survey type:	Measured
Age:	2-14
Sample size:	2029
Area covered:	National
References:	Annual Update of Key Results 2022/23: New Zealand Health Survey. <a href="https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey">https://www.health.govt.nz/publication/annual-update-key-results-2022-23-new-zealand-health-survey</a> (Accessed 18.12.23)
Cutoffs:	IOTF



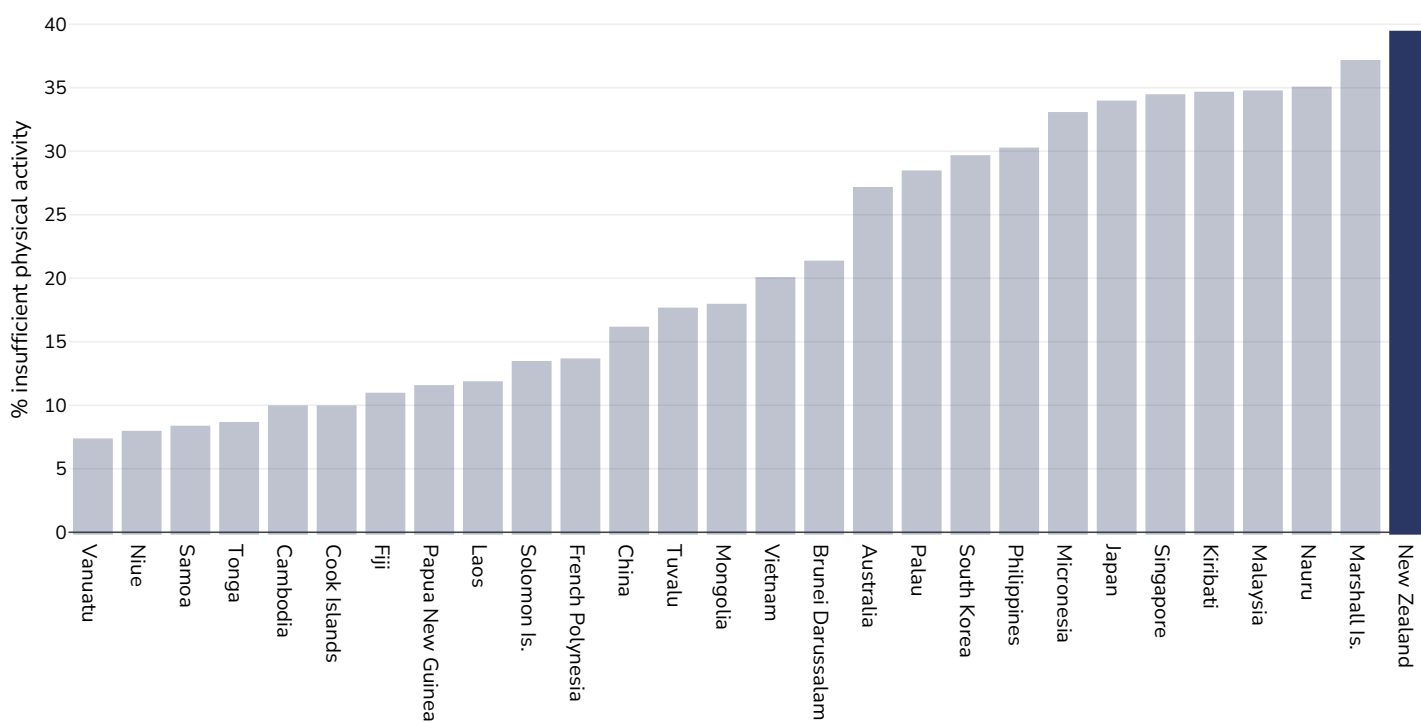
## Insufficient physical activity

### Adults, 2016



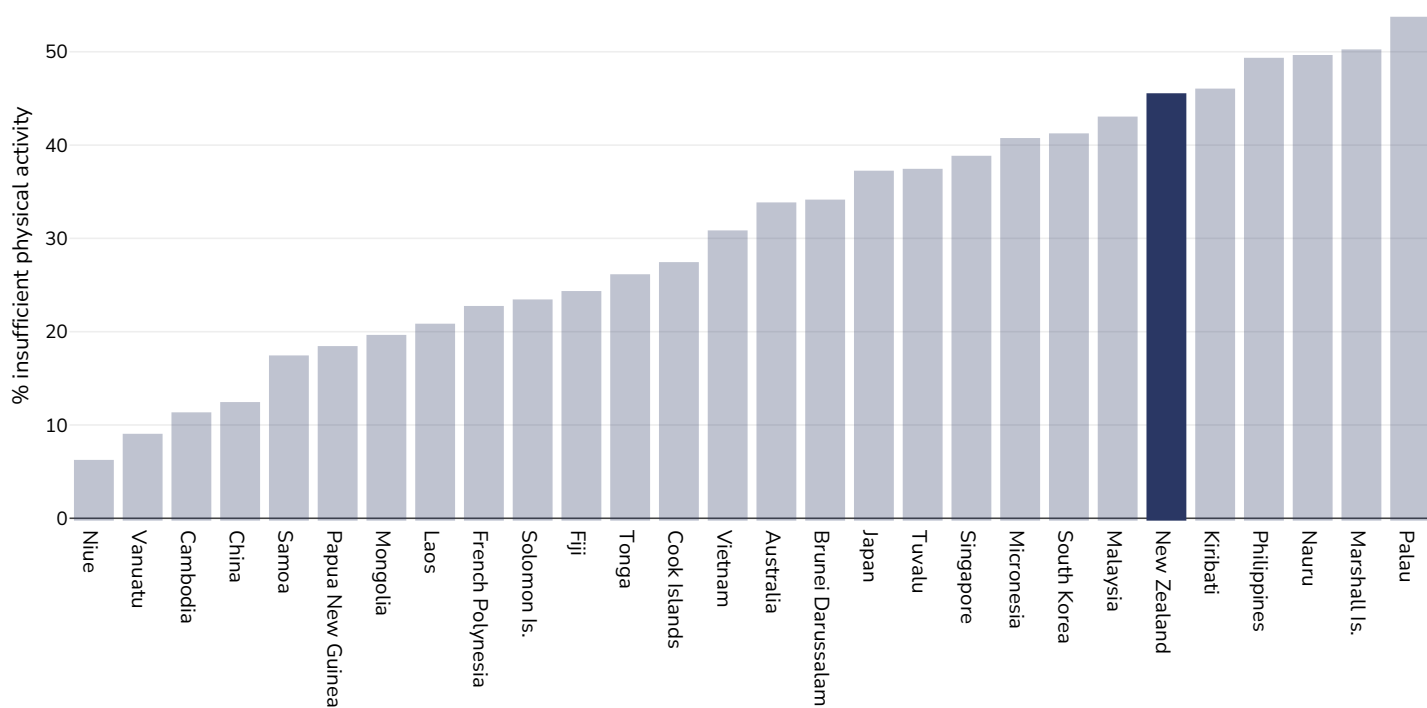
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. *Lancet* 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Men, 2016



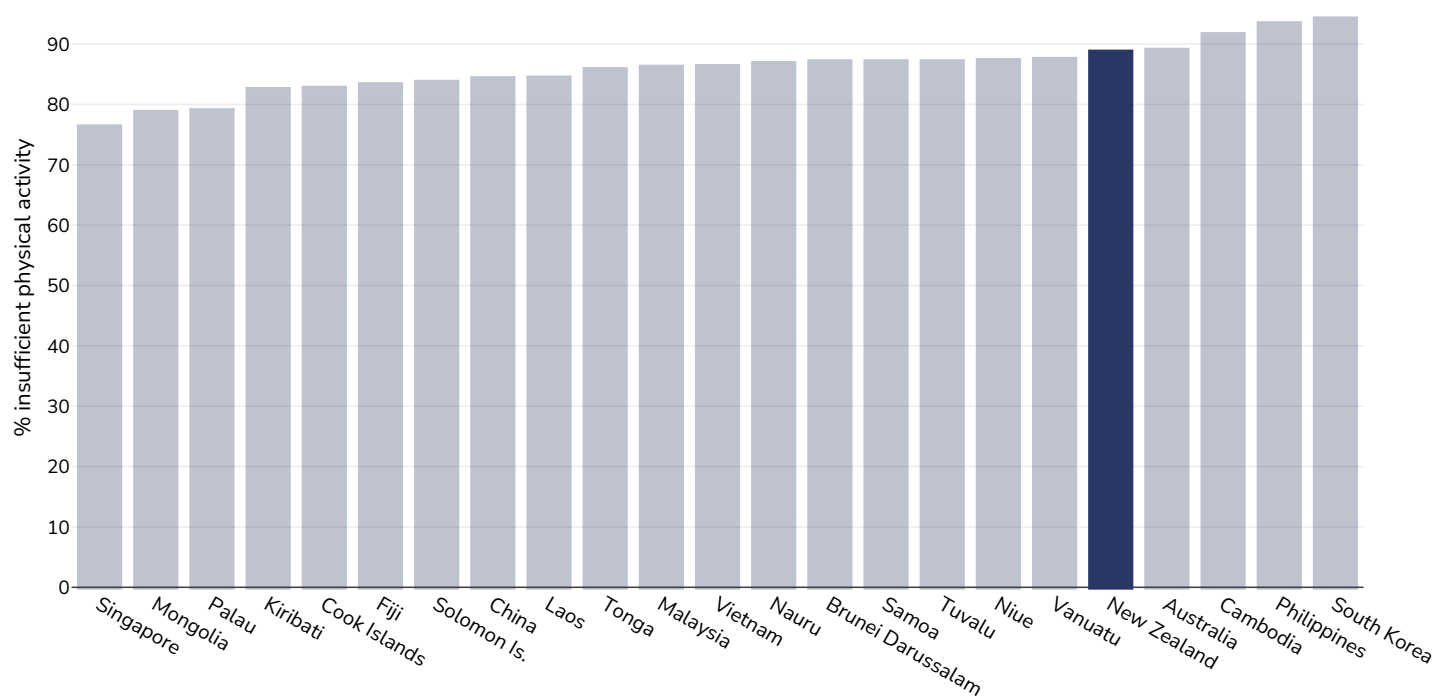
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Women, 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](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Children, 2016



