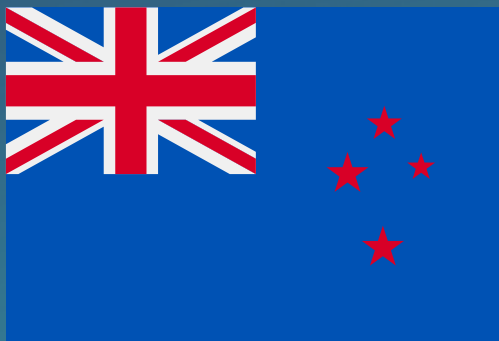




New Zealand



Country report card - children

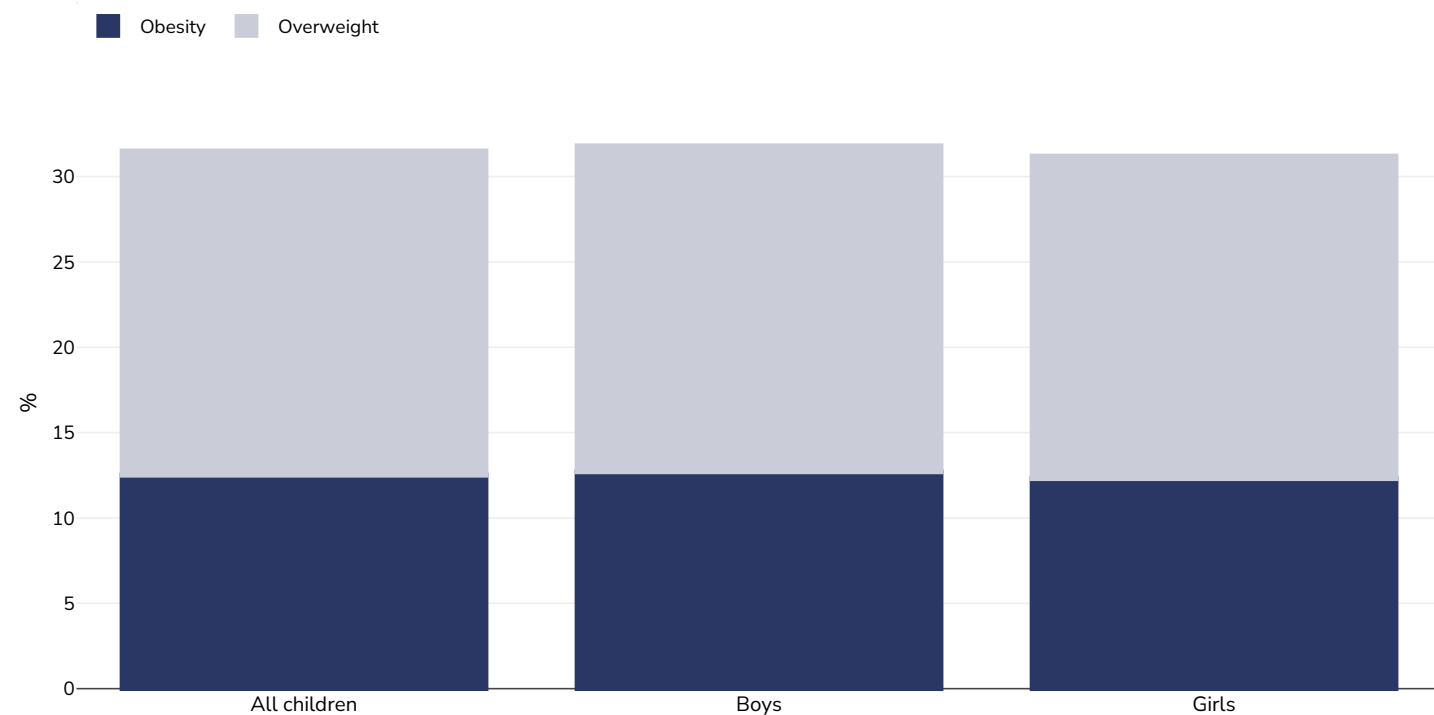
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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| Trend: % Children living with overweight or obesity in New Zealand 2011-2023 | 4 |
| Overweight/obesity by age | 7 |
| Overweight/obesity by region | 8 |
| Overweight/obesity by socio-economic group | 11 |
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| Double burden of underweight & overweight | 21 |
| Insufficient physical activity | 22 |
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Obesity prevalence

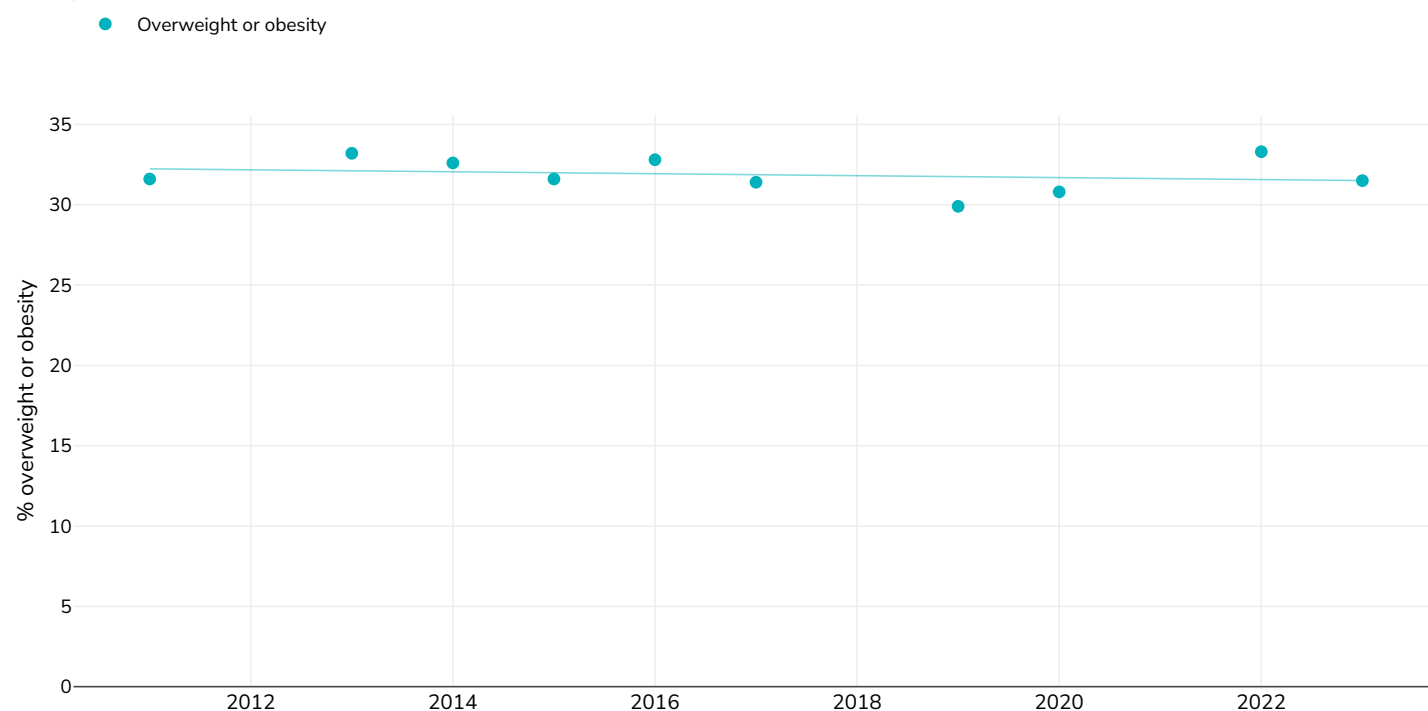
Children, 2023-2024



| | |
|---------------|---|
| Survey type: | Measured |
| Age: | 2-14 |
| Sample size: | 3062 |
| Area covered: | National |
| References: | Annual Update of Key Results 2023/24: New Zealand Health Survey. https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey [Last accessed 20.08.25] |
| Cutoffs: | IOTF |

% Children living with overweight or obesity in New Zealand 2011-2023

Boys and girls



Survey type:

Measured

References:

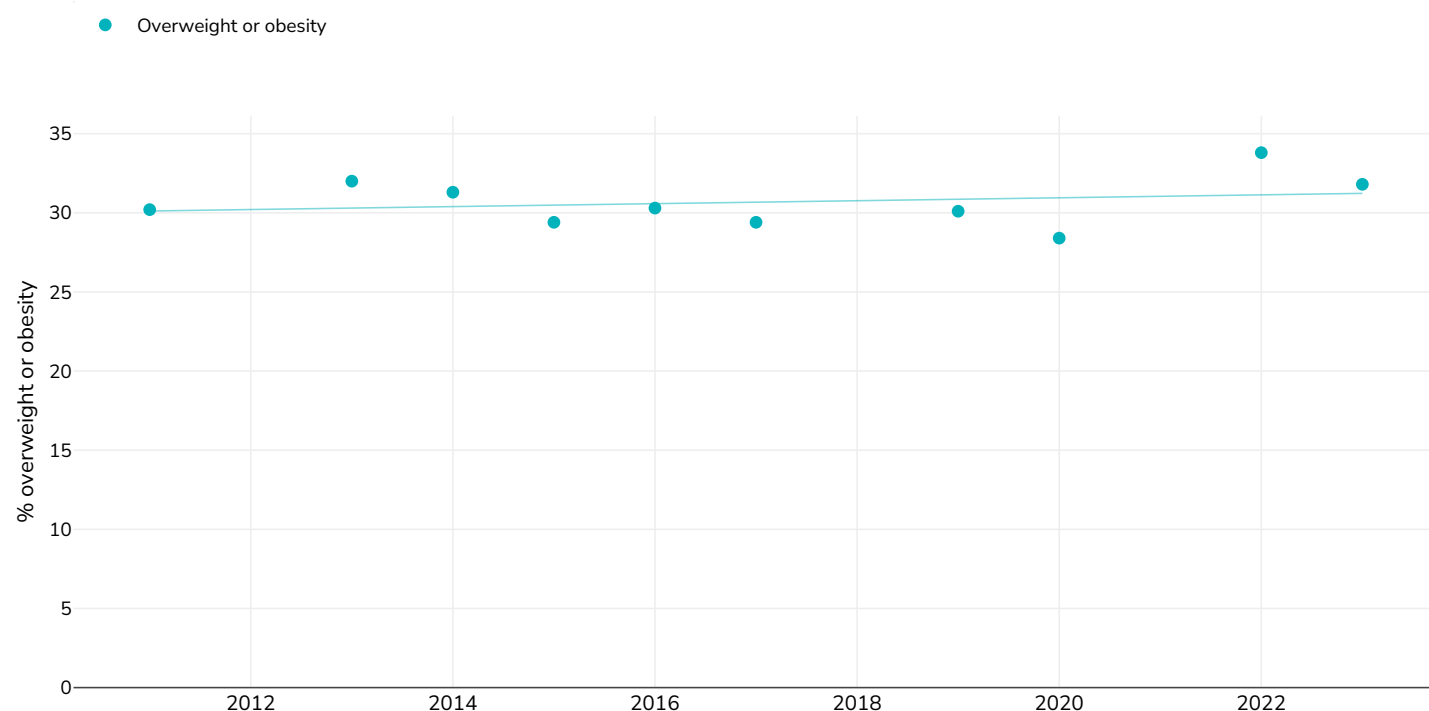
- 2011: Annual Update of Key Results 2011/12: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2013: Annual Update of Key Results 2013/14: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2014: Annual Update of Key Results 2014/15: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2015: Annual Update of Key Results 2015/16: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2016: Annual Update of Key Results 2016/17: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> [Last Accessed 20.08.25]
- 2019: Annual Update New Zealand Health Survey 2019/20 available at <https://minhealthnz.shinyapps.io/nz-health-survey-2023-24-annual-data-explorer/> (last accessed 20.08.25)
- 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)
- 2023: Annual Update of Key Results 2023/24: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]

