

New Zealand



Country report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <u>https://data.worldobesity.org/country/new-</u>zealand-155/.



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Obesity prevalence

Adults, 2022-2023

Obesity Overweight





Children, 2022-2023







% Adults living with obesity in New Zealand 1982-2002





% Adults living with obesity in New Zealand 2006-2023





Women





Men and women





% Adults living with overweight and obesity by ethnicity in New Zealand 2006-2023

Women



Measured

References: 2006, 2011, 2012, 2013, 2015, 2016, 2017, 2018: New Zealand Health Survey. https://www.health.govt.nz/publication/annual-updatekey-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-newzealand-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-mjrkhilyhhldiiiid-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-updatekey-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-keyresults-2022-23-new-zealand-health-survey (Accessed 18.12.23)

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



Men





% Adults living with overweight or obesity in New Zealand 1982-2002

Overweight or obesity, Men • Overweight or obesity, Women





% Adults living with overweight or obesity in New Zealand 2006-2023

Men

Survey type:

Overweight or obesity



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-zealandhealth-survey (last accessed 14.07.20)

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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)

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

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

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





Men and women

• Overweight or obesity





% Adults living with overweight or obesity in New Zealand by socioeconomic group 2006-2019

Men



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/m², obesity refers to a BMI greater than 30kg/m².





Women





% Children living with overweight or obesity in New Zealand 2002-2022

Boys and girls

Overweight or obesity



Measured

IOTF

Survey type: 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

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

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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)

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results-2022-23-new-zealand-health-survey (Accessed 18.12.23)

Definitions:



Girls

• Overweight or obesity





Boys

• Overweight or obesity





Children obesity 2002-2023



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

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-

<u>16-new-zealand-health-survey</u> (Accessed 15 December 2016).

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https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/ (Accessed 11.04.19)

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2020: Annual Update of New Zealand Health Survey 2020/2021 available athttps://www.health.govt.nz/publication/annual-update-keyresults-2020-21-new-zealand-health-survey Accessed 08.11.21.

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



Boys



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- yhhldiiiid-r/ (last accessed 19.11.20)

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Boys and girls



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. <u>https://www.health.govt.nz/publication/annual-update-key-</u> results-2022-23-new-zealand-health-survey (Accessed 18.12.23)



% Adults living with obesity in selected countries in the Asia/Oceania Region 1975-2019, selected countries



Men



References: 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata 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.

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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

2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines.

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2011: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICF International. 2013. Bangladesh Demographic and Health Survey 2011. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.

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

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2015: Institute for Public Health (IPH) 2015. National Health and Morbidity Survey 2015 (NHMS 2015). Vol. II: Non-Communicable Diseases, Risk Factors & Other Health Problems; 2015.

2016: Ministry of Health - MOH/Nepal, New ERA/Nepal, and ICF. 2017. Nepal Demographic and Health Survey 2016. Kathmandu, Nepal: MOH/Nepal, New ERA/Nepal, and ICF.





Women



References: 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata 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

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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).

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2011: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICF International. 2013. Bangladesh Demographic and Health Survey 2011. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.

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

2014: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates, and ICF International. 2016. Bangladesh Demographic and Health Survey 2014. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.. http://www.dhsprogram.com/publications/publication-FR311-DHS-Final-Reports.cfm (last accessed 11th April 2016)

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Overweight/obesity by age

Adults, 2022-2023





Children, 2022-2023





Overweight/obesity by region

Adults, 2017-2019



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



Men, 2017-2019

WORLD ØBESITY



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



Women, 2017-2019





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



Children, 2017-2020







Boys, 2017-2020





Girls, 2017-2020





Overweight/obesity by socio-economic group

Men, 2022-2023

Definitions:

Obesity Overweight



 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)

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.


Women, 2022-2023

Obesity Overweight



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

Obesity Overweight





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

Obesity Overweight





Children, 2022-2023

Obesity Overweight





Double burden of underweight & overweight





Children, 2022





Insufficient physical activity













Children, 2016





Boys, 2016





Girls, 2016





Estimated per capita fruit intake





Estimated per-capita processed meat intake





Estimated per capita whole grains intake





Mental health - depression disorders





4000	
1000	
3500	
3000	
⊊ 2500	
ti 02300	
oula	
62500 foopulation footoon footoon %	
of	
%	
1500	
1000	
1000	
500	
0	New Zealand
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.
	Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)







Children, 2021



Boys, 2021





Girls, 2021





Mental health - anxiety disorders











Children, 2021



Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



Boys, 2021

References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <u>http://vizhub.healthdata.org/gbd-compare</u>. (Last accessed 23.04.25)



Girls, 2021





Oesophageal cancer









Breast cancer

Age 20 Age 20+





Colorectal cancer









Pancreatic cancer









Gallbladder cancer









Kidney cancer








Cancer of the uterus





Raised blood pressure

Adults, 2015



Definitions:

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



Men, 2015



Definitions:

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





Definitions:

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



Raised cholesterol

Adults, 2008



Definitions:

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

Men, 2008









Raised fasting blood glucose

Men, 2014









Diabetes prevalence

Adults, 2024



Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer





Leukemia

Men, 2022							
4							
3							
2							
1							
0							
-1_1	0	1	2	3	4	5	6
Age:							20+
Area covered: References:			sanne M, Colombet M rance: International Ag			m: <u>https://gco.iarc.wh</u>	
Definitions:						Incidence p	
	Unless ot	herwise noted. overw	eiaht refers to a BMI b	etween 25kg and 29	.9ka/m². obesitv refer	s to a BMI greater tha	n 30ka/m².



4							
3							
2							
1							
0							
-1 -1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					Znaor A, Soerjomataran n Cancer. Available fror	n: <u>https://gco.iarc.whc</u>	
Definitions:						Incidence pe	r 100,000
	Unless othe	erwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater than	ו 30kg/m².



Leukemia





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







Liver and intrahepatic bile duct Cancer

Men, 2022











Multiple Myeloma

Men, 2022



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







Non Hodgkin Lymphoma

Men, 2022



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







Thyroid Cancer

Men, 2022







PDF created on July 14, 2025