Survey type: Self-reported

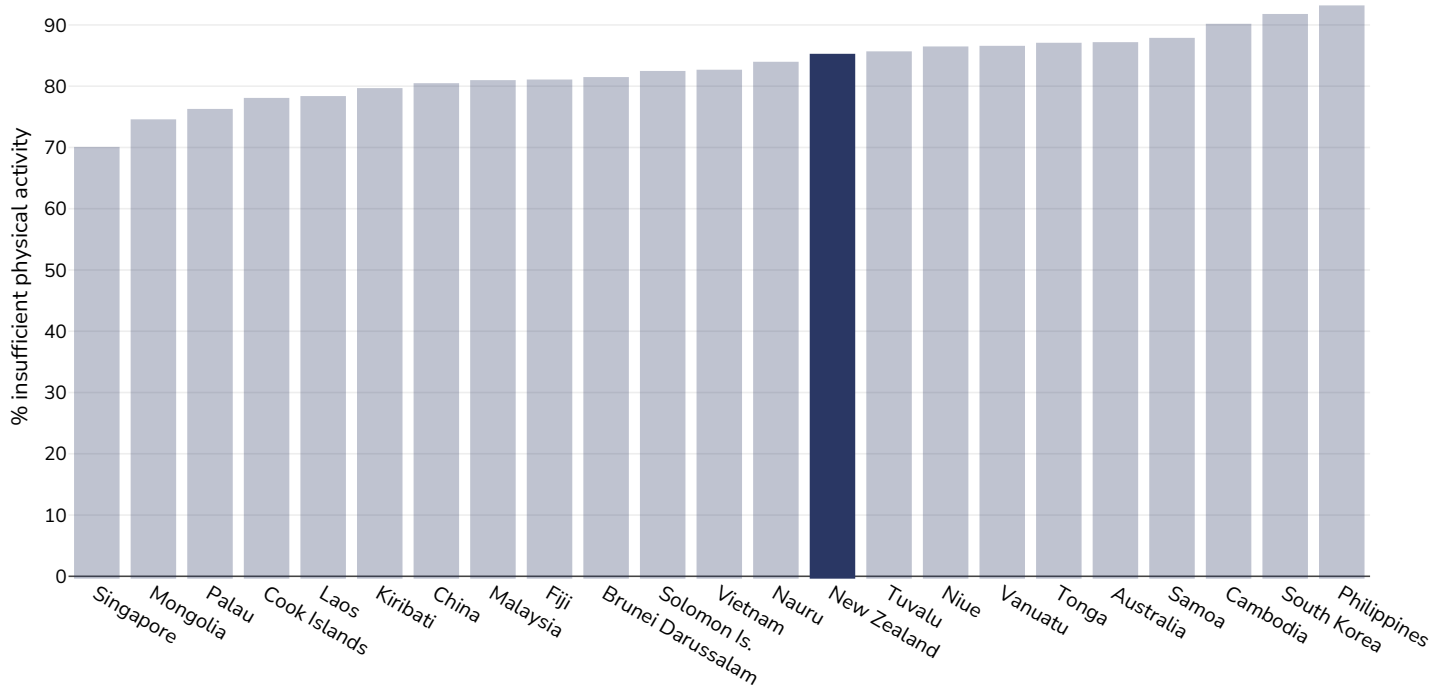
Age: 11-17

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

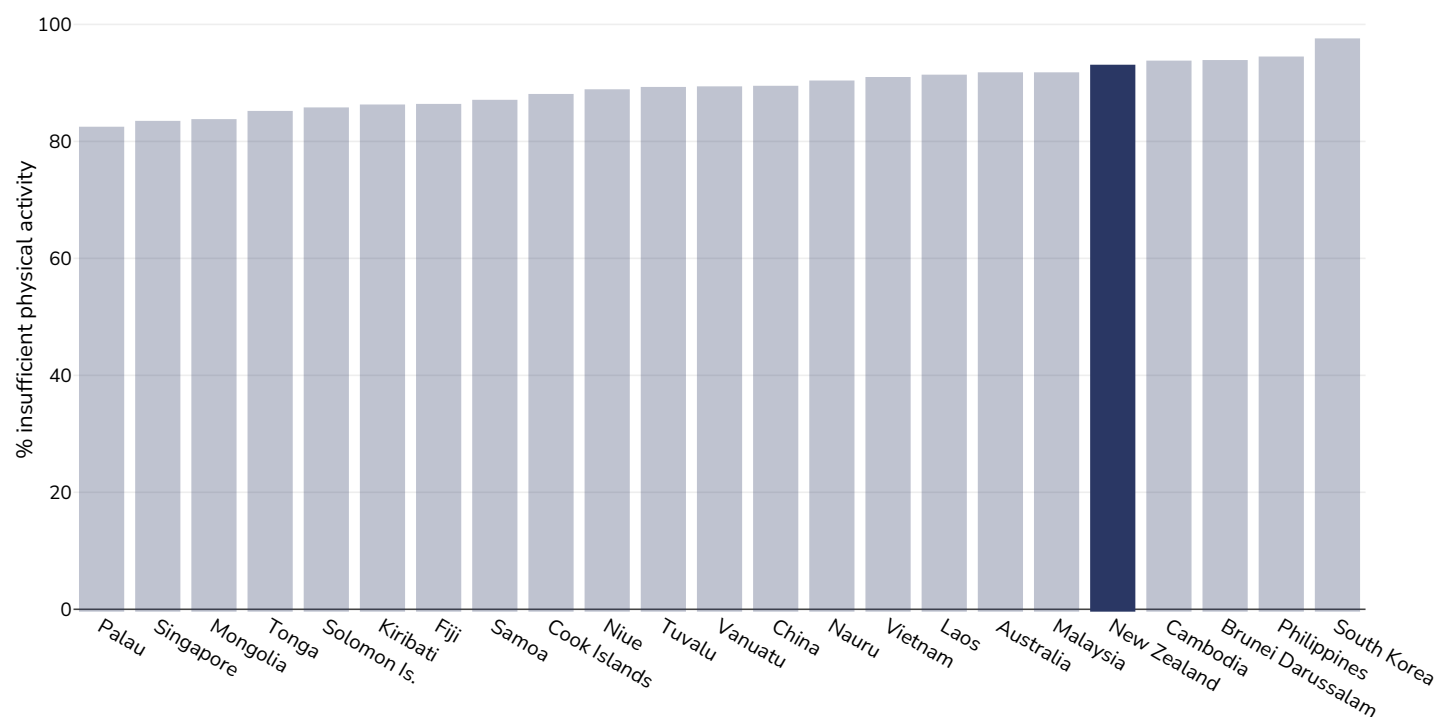
Age: 11-17

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

Age: 11-17

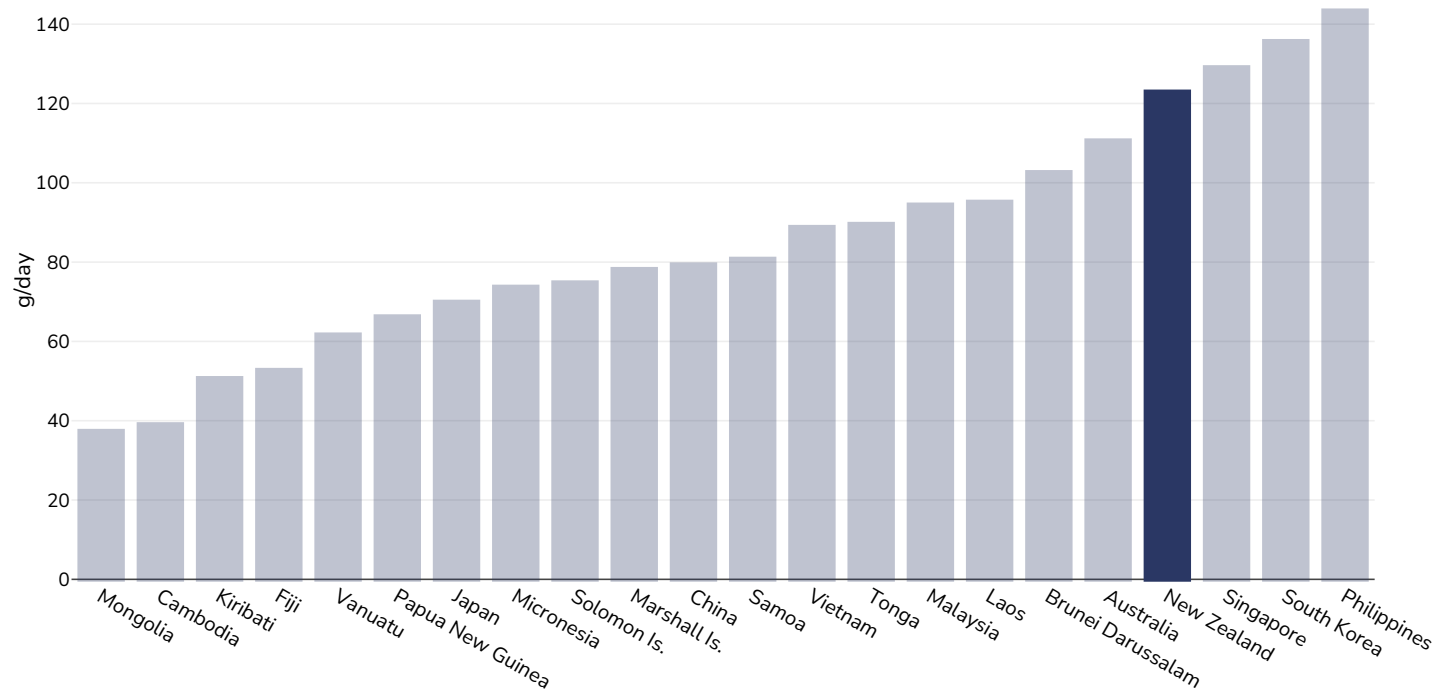
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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



Survey type: Measured

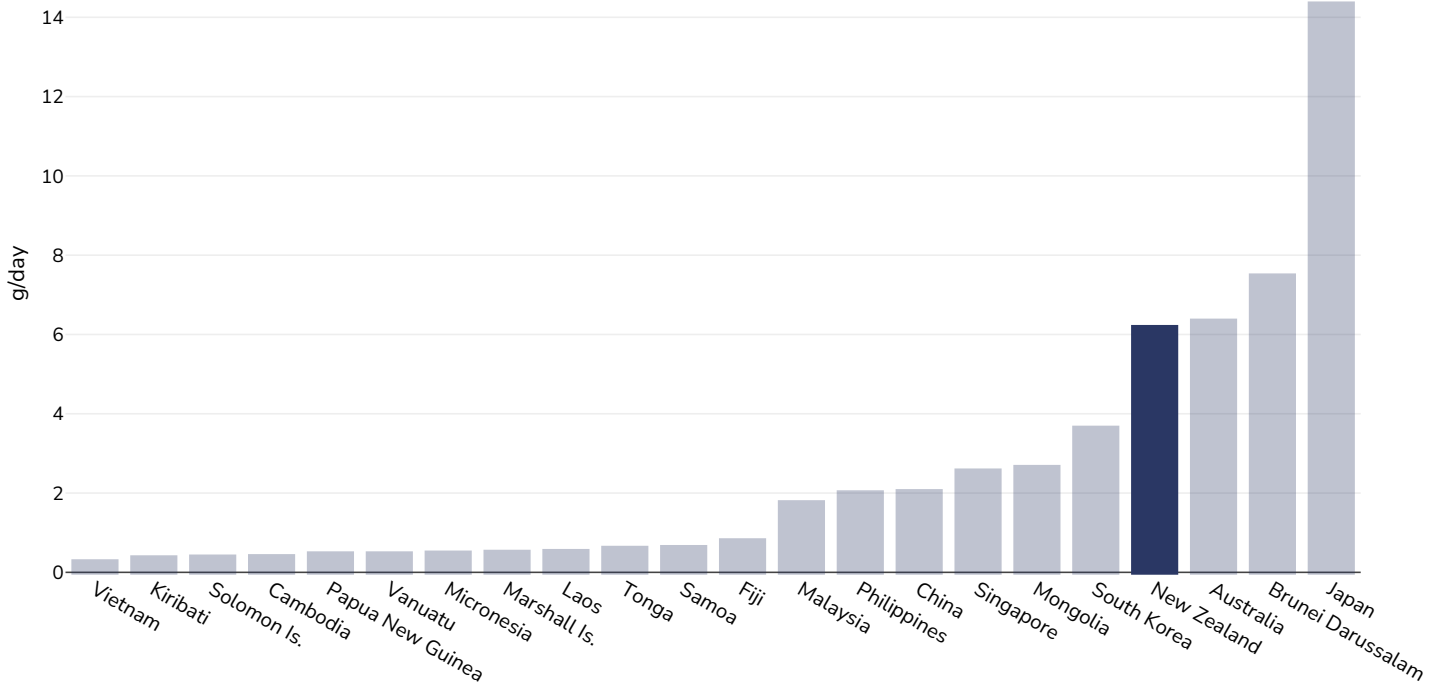
Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions: Estimated per-capita fruit intake (g/day)

## Estimated per-capita processed meat intake

Adults, 2017



Survey type: Measured

Age: 25+

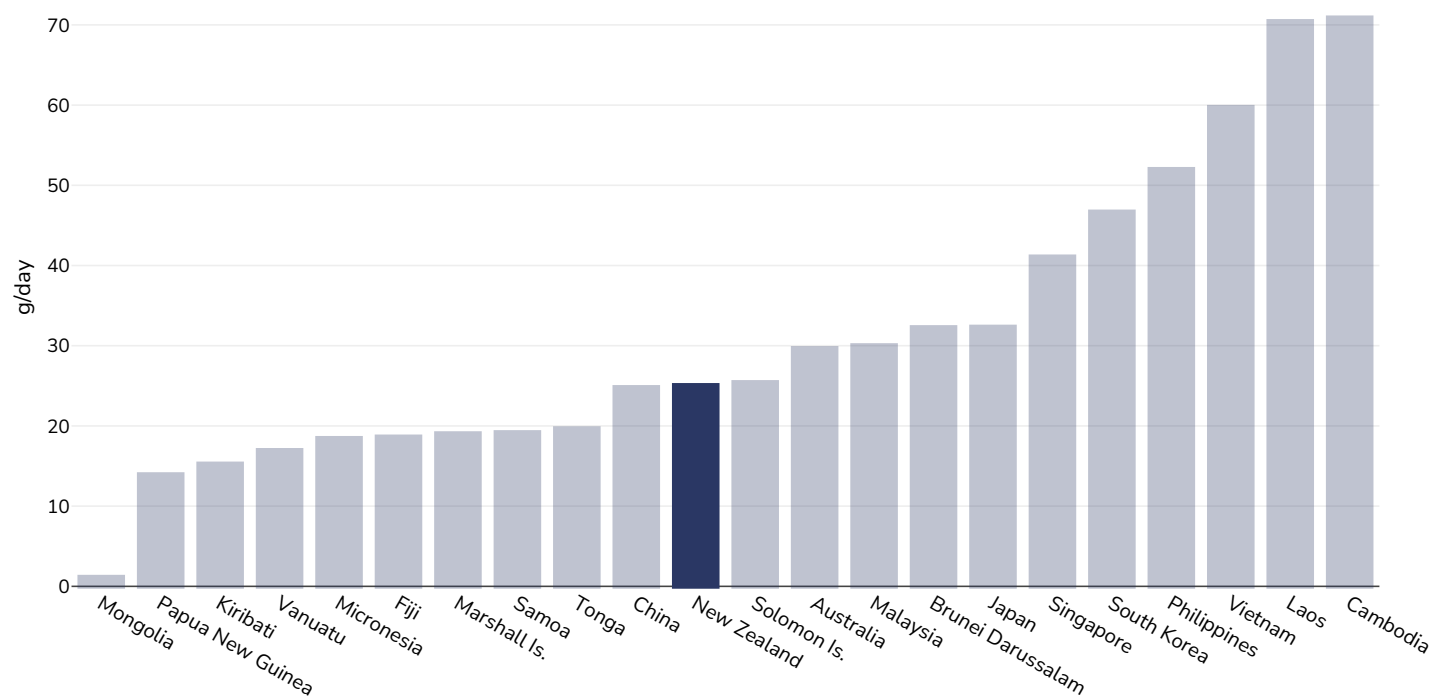
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions: Estimated per-capita processed meat intake (g per day)