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:

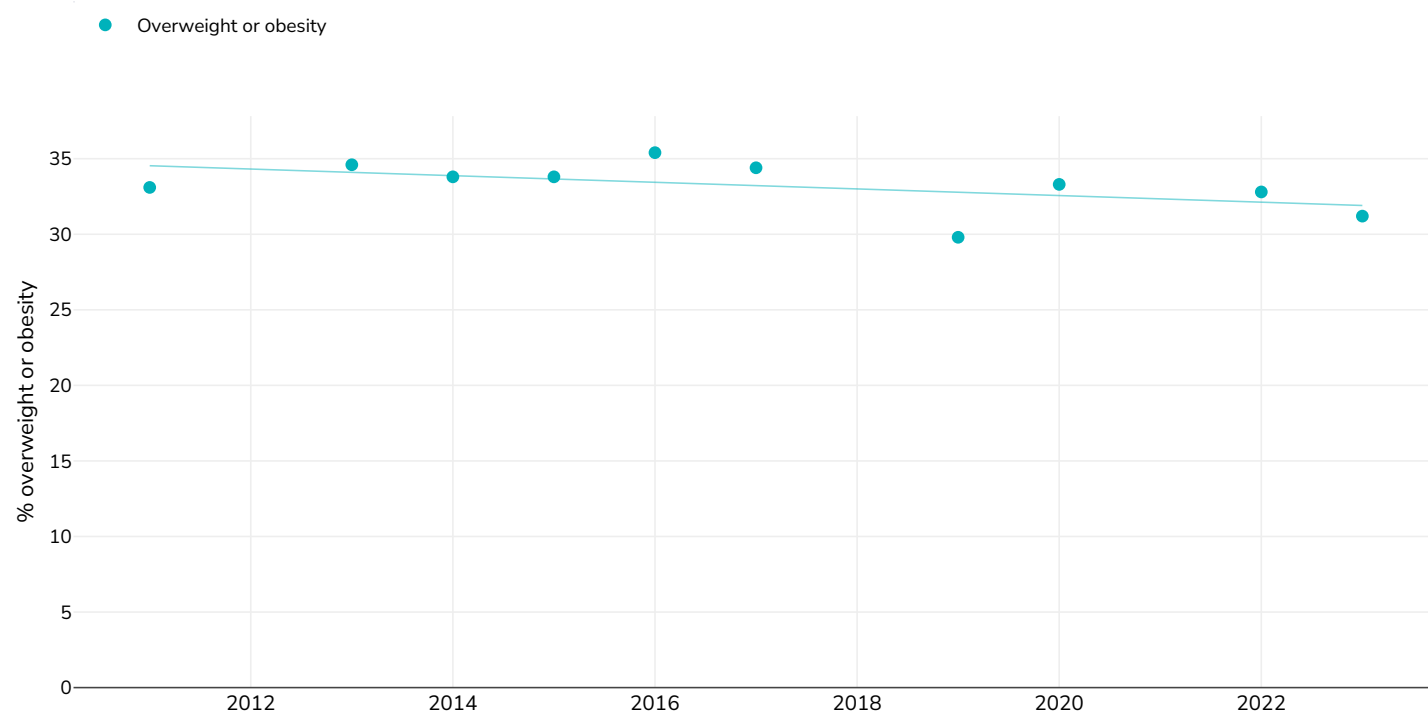
- 2011: Annual Update of Key Results 2011/12: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2013: Annual Update of Key Results 2013/14: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2014: Annual Update of Key Results 2014/15: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
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- 2016: Annual Update of Key Results 2016/17: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> [Last Accessed 20.08.25]
- 2019: Annual Update New Zealand Health Survey 2019/20 available at <https://minhealthnz.shinyapps.io/nz-health-survey-2023-24-annual-data-explorer/> (last accessed 20.08.25)
- 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)
- 2023: Annual Update of Key Results 2023/24: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]

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:

- 2011: Annual Update of Key Results 2011/12: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2013: Annual Update of Key Results 2013/14: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
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- 2015: Annual Update of Key Results 2015/16: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2016: Annual Update of Key Results 2016/17: New Zealand Health Survey. <https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey> [Last accessed 20.08.25]
- 2017: Ministry of Health. 2018. Annual Data Explorer 2017/18: New Zealand Health Survey. URL: <https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/> [Last Accessed 20.08.25]
- 2019: Annual Update New Zealand Health Survey 2019/20 available at <https://minhealthnz.shinyapps.io/nz-health-survey-2023-24-annual-data-explorer/> (last accessed 20.08.25)
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- 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)
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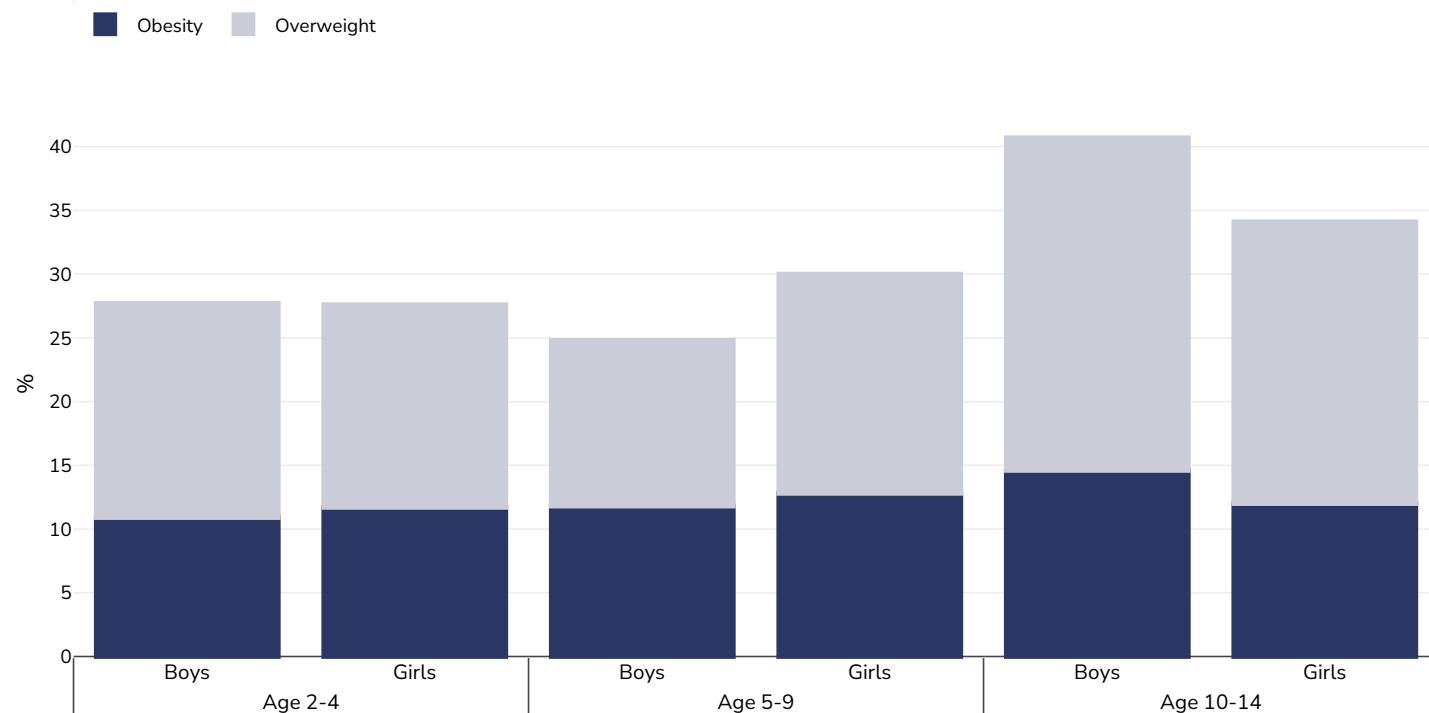
Definitions:

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.

Overweight/obesity by age

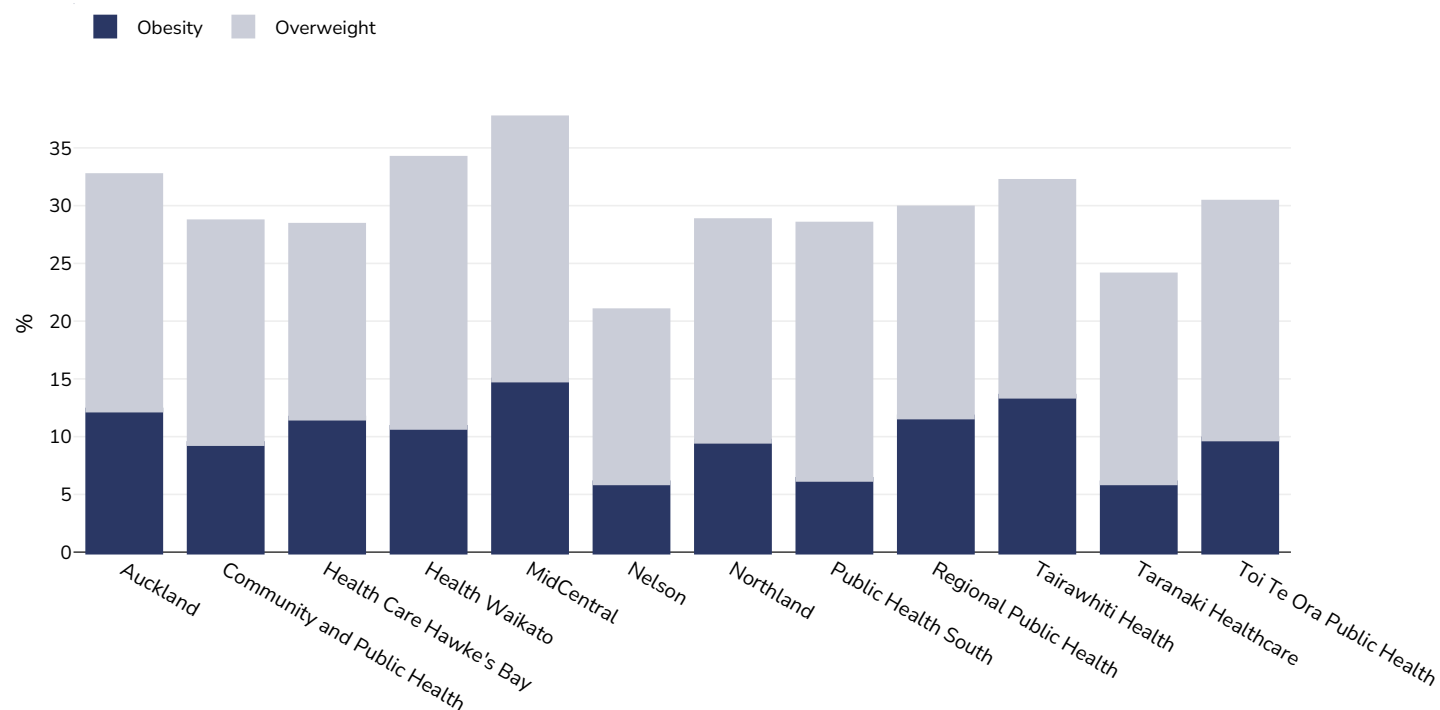
Children, 2023-2024



| | |
|---------------|---|
| Survey type: | Measured |
| Sample size: | 3062 |
| Area covered: | National |
| References: | Annual Update of Key Results 2023/24: New Zealand Health Survey. https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey [Last accessed 20.08.25] |
| Cutoffs: | IOTF |

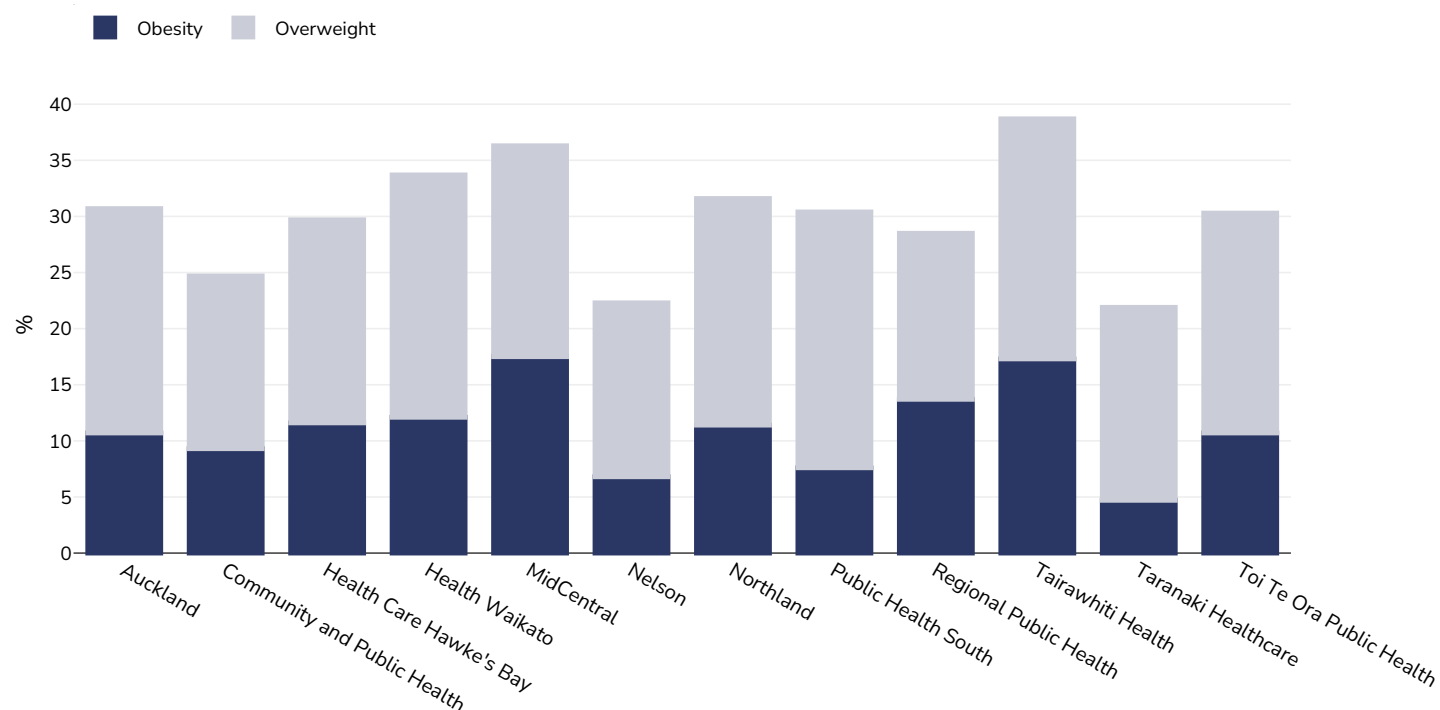
Overweight/obesity by region

Children, 2017-2020



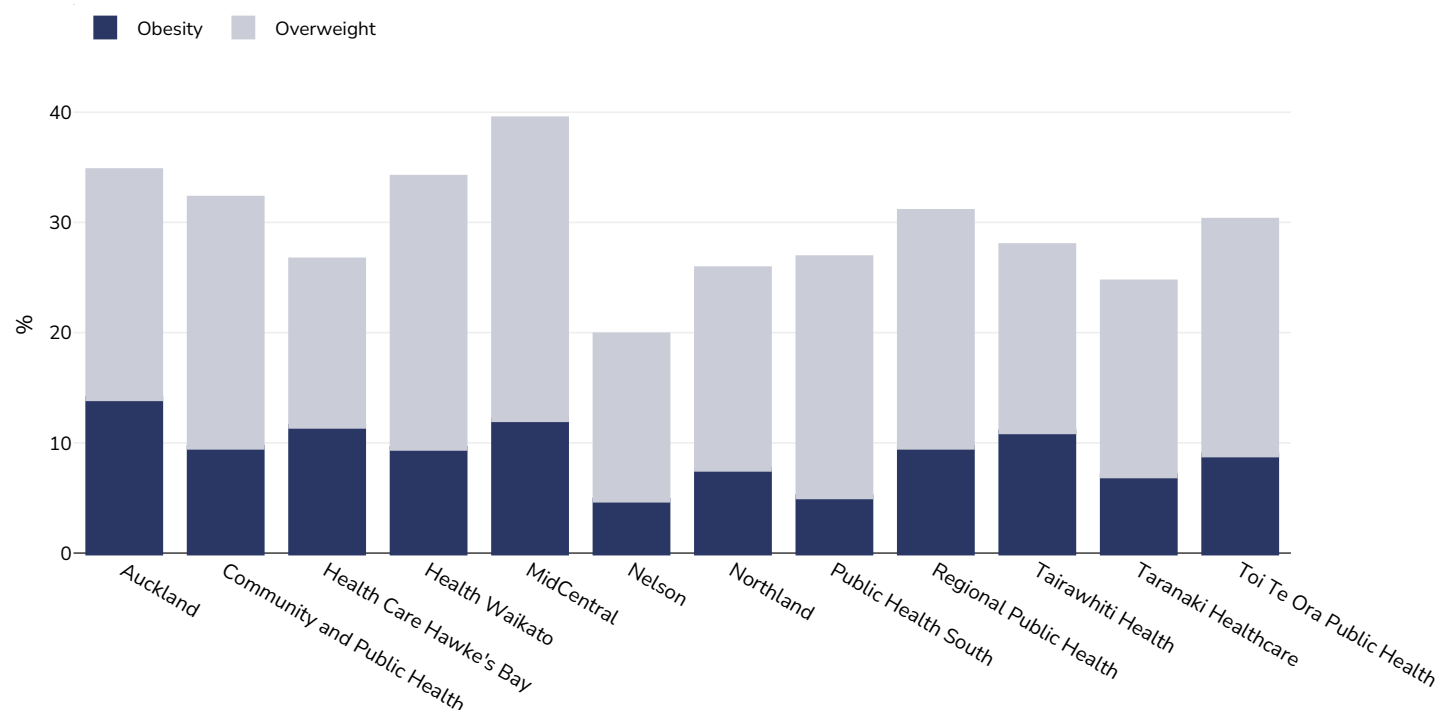
| | |
|---------------|---|
| Survey type: | Measured |
| Age: | 2-14 |
| Sample size: | 18530 |
| Area covered: | National |
| References: | Ministry of Health. 2021. Regional Data Explorer 2017–2020: New Zealand Health Survey [Data File]. URL: https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update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

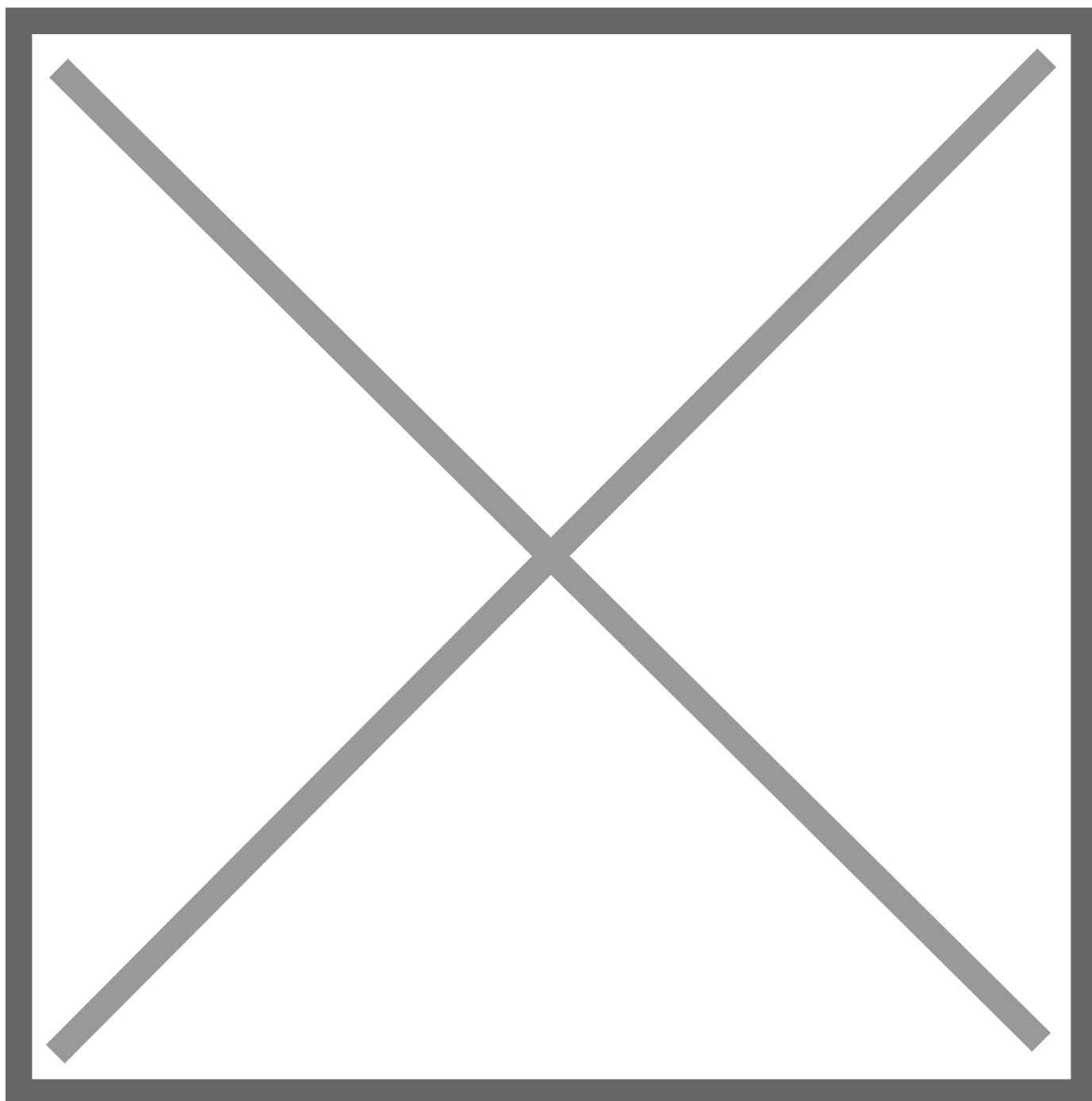
Girls, 2017-2020



| | |
|---------------|---|
| 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: https://minhealthnz.shinyapps.io/nz-health-survey-2017-2020-regional-update |
| Notes: | Some region names have been shortened, see survey for full names |
| Cutoffs: | IOTF |