## Estimated per capita whole grains intake

Adults, 2017



Survey type: Measured

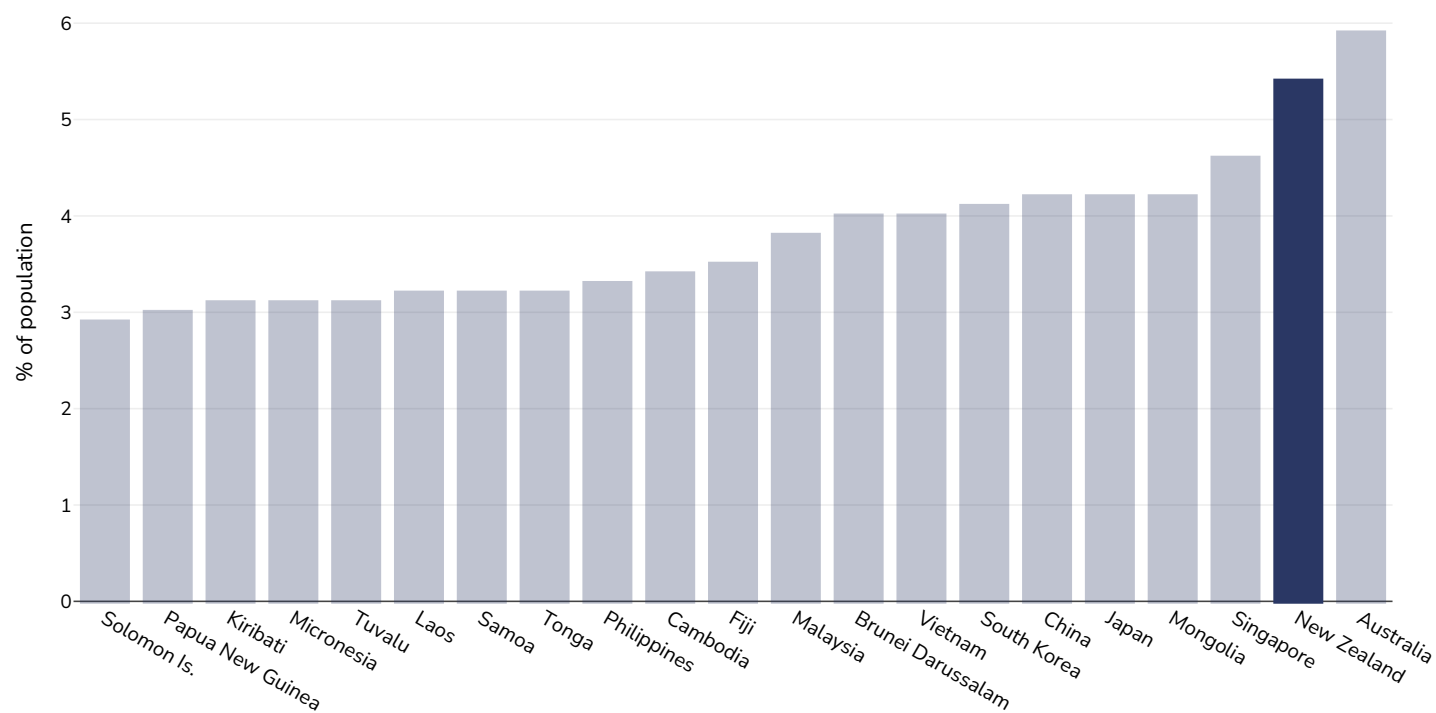
Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions: Estimated per-capita whole grains intake (g/day)

## Mental health - depression disorders

### Adults, 2015

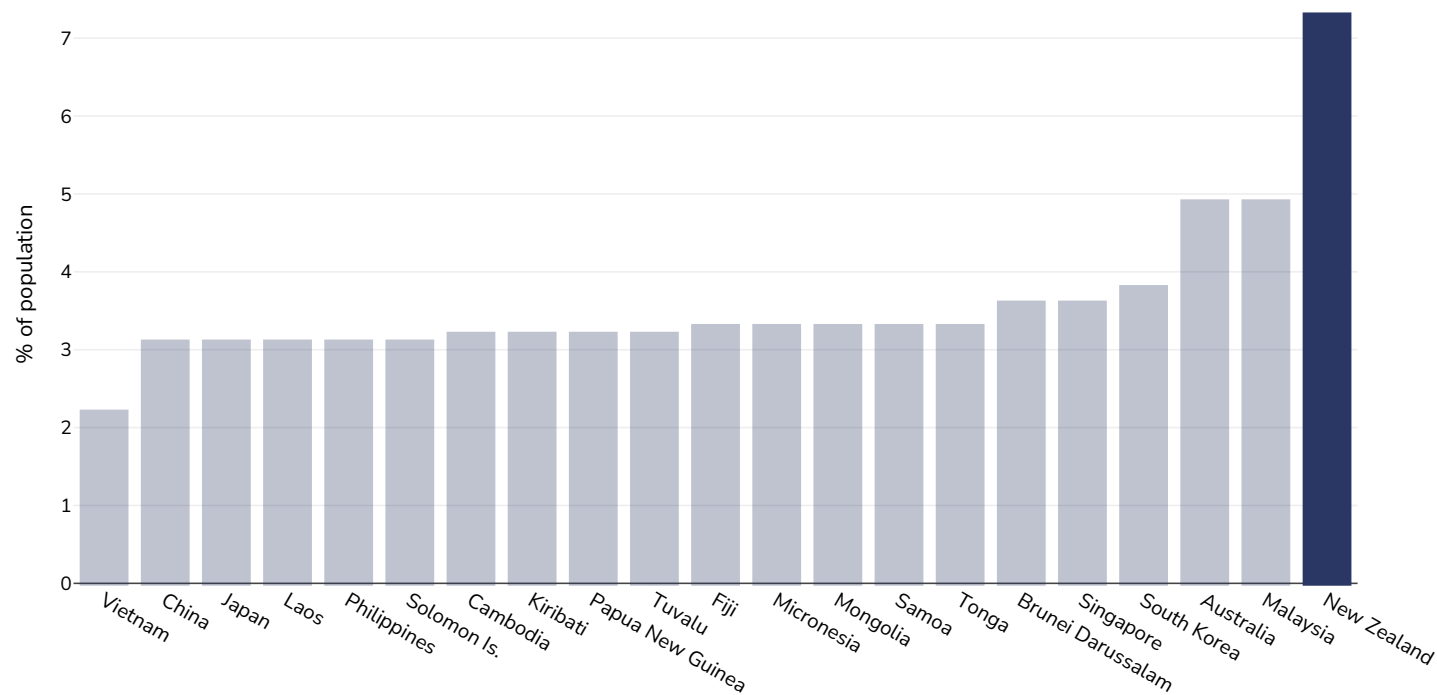


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

## Mental health - anxiety disorders

### Adults, 2015

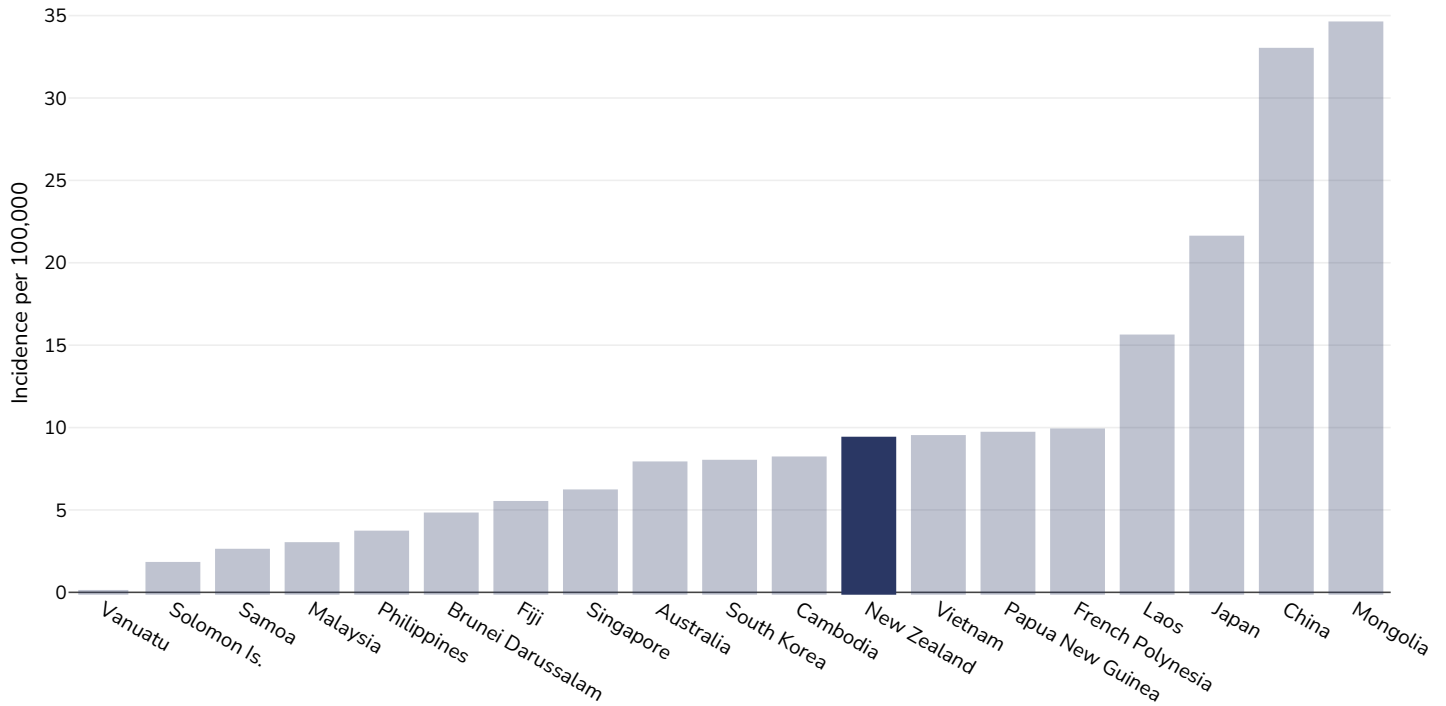


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

## Oesophageal cancer

### Men, 2020



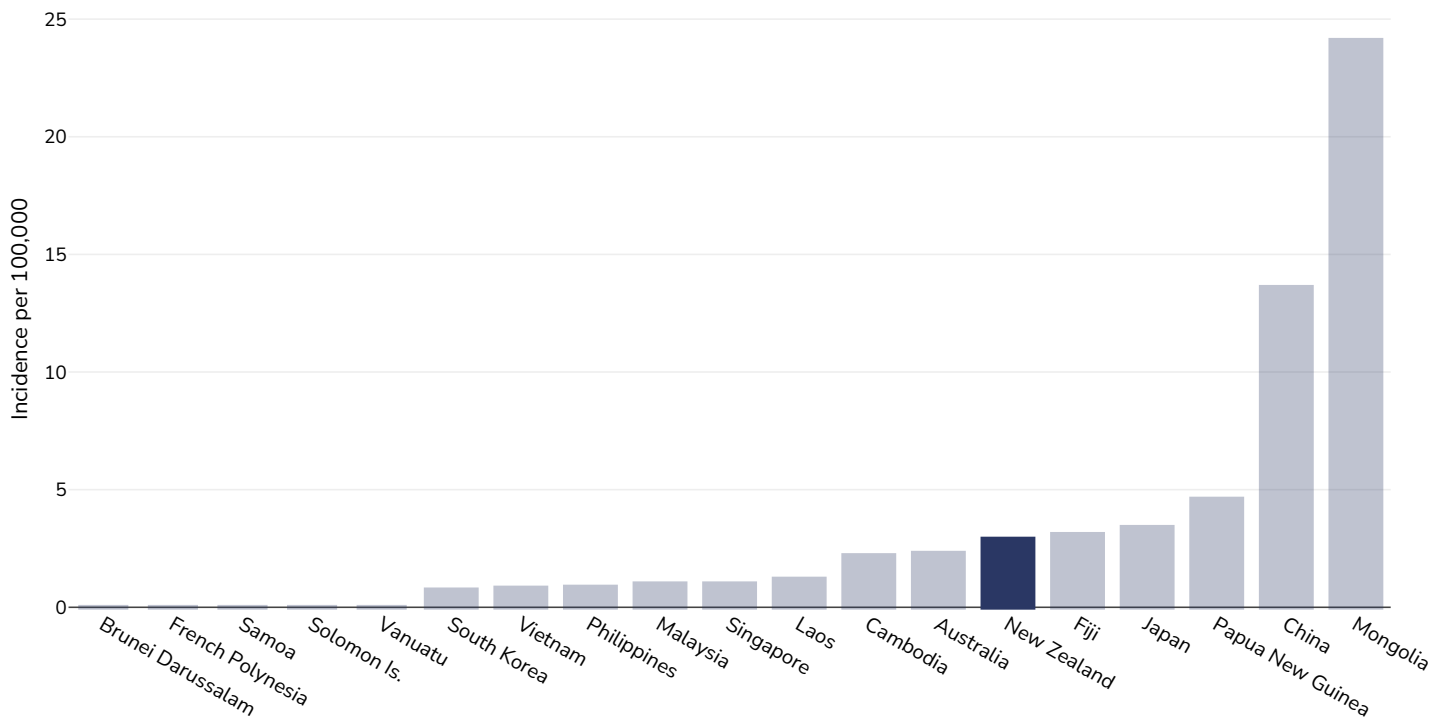
Age: 20+

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 incidence rates per 100 000

## Women, 2020



Age: 20+

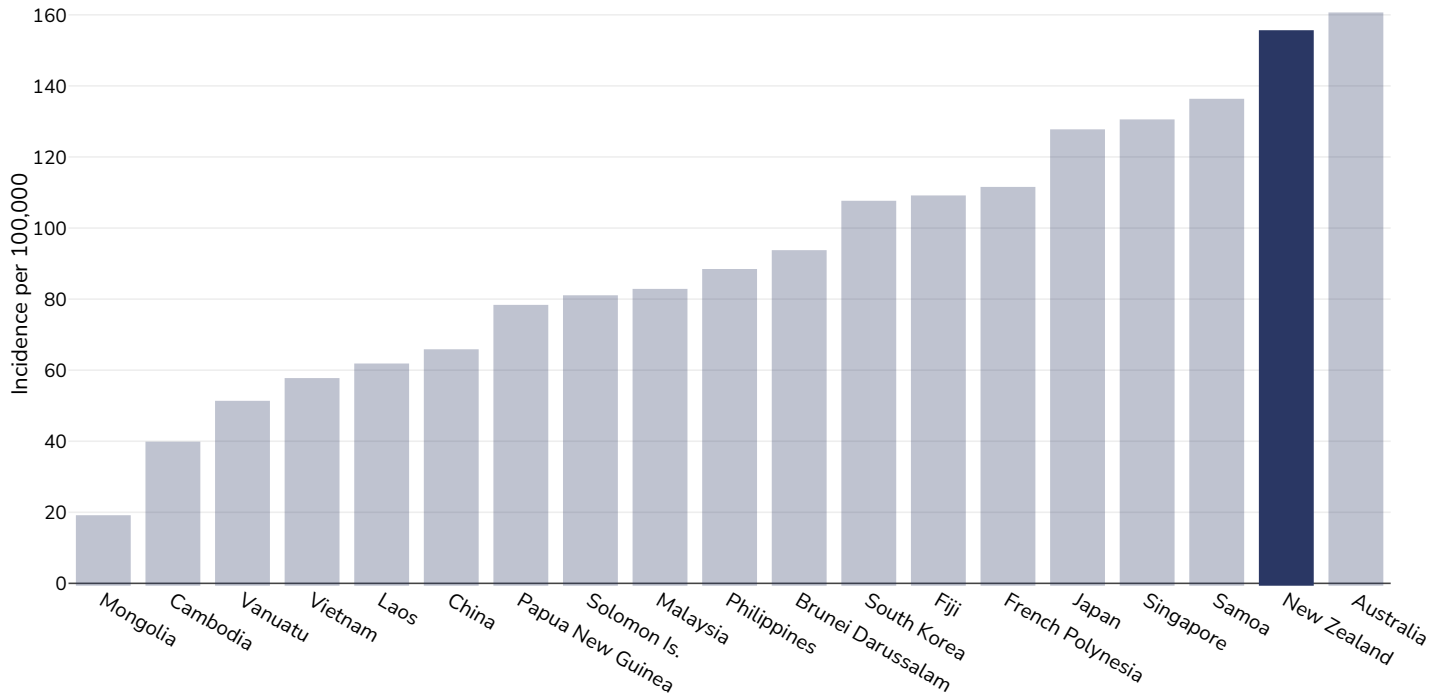
Area covered: National

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 incidence rates per 100 000

## Breast cancer

### Women, 2020



Age: 20+

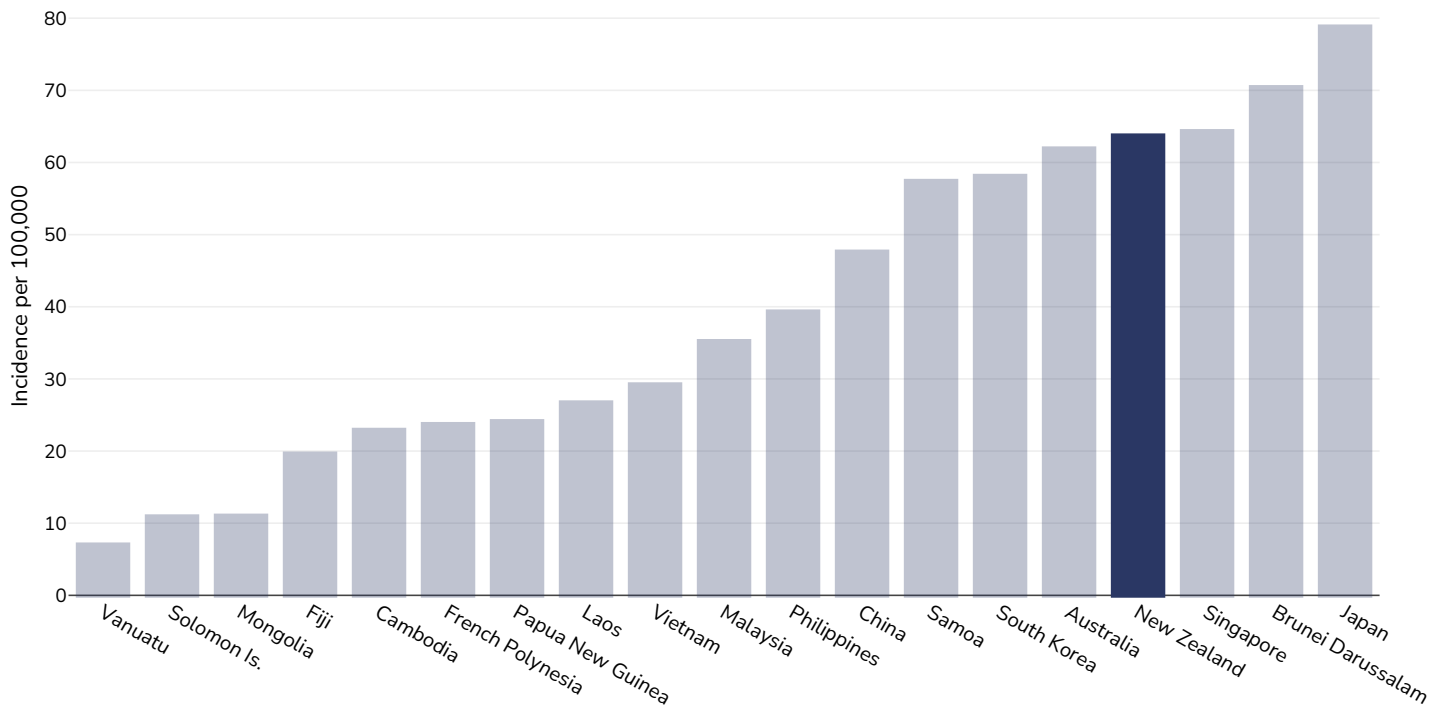
Area covered: National

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 incidence rates per 100 000

## Colorectal cancer

### Men, 2020



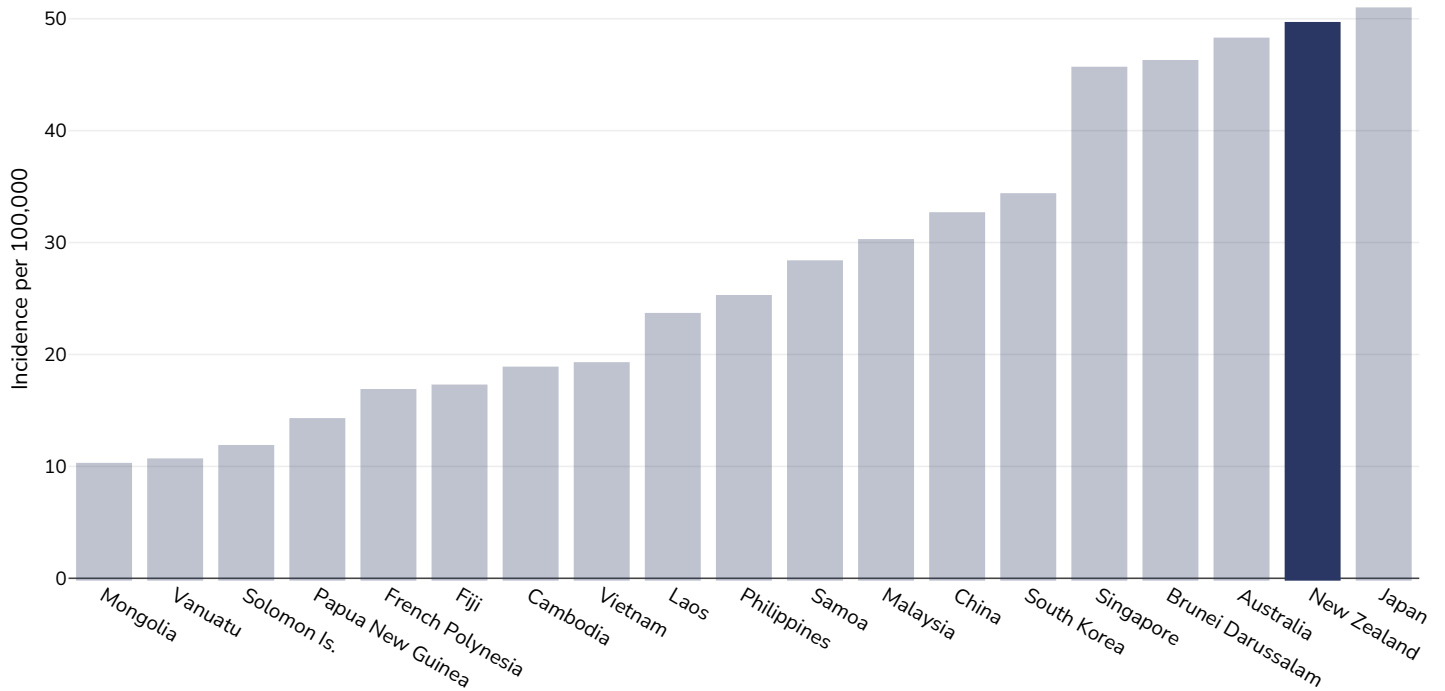
Age: 20+

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 incidence rates per 100 000

## Women, 2020



Age: 20+

Area covered: National

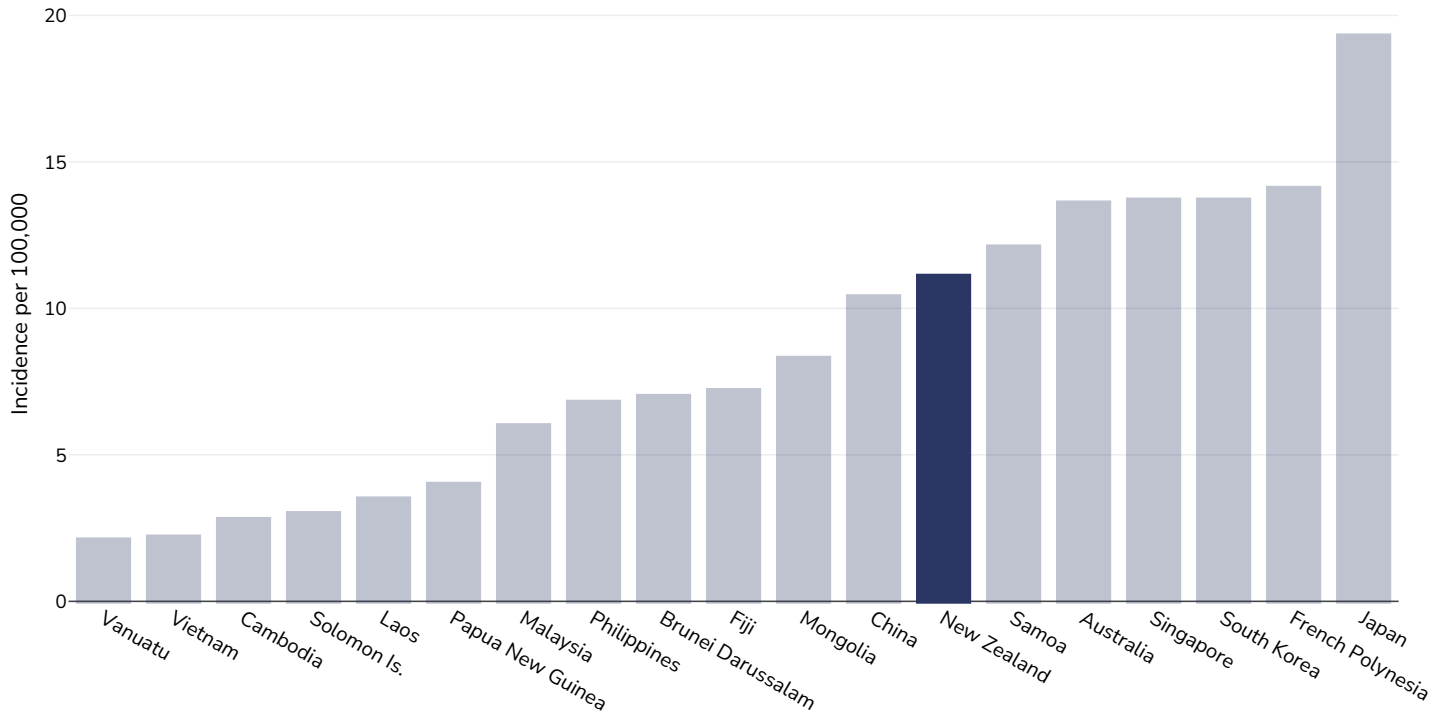
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2259