Overweight/obesity by socio-economic group

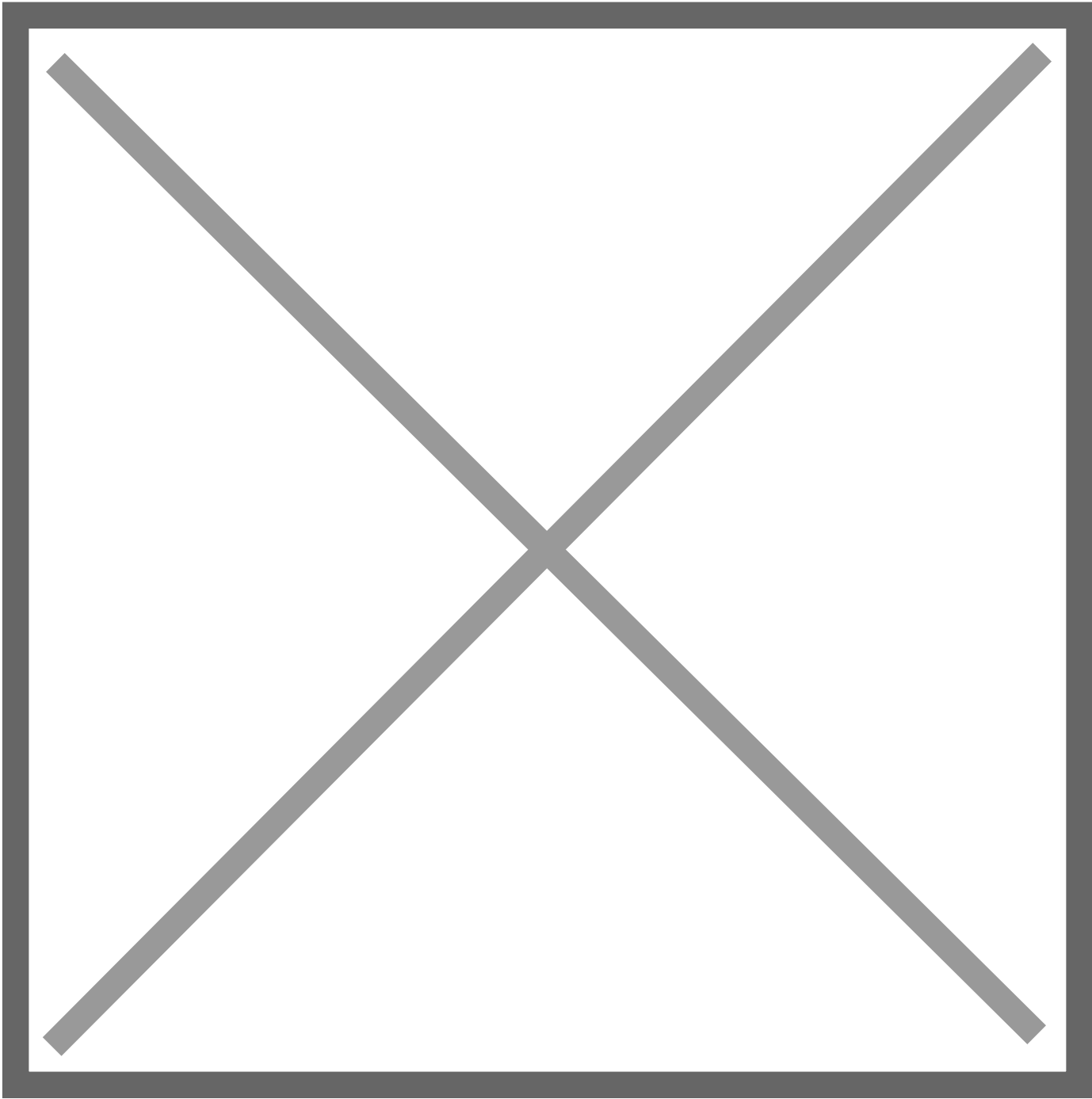
Children, 2023-2024



| | |
|---------------|---|
| Survey type: | Measured |
| Age: | 2-14 |
| Sample size: | 3062 |
| Area covered: | National |
| References: | Annual Update of Key Results 2023/24: New Zealand Health Survey. https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey [Last accessed 20.08.25] |

| | |
|--------------|---------------------------|
| Definitions: | Neighbourhood deprivation |
| Cutoffs: | IOTF |

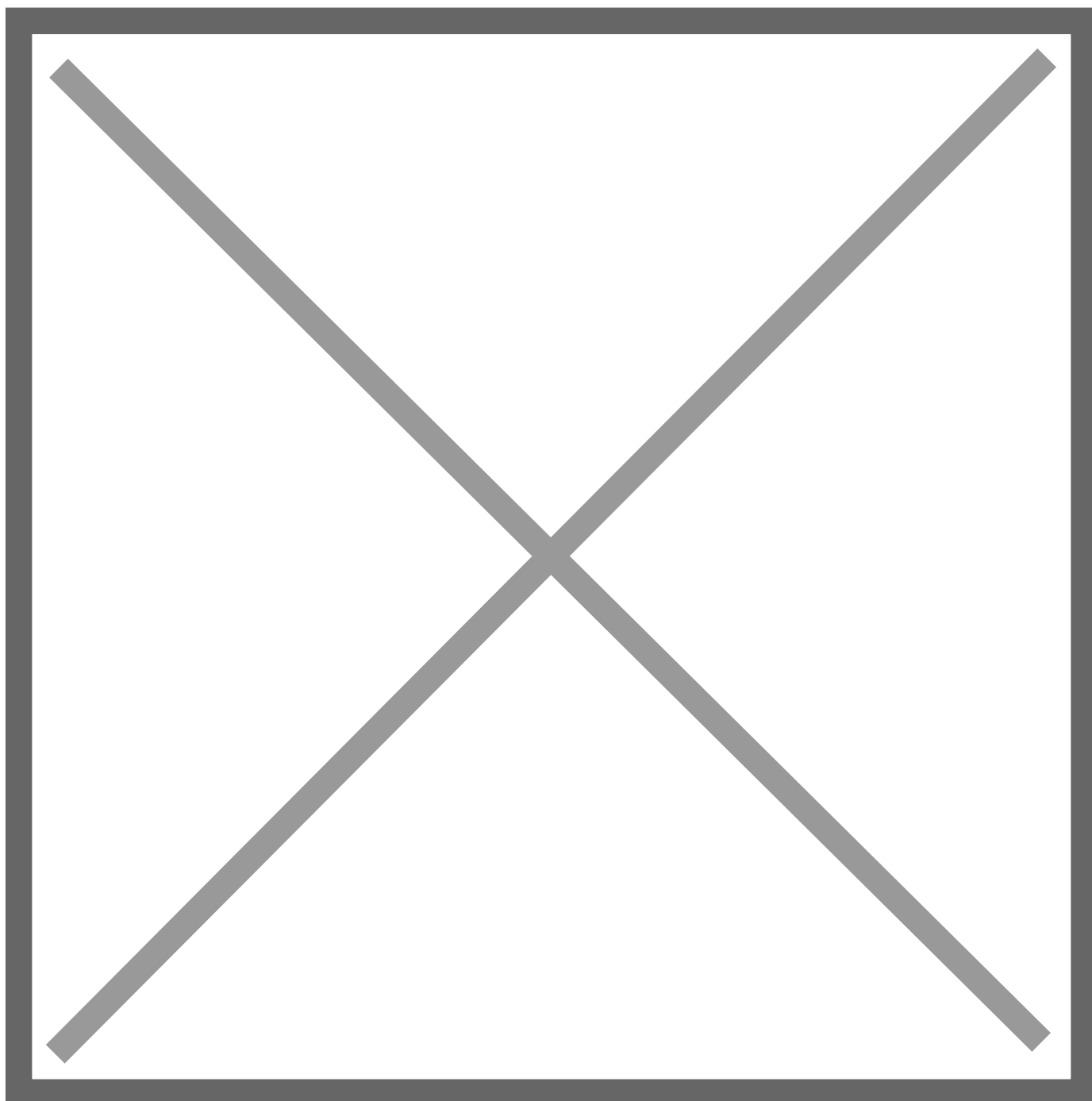
Boys, 2023-2024



| | |
|---------------|---|
| Survey type: | Measured |
| Age: | 2-14 |
| Sample size: | 3062 |
| Area covered: | National |
| References: | Annual Update of Key Results 2023/24: New Zealand Health Survey. https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey [Last accessed 20.08.25] |

| | |
|--------------|---------------------------|
| Definitions: | Neighbourhood deprivation |
| Cutoffs: | IOTF |

Girls, 2023-2024



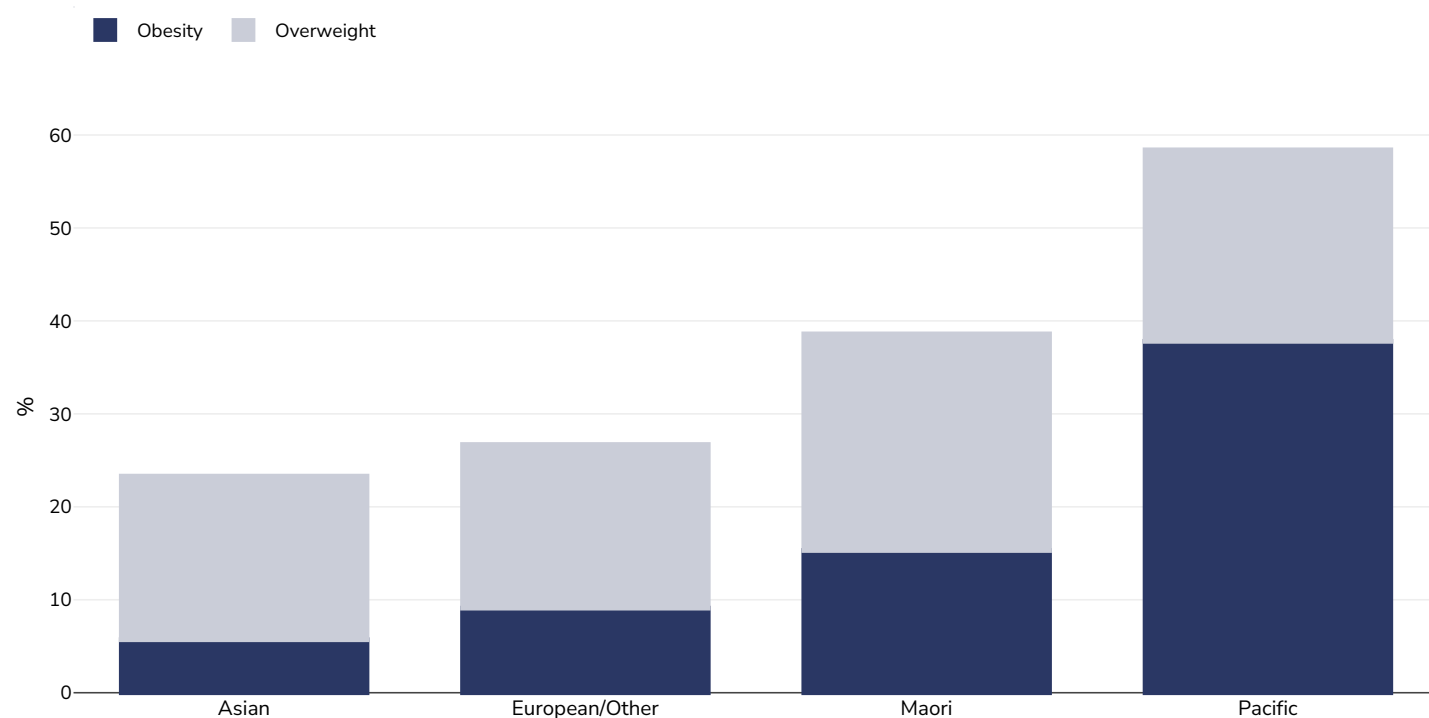
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|---------------|---|
| Survey type: | Measured |
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| Sample size: | 3062 |
| Area covered: | National |
| References: | Annual Update of Key Results 2023/24: New Zealand Health Survey. https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey [Last accessed 20.08.25] |

| | |
|--------------|---------------------------|
| Definitions: | Neighbourhood deprivation |
| Cutoffs: | IOTF |

Overweight/obesity by ethnicity

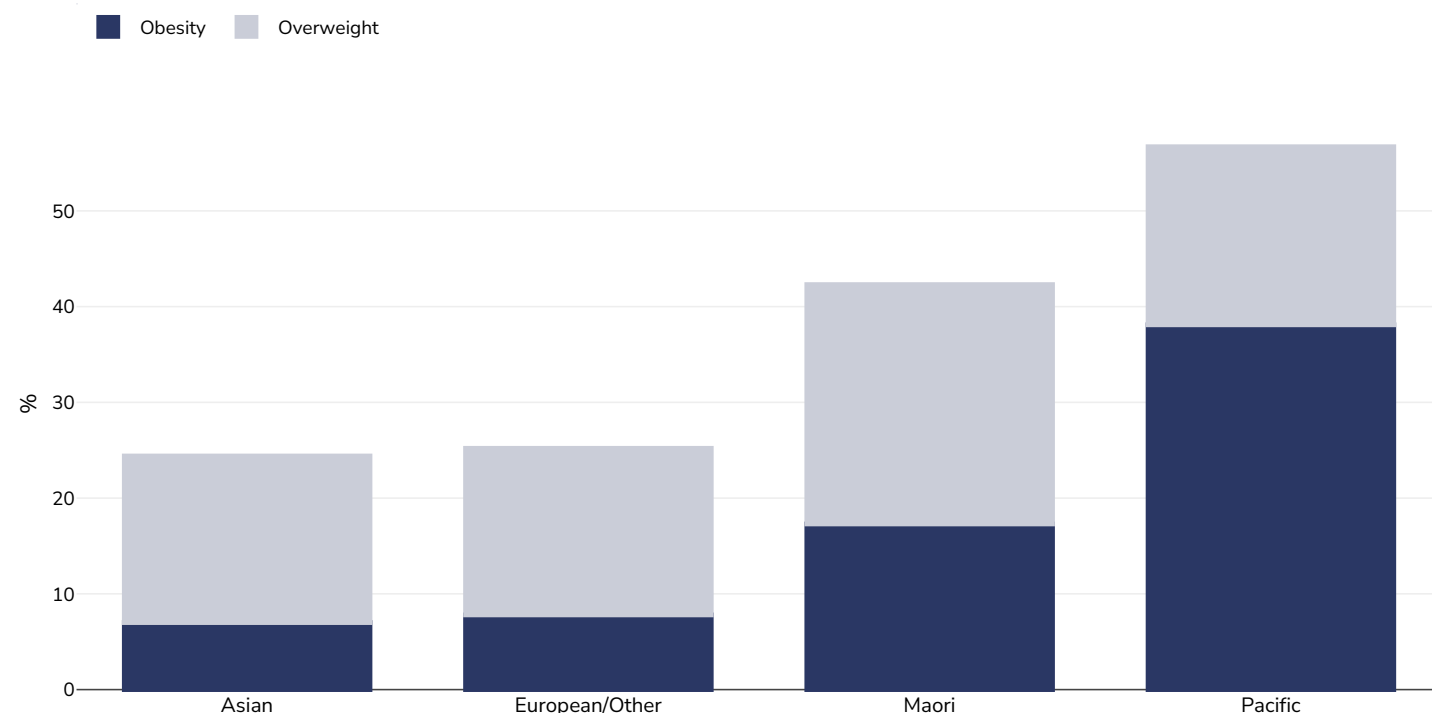
Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Children, 2023-2024



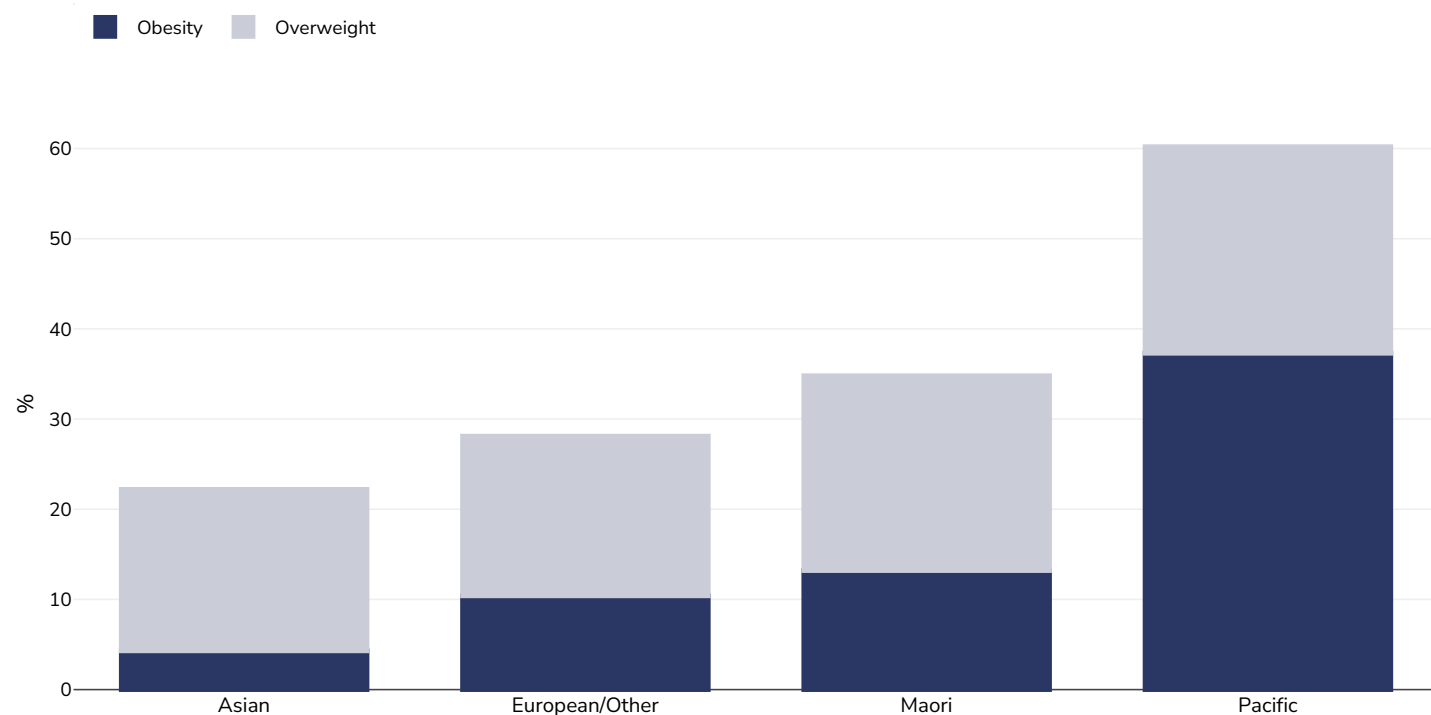
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|---------------|---|
| Survey type: | Measured |
| Age: | 2-14 |
| Sample size: | 3062 |
| Area covered: | National |
| References: | Annual Update of Key Results 2023/24: New Zealand Health Survey. https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey [Last accessed 20.08.25] |
| Notes: | Obesity in Asian boys and girls flagged for high relative sampling error, interpret with caution |
| Cutoffs: | IOTF |

Boys, 2023-2024



| | |
|---------------|---|
| Survey type: | Measured |
| Age: | 2-14 |
| Sample size: | 3062 |
| Area covered: | National |
| References: | Annual Update of Key Results 2023/24: New Zealand Health Survey. https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey [Last accessed 20.08.25] |
| Notes: | Obesity in Asian boys and girls flagged for high relative sampling error, interpret with caution |
| Cutoffs: | IOTF |

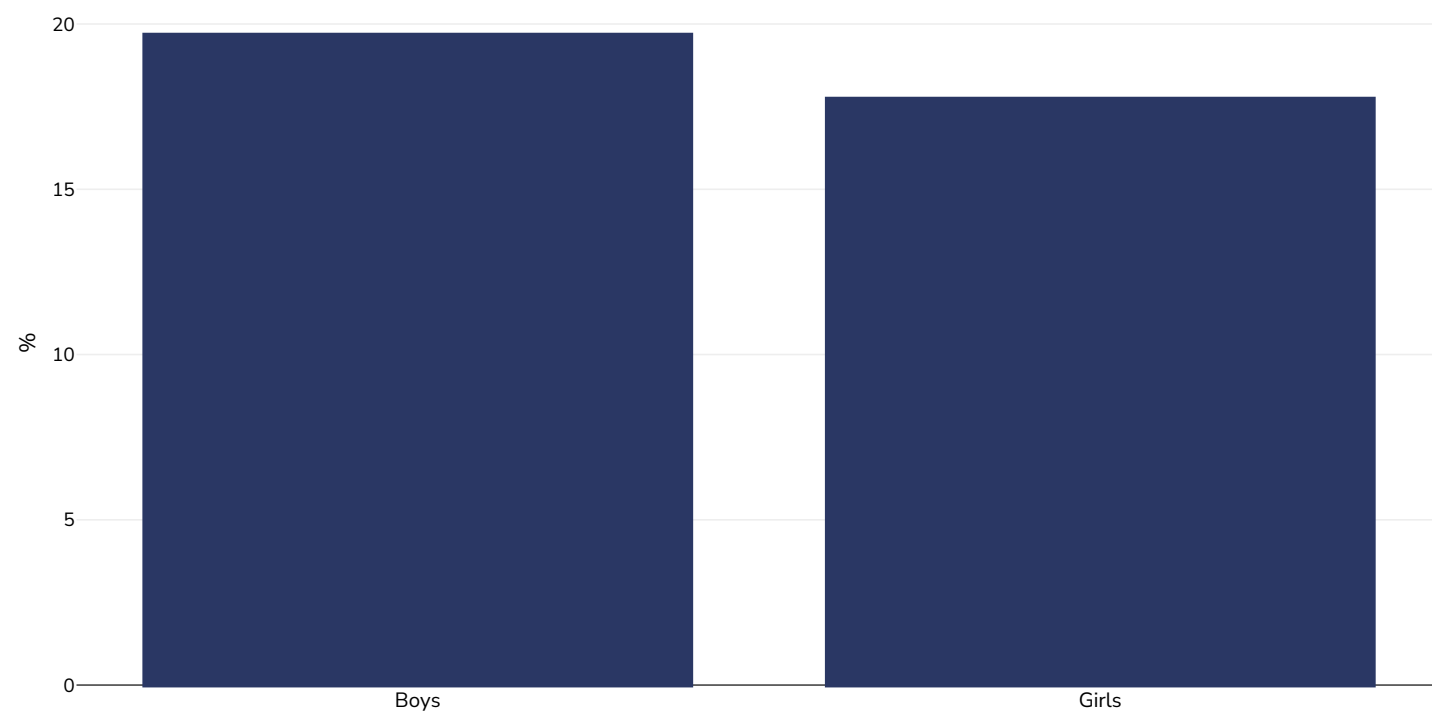
Girls, 2023-2024



| | |
|---------------|---|
| Survey type: | Measured |
| Age: | 2-14 |
| Sample size: | 3062 |
| Area covered: | National |
| References: | Annual Update of Key Results 2023/24: New Zealand Health Survey. https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey [Last accessed 20.08.25] |
| Notes: | Obesity in Asian boys and girls flagged for high relative sampling error, interpret with caution |
| Cutoffs: | IOTF |