Definitions: Age-standardized incidence rates per 100 000



## Pancreatic cancer

### Men, 2020



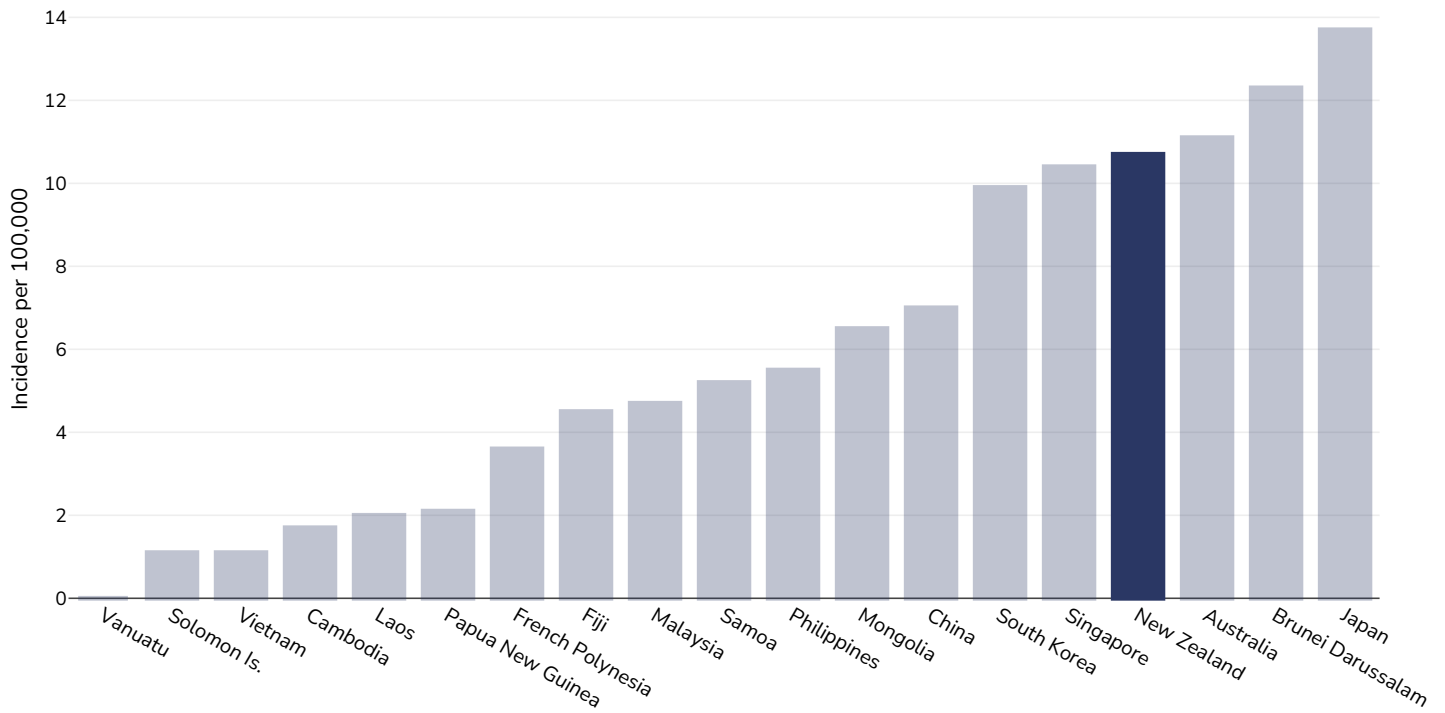
Age: 20+

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 incidence rates per 100 000

## Women, 2020



Age: 20+

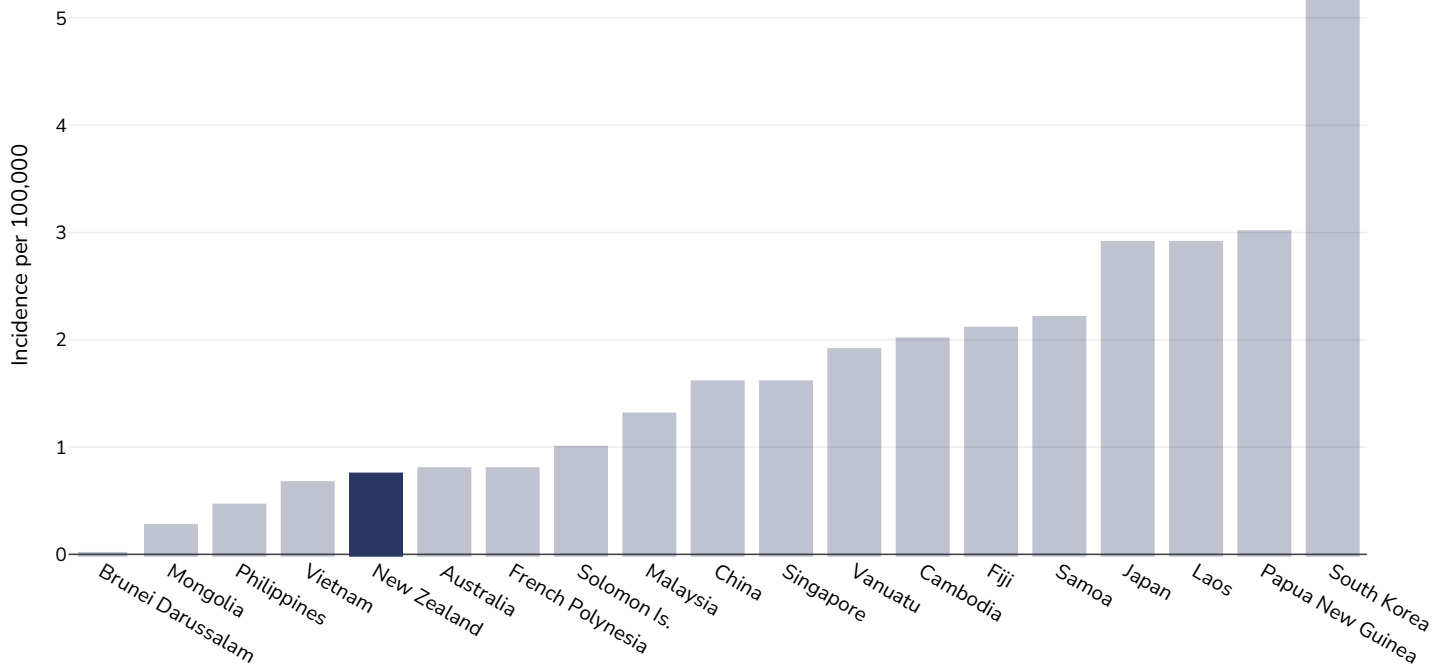
Area covered: National

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 incidence rates per 100 000

## Gallbladder cancer

### Men, 2020



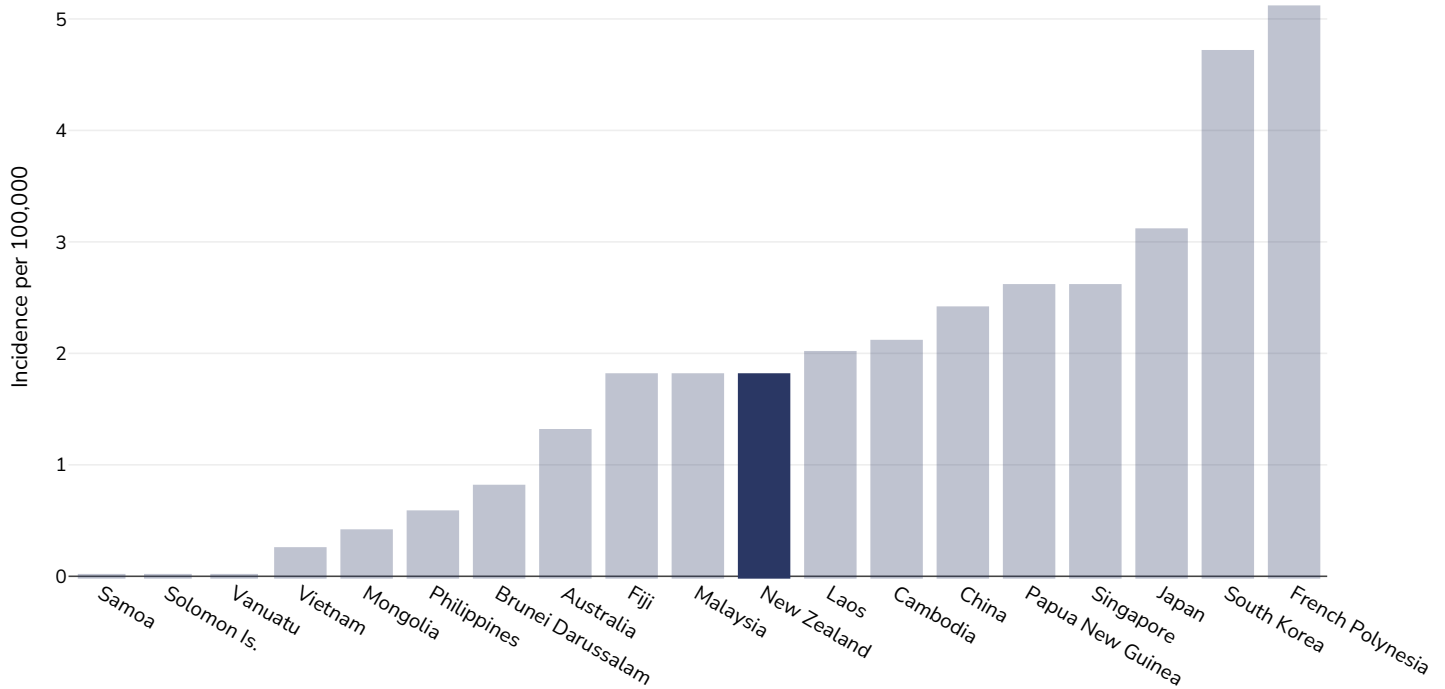
Age: 20+

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 incidence rates per 100 000

## Women, 2020



Age: 20+

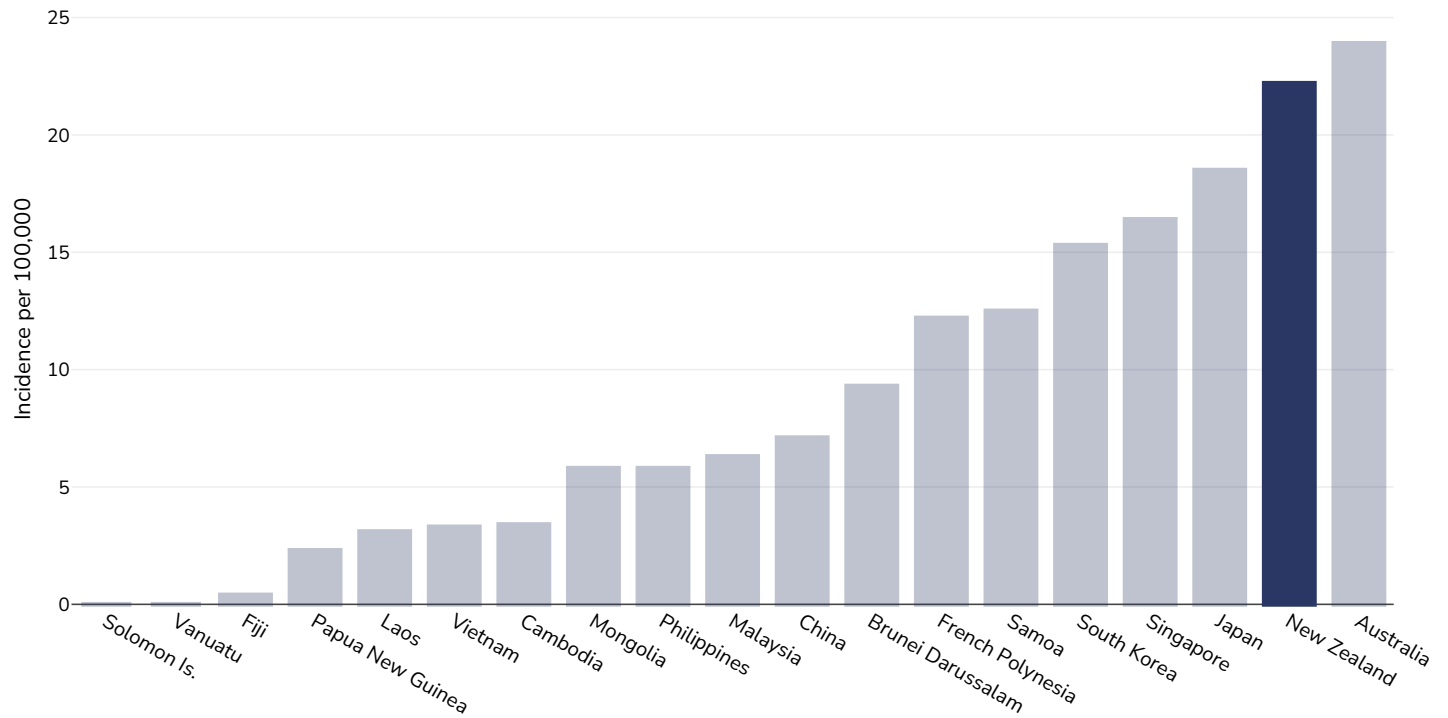
Area covered: National

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 incidence rates per 100 000