Double burden of underweight & overweight

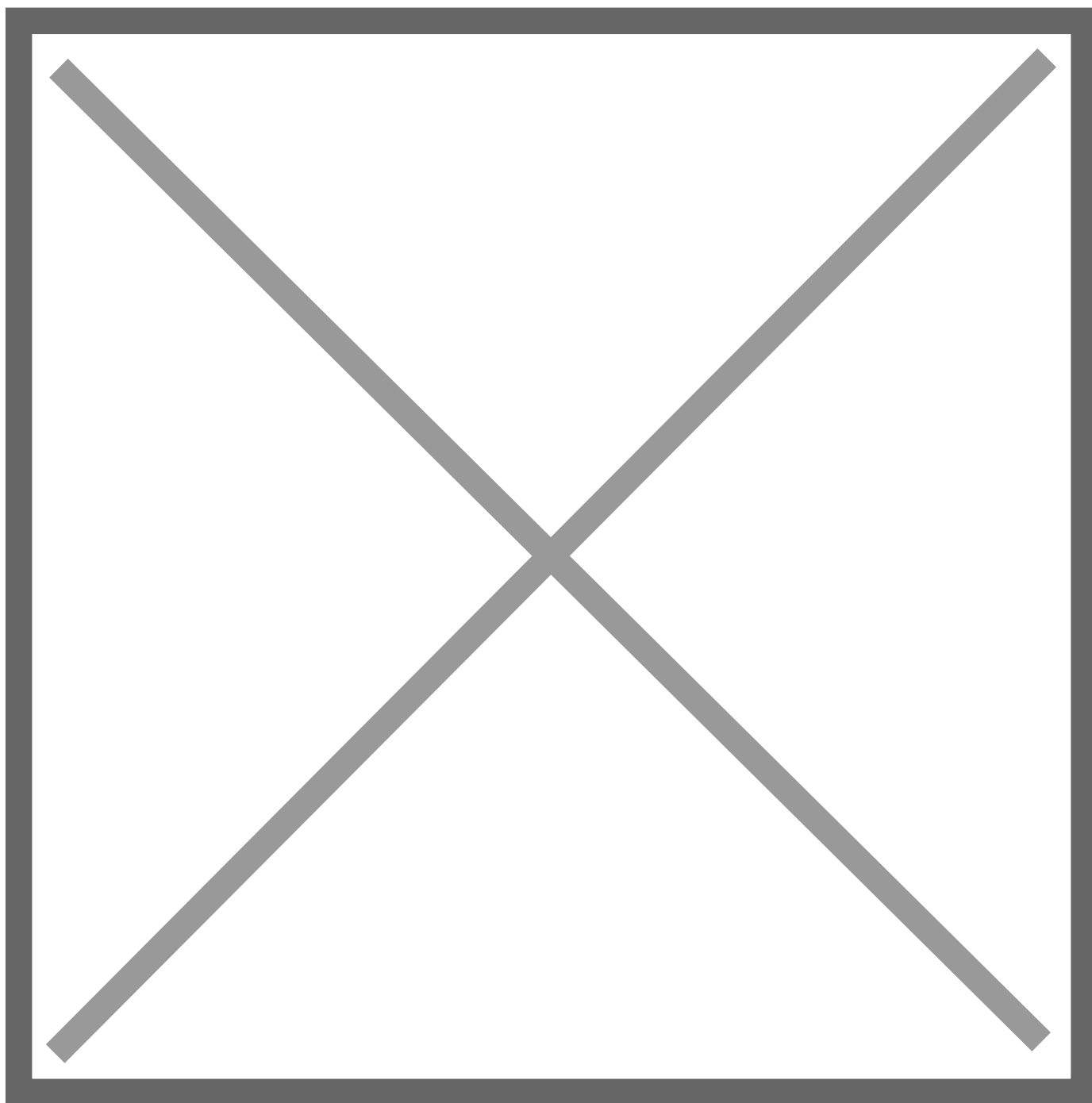
Children, 2022



| | |
|--------------|--|
| Survey type: | Measured |
| Age: | 5-19 |
| References: | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2 . |
| Notes: | Age standardised estimates |
| Definitions: | Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity) |
| Cutoffs: | BMI < -2SD and BMI > 2SD |

Insufficient physical activity

Children, 2016

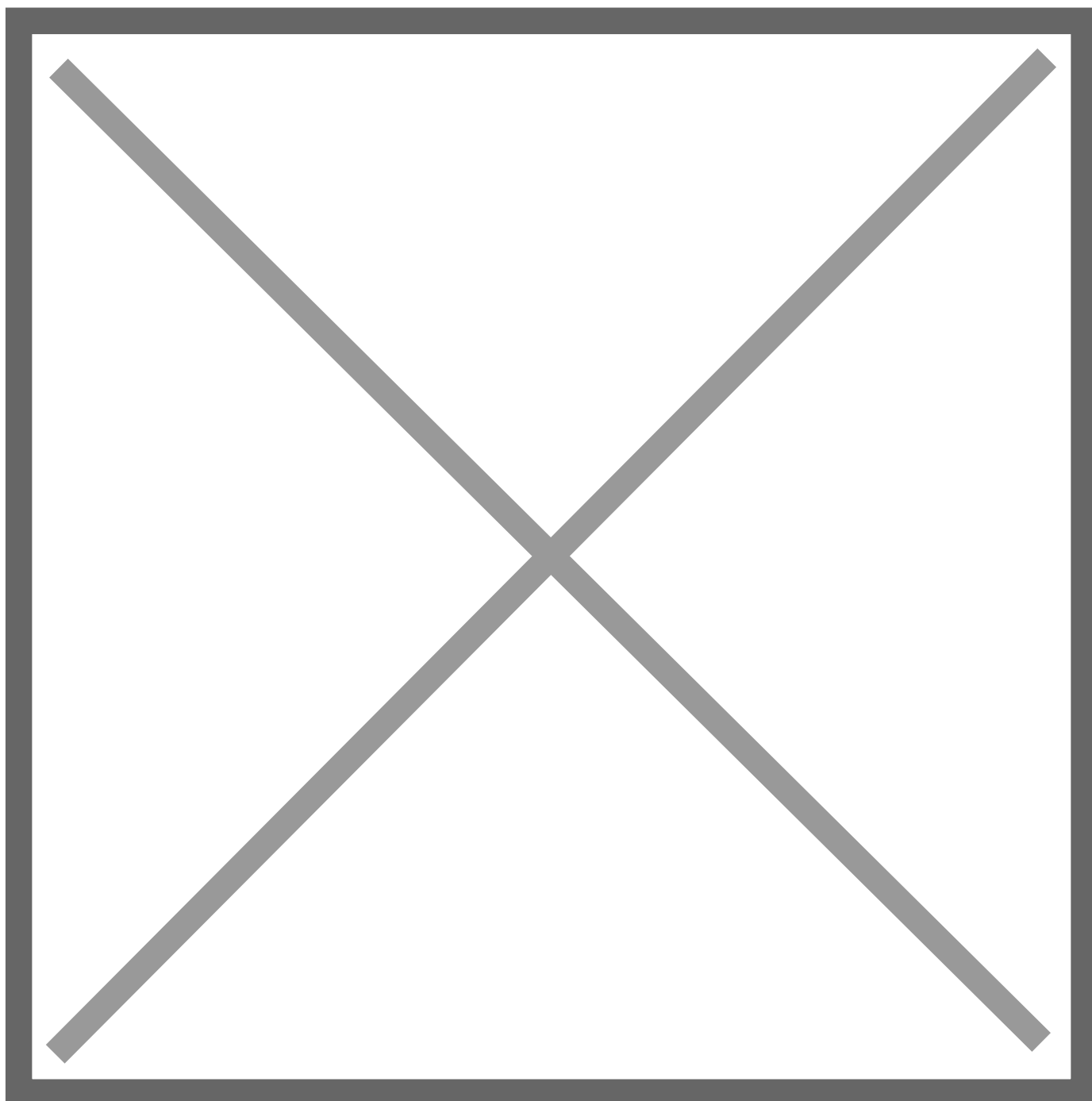


| | |
|--------------|---|
| Survey type: | Self-reported |
| Age: | 11-17 |
| References: | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| Notes: | % of school going adolescents not meeting WHO 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