## Kidney cancer

### Men, 2020



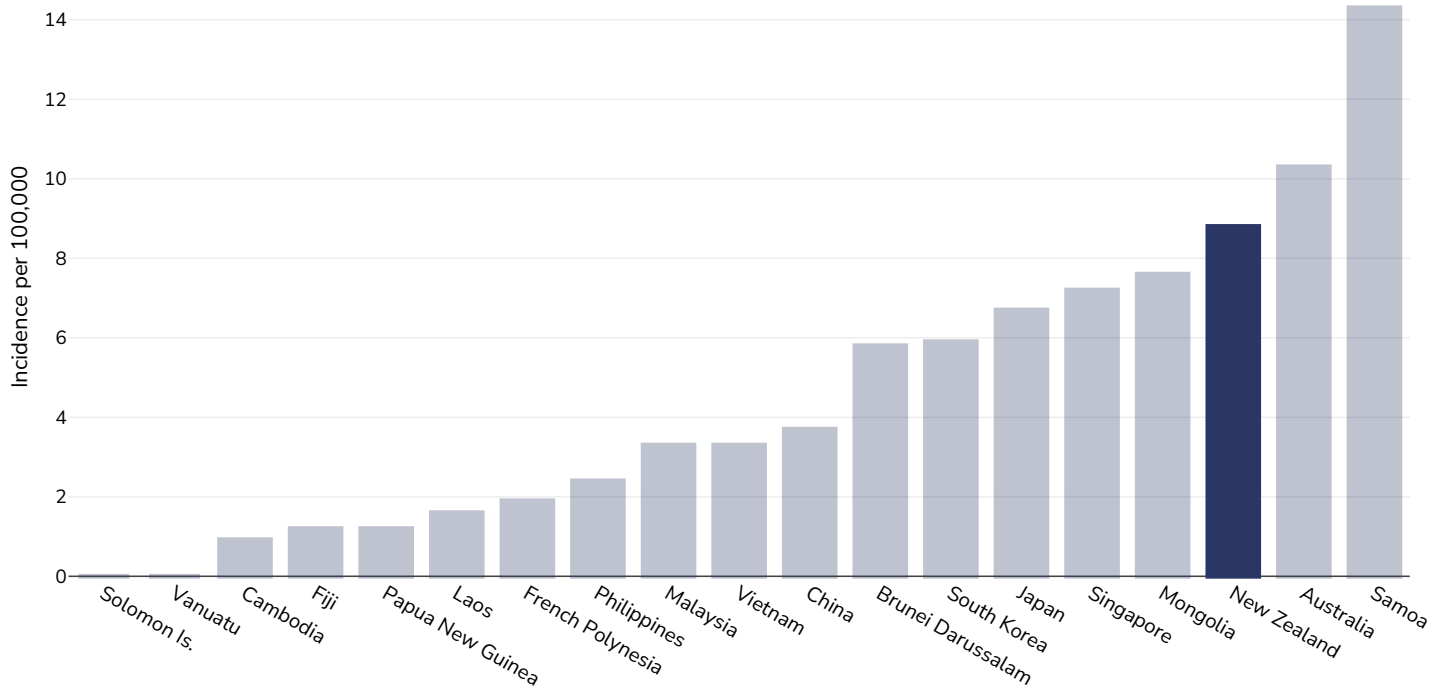
Age: 20+

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 incidence rates per 100 000

## Women, 2020



Age: 20+

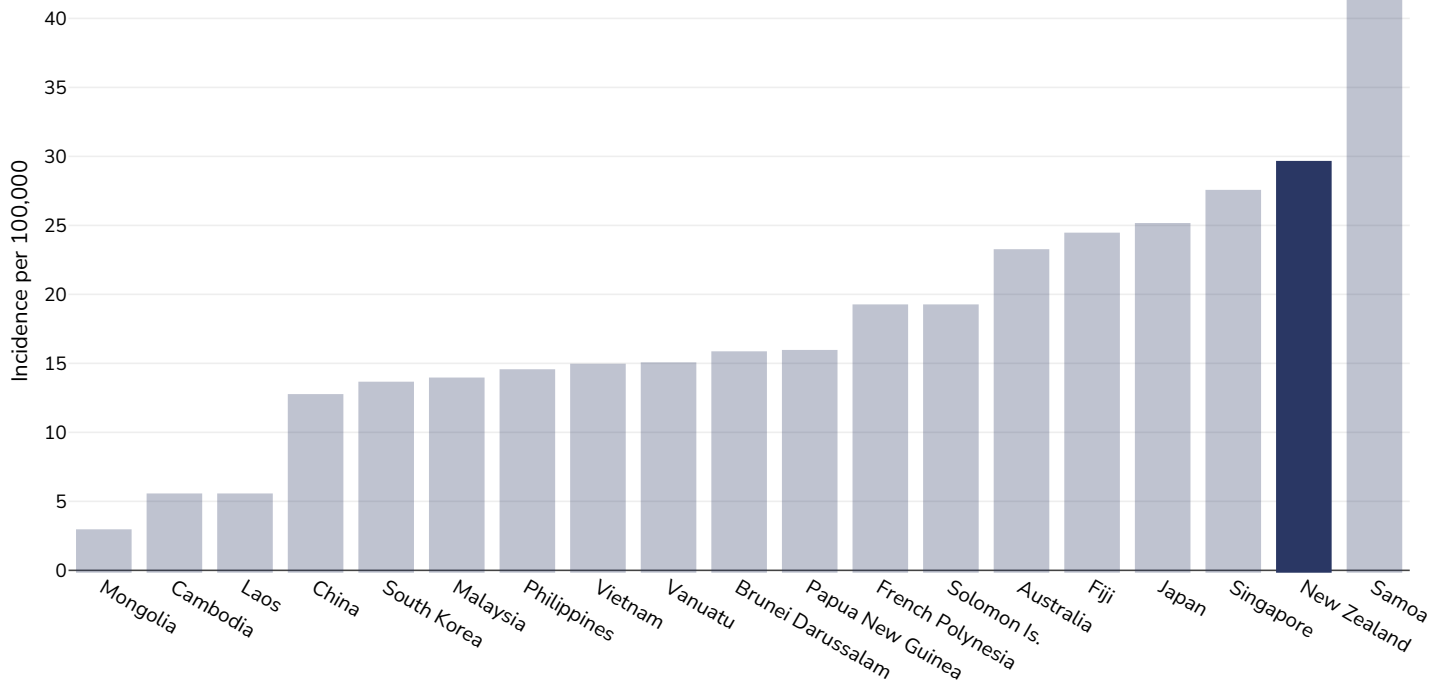
Area covered: National

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 incidence rates per 100 000

## Cancer of the uterus

### Women, 2020



Age: 20+

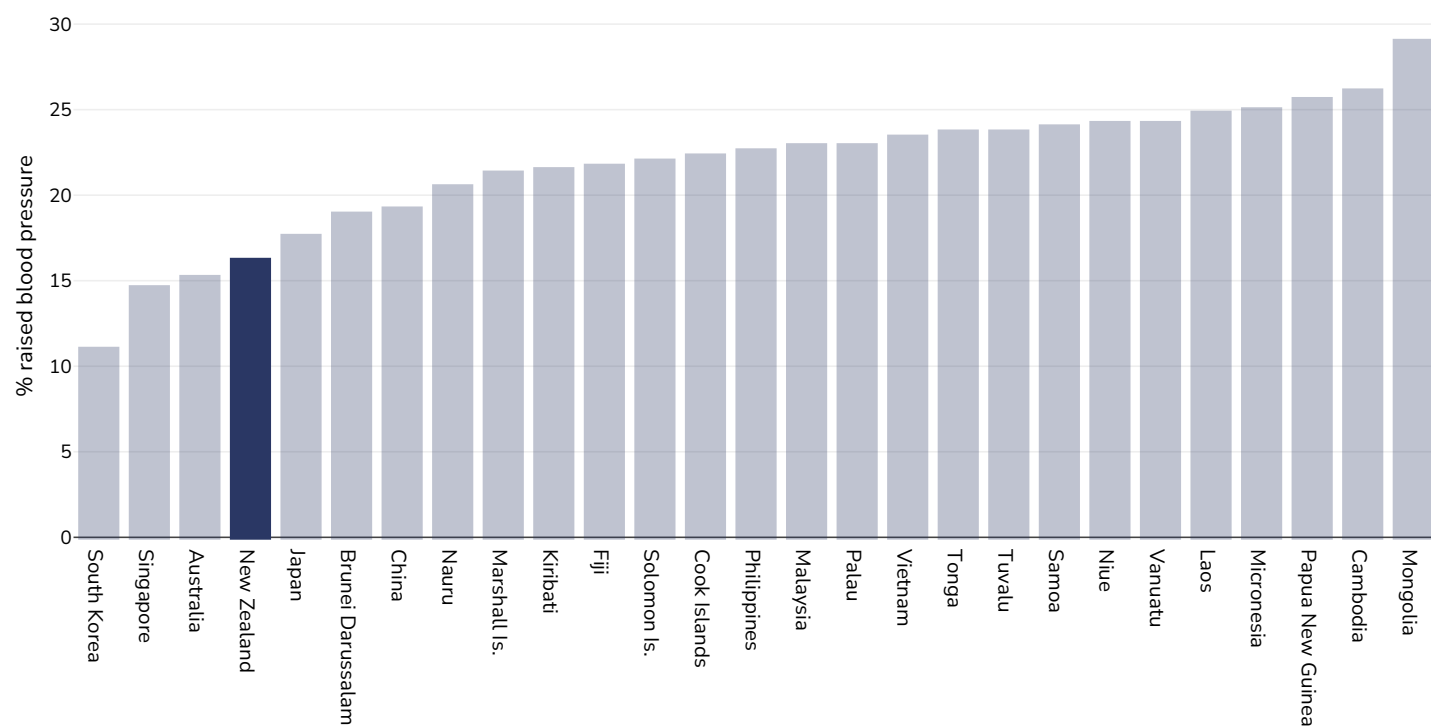
Area covered: National

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 incidence rates per 100 000

## Raised blood pressure

### Adults, 2015



References:

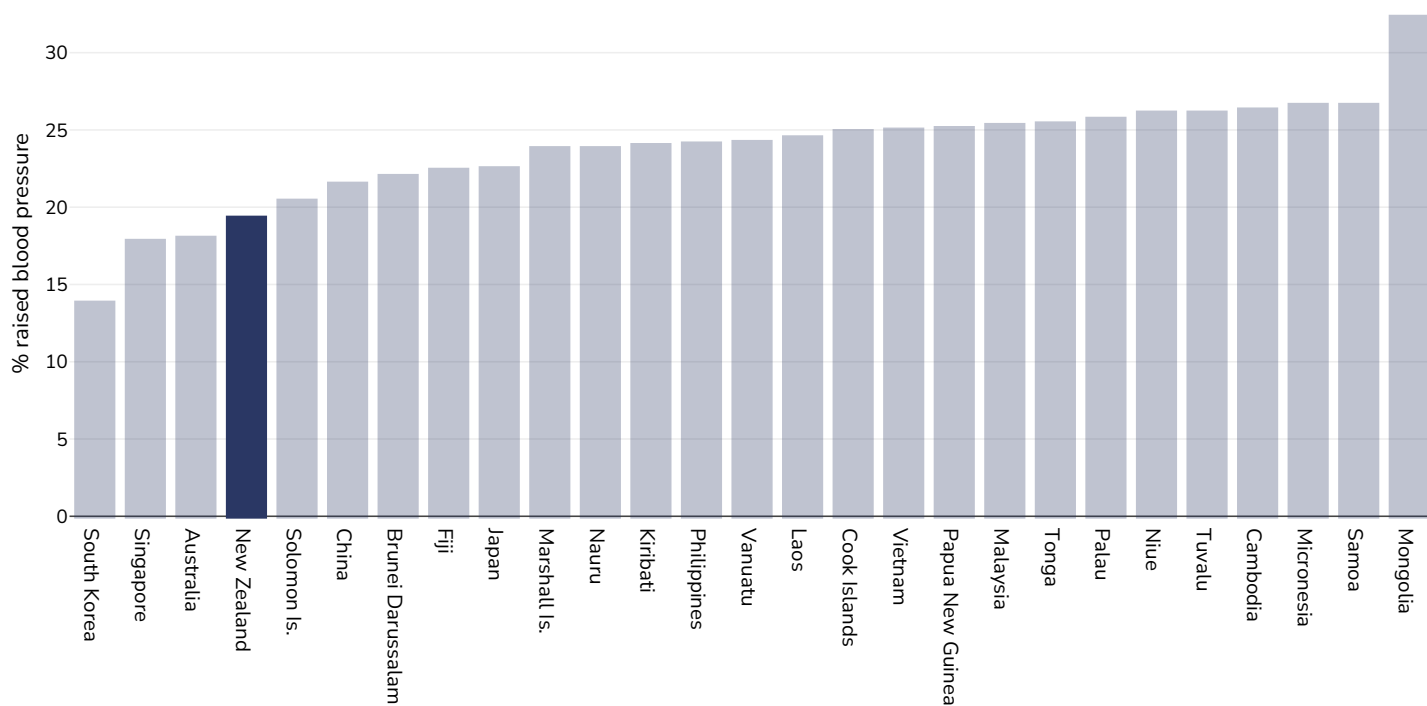
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).



## Men, 2015



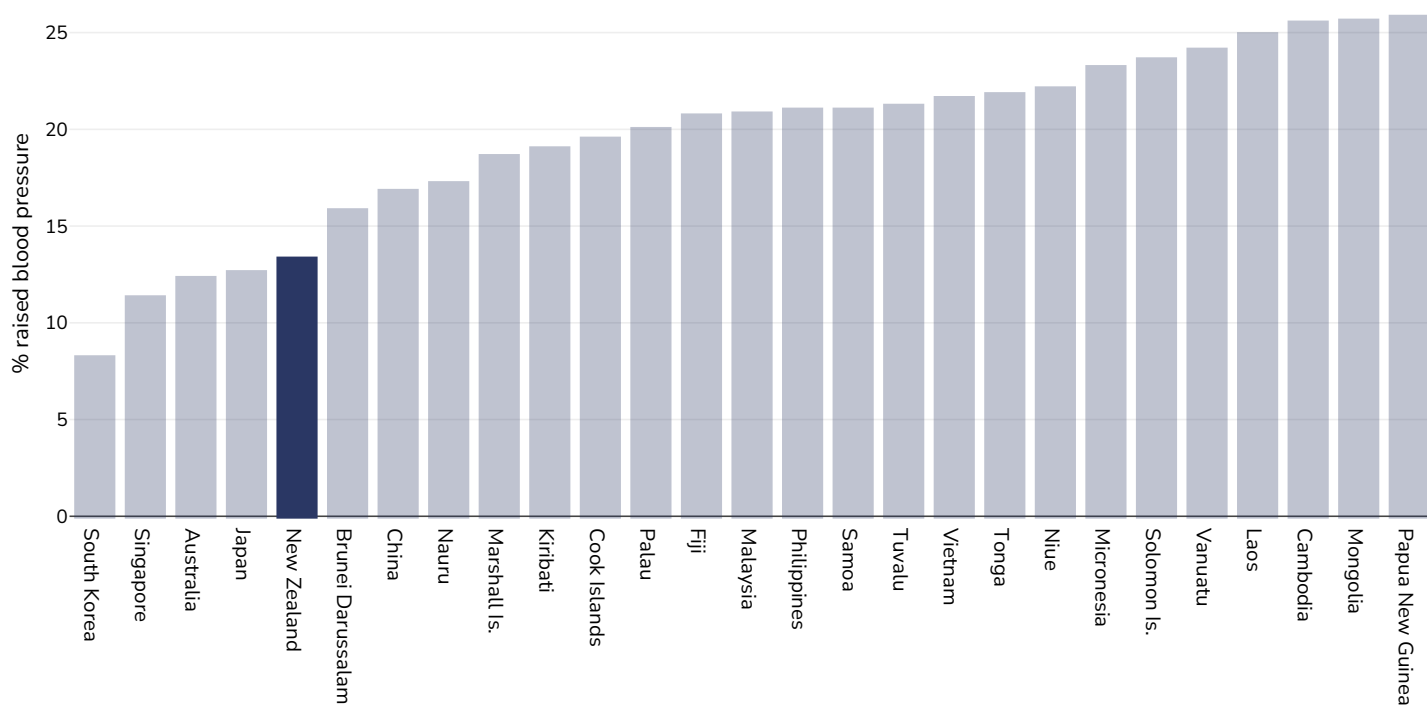
References:

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).

## Women, 2015



References:

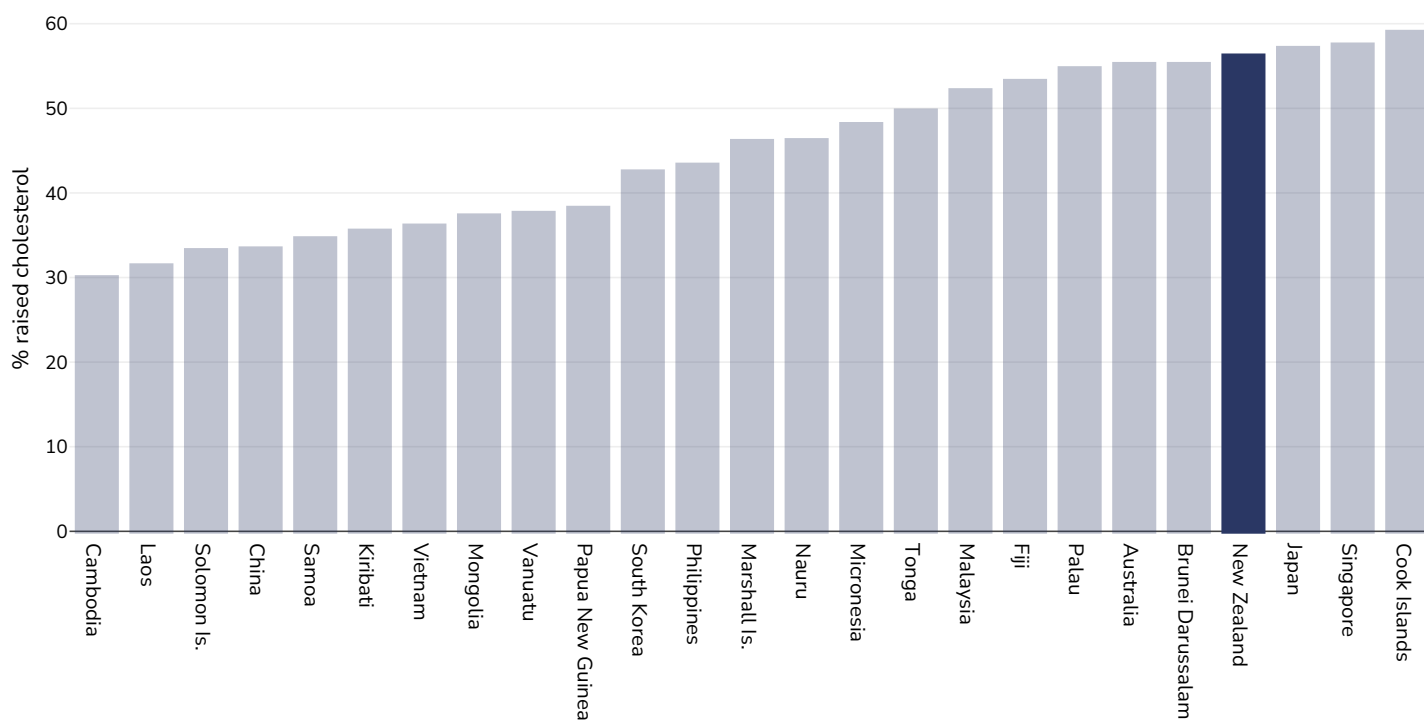
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