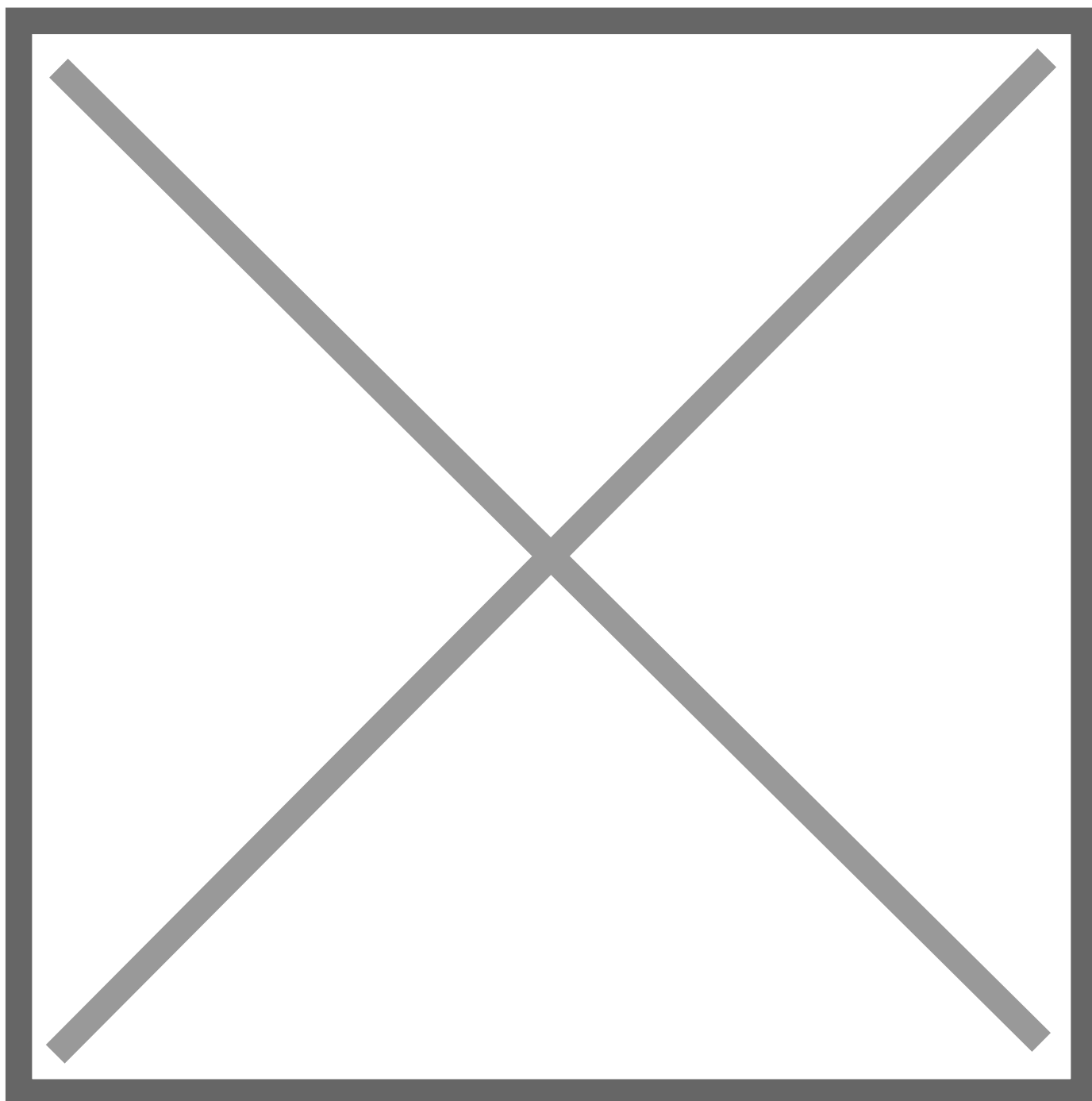


| | |
|--------------|---|
| Survey type: | Self-reported |
| Age: | 11-17 |
| References: | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| Notes: | % of school going adolescents not meeting WHO 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



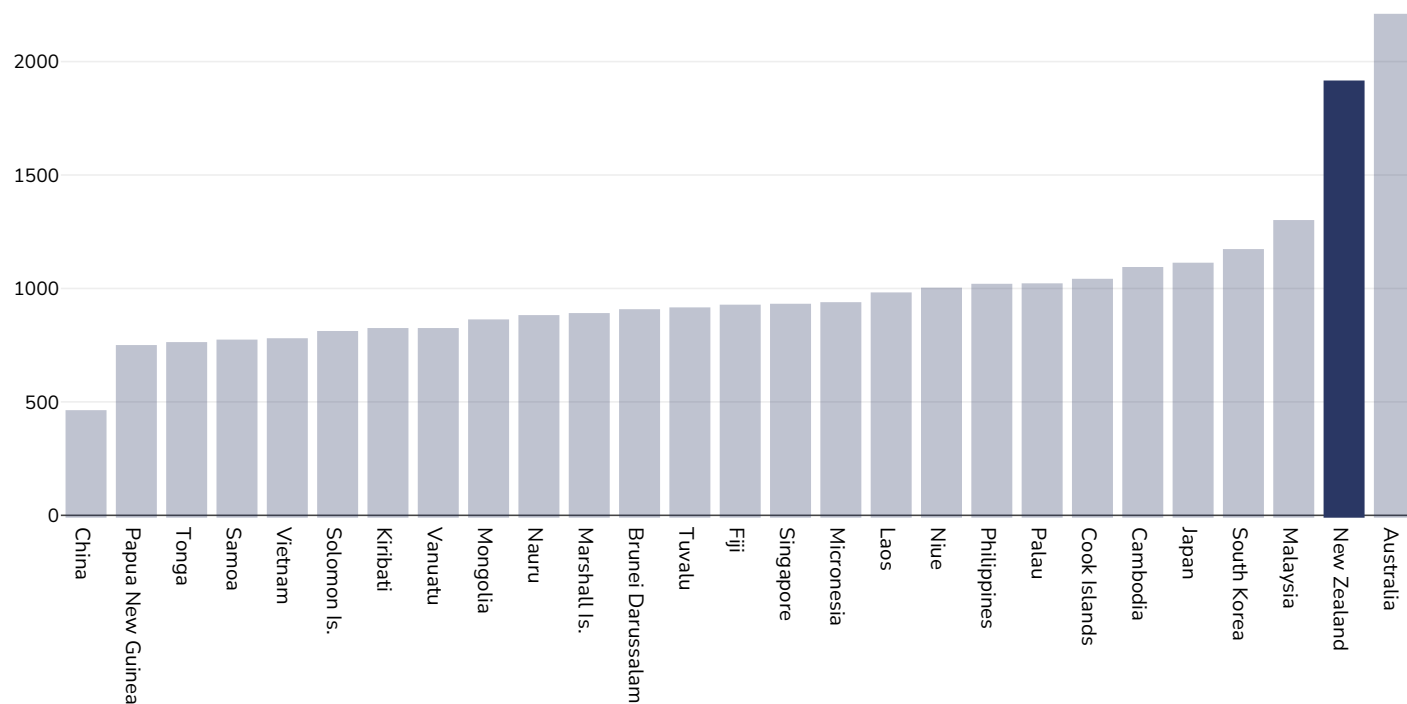
| | |
|--------------|---|
| Survey type: | Self-reported |
| Age: | 11-17 |
| References: | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| Notes: | % of school going adolescents not meeting WHO 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)

Mental health - depression disorders

Children, 2021



Area covered:

National

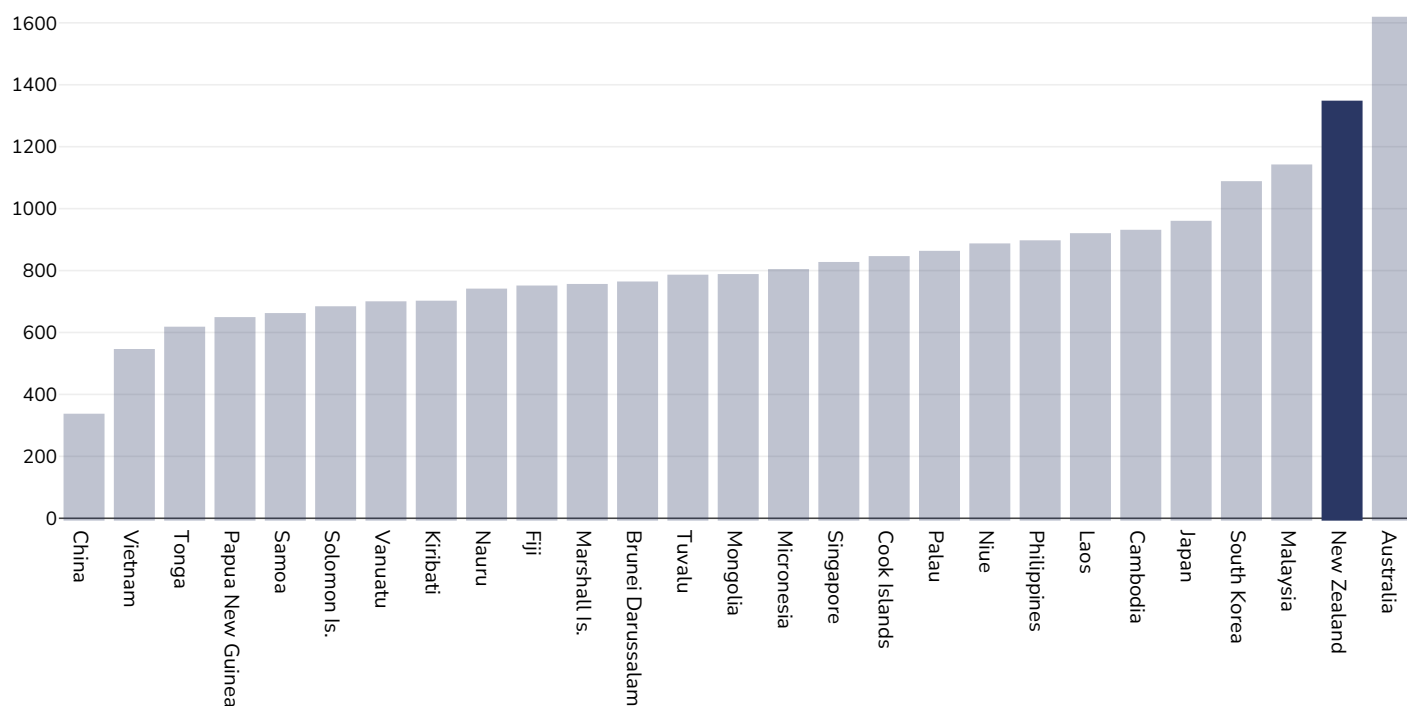
References:

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 depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021



Area covered:

National

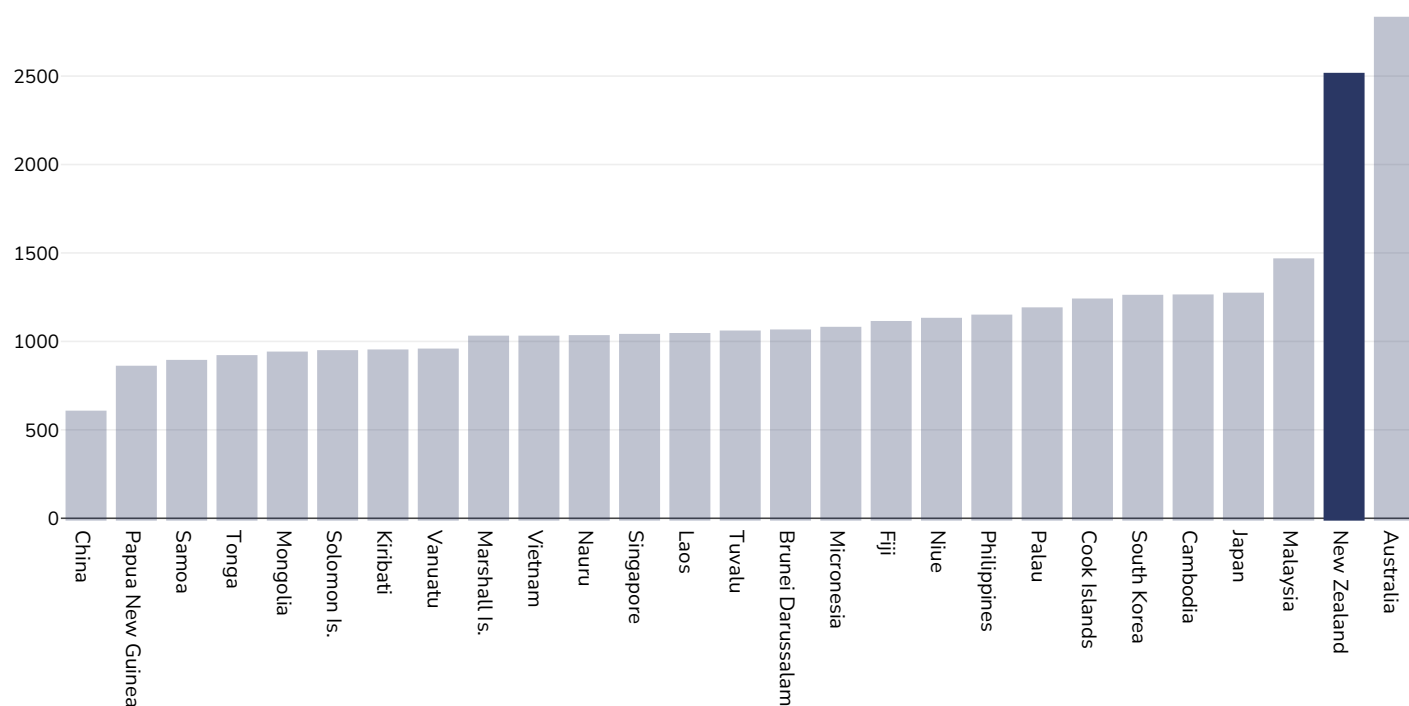
References:

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 depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021



Area covered:

National

References:

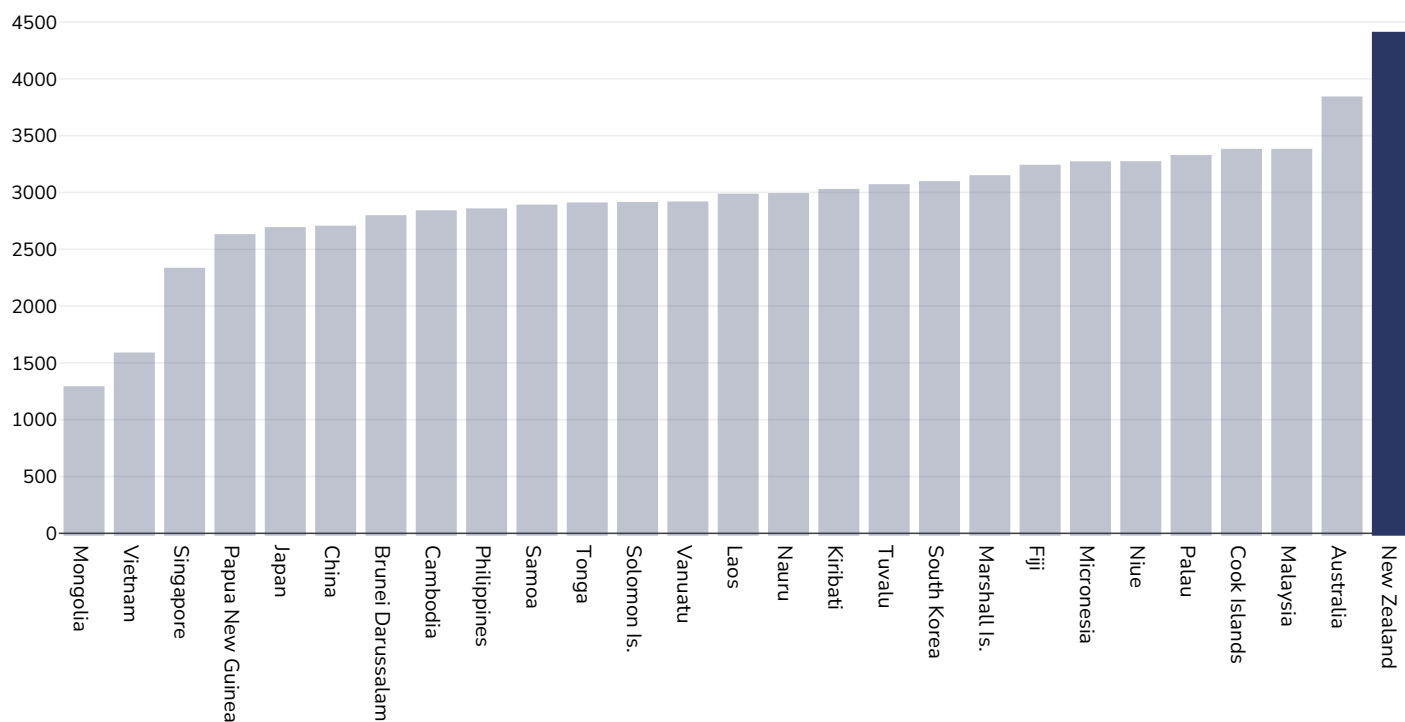
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

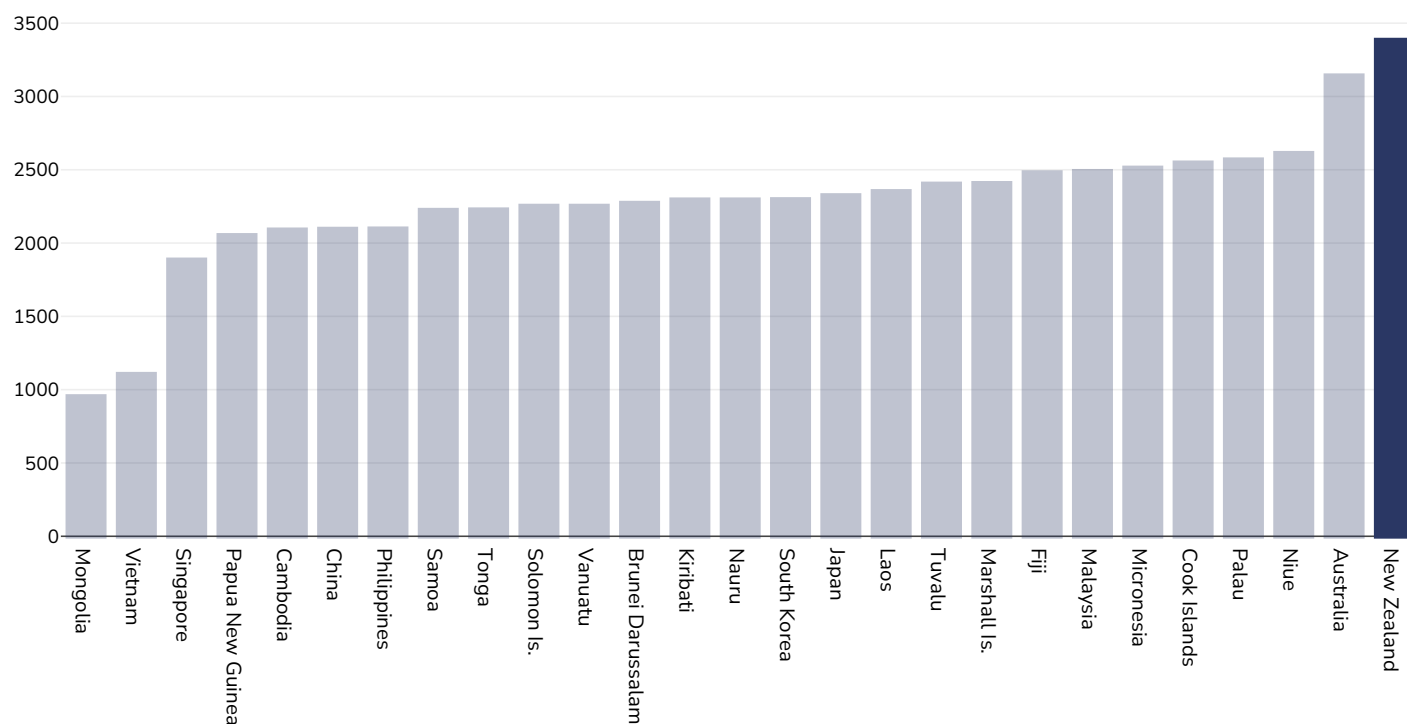
Children, 2021



References:

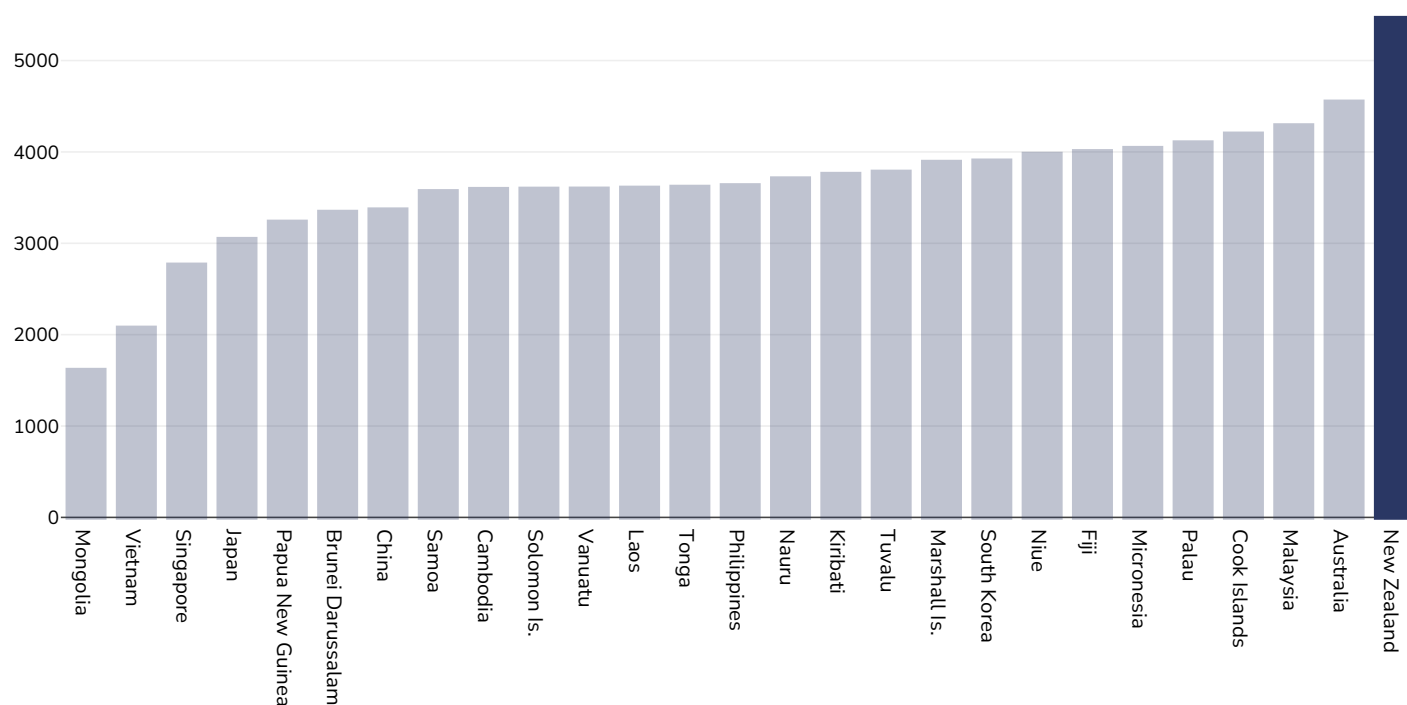
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Girls, 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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

PDF created on August 20, 2025