## Raised cholesterol

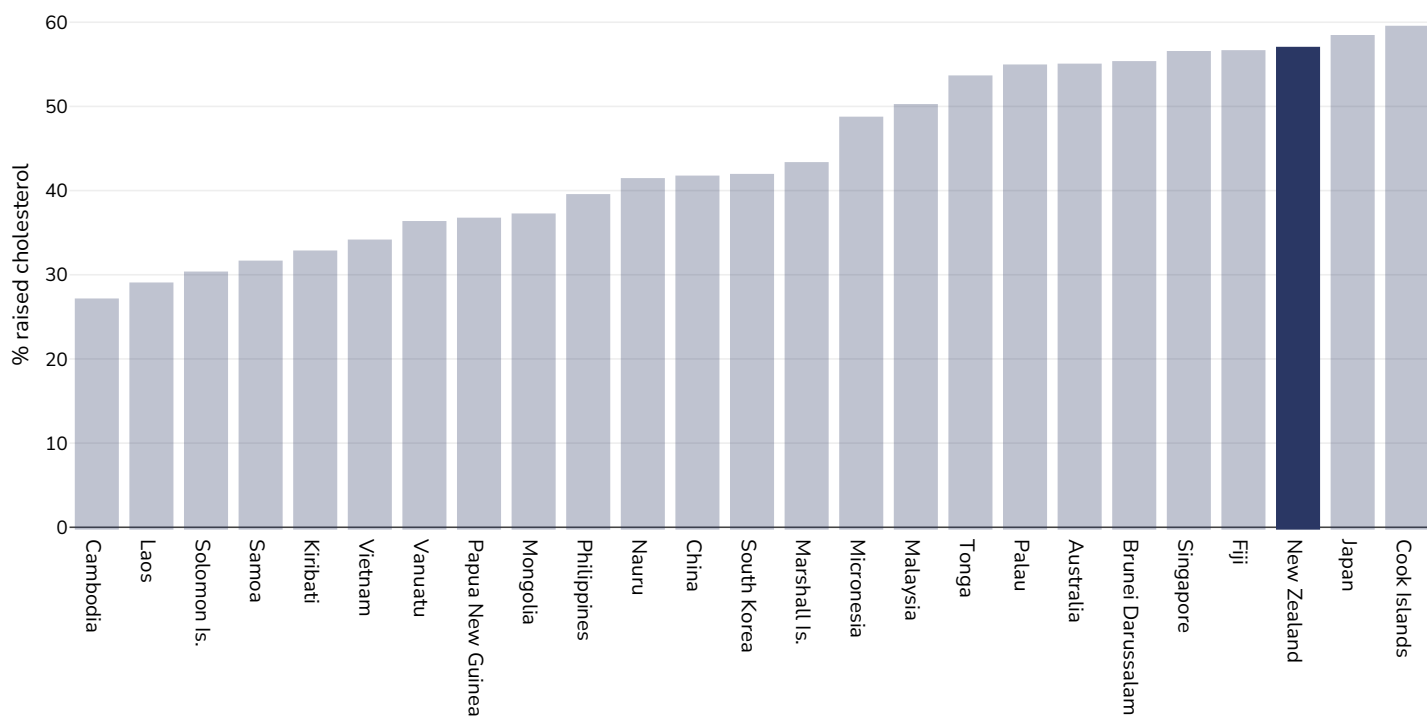
### Adults, 2008



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

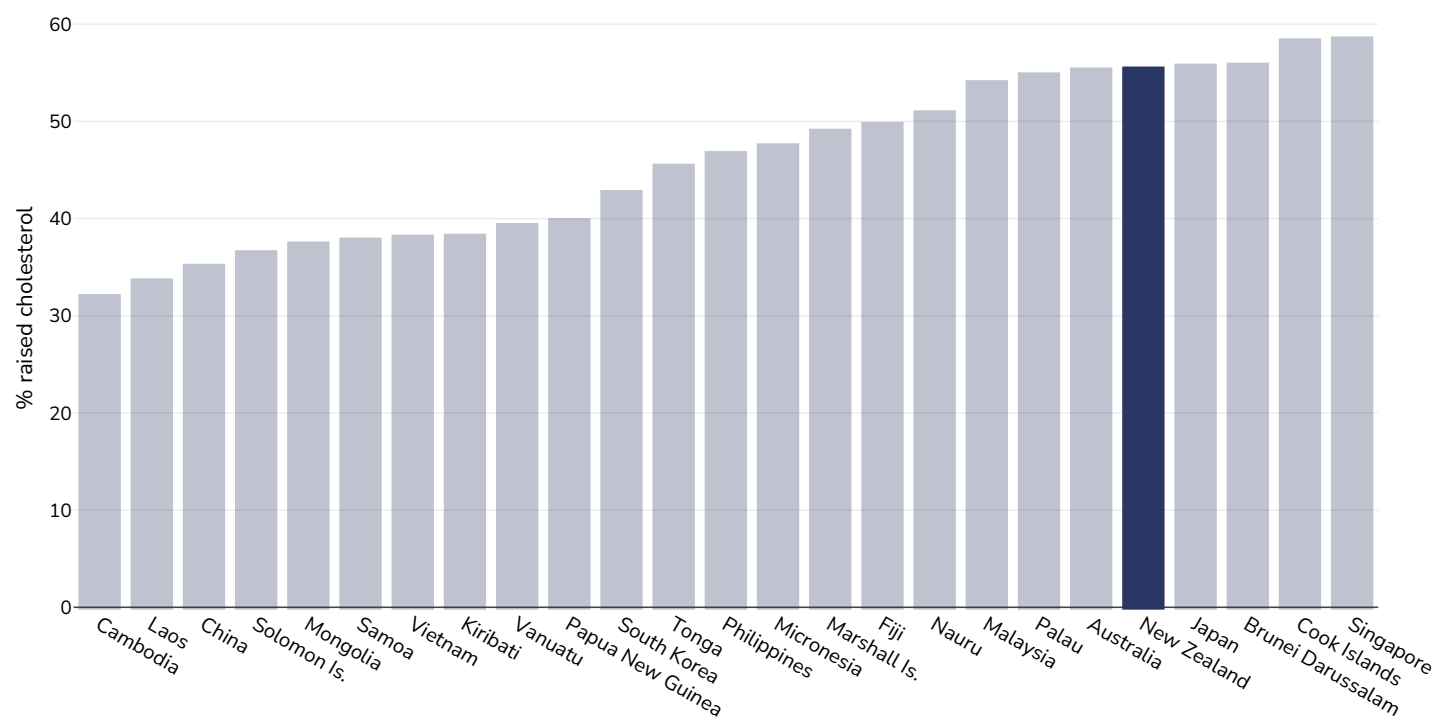
## Men, 2008



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Women, 2008

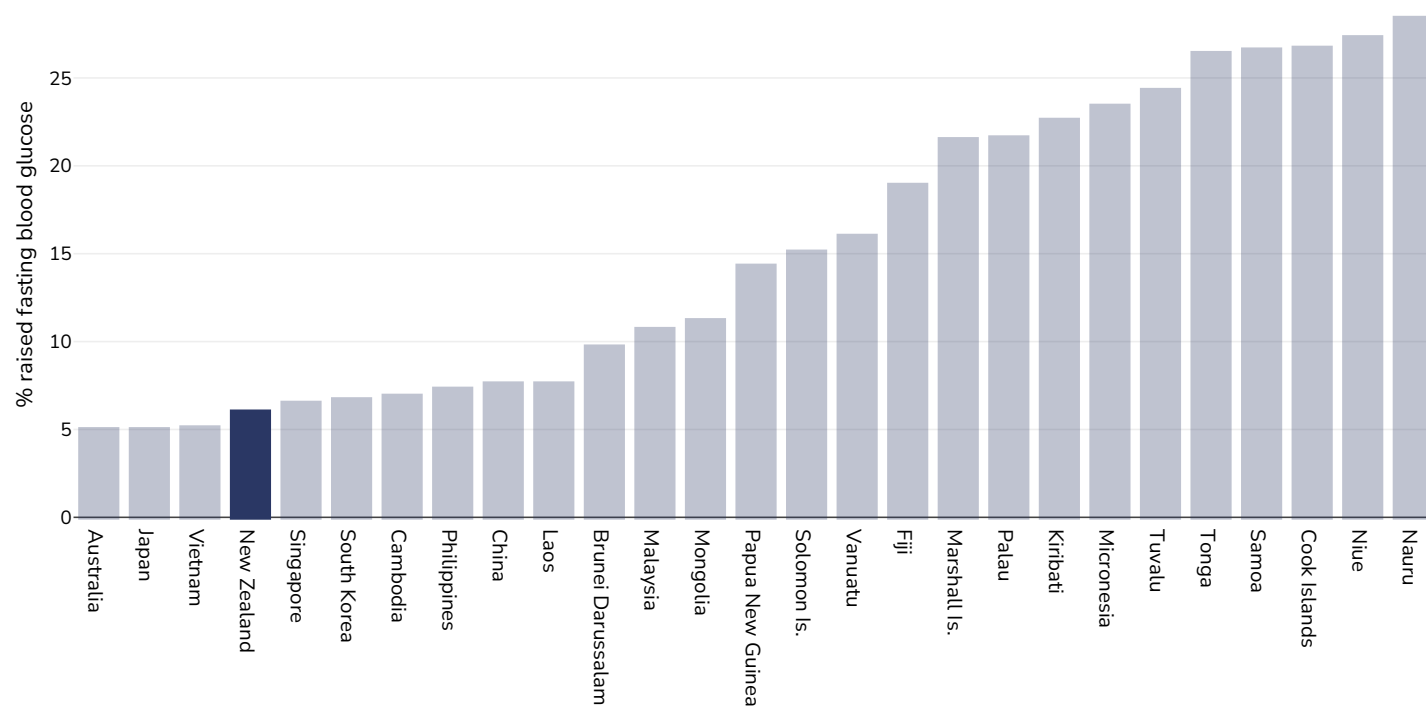


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Raised fasting blood glucose

Men, 2014



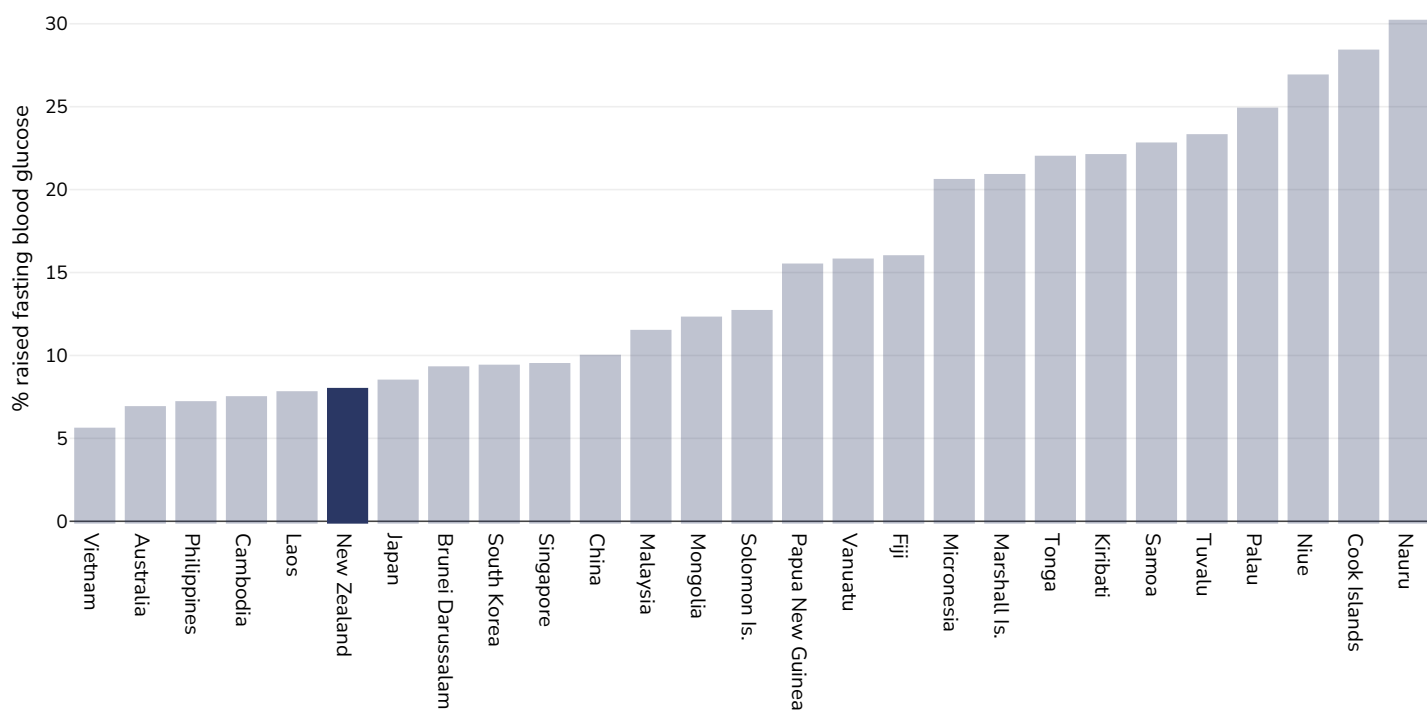
References:

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 ( $\geq 7.0$  mmol/L or on medication).

## Women, 2014



References:

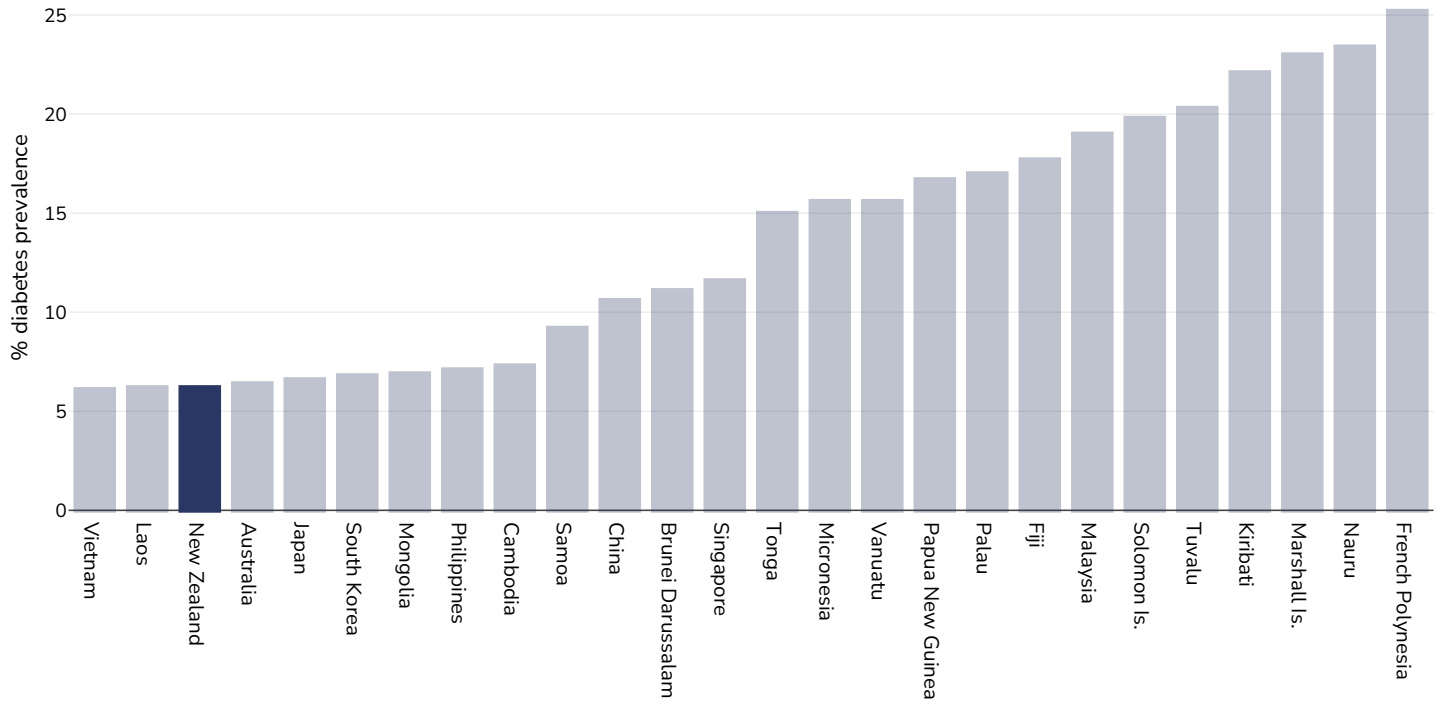
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).

## Diabetes prevalence

### Adults, 2021



Age: 20-79

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

<b>Is there mandatory nutrition labelling?</b>	✓
Front-of-package labelling?	✓
Back-of-pack nutrition declaration?	✓
Color coding?	✗
Warning label?	✗



## Regulation and marketing

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



## Political will and support

<b>National obesity strategy or nutrition and physical activity national strategy?</b>	✓
National obesity strategy?	✓
National childhood obesity strategy?	✓
Comprehensive nutrition strategy?	✓
Comprehensive physical activity strategy?	✓
<b>Evidence-based dietary guidelines and/or RDAs?</b>	✓
<b>National target(s) on reducing obesity?</b>	?
<b>Guidelines/policy on obesity treatment?</b>	✓
<b>Promotion of breastfeeding?</b>	✓



## Monitoring and surveillance

<b>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</b>	✓
Within 5 years?	✓



## Governance and resource

<b>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</b>	✓
--	---

### Key

✓ Present

✓<sub>v</sub> Present

(voluntary)

✓ Incoming

✗ Absent

? Unknown

Last updated September 13, 2022

PDF created on June 17, 2024