

THE 2019
HEALTHY
AUCKLAND

SCORECARD

www.healthyaucklandtogether.org.nz





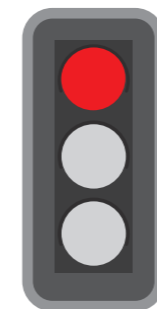
NUTRITION

Every year Healthy Auckland Together looks at what's changing to enable Aucklanders to live healthy lives through good nutrition and physical activity.

Whether we recognise it or not, our nutrition choices are influenced by where we live, our income, and the food and drink that's available and promoted in our local environments

Too often it's sugary drinks and cheap, low quality snacks and takeaways that dominate our diets - especially in areas of high deprivation, where obesity is overrepresented. Currently a wide variety of energy dense food is heavily promoted on streets, in shops and in the media. Some neighbourhoods have very few fruit and vegetable shops and most schools are close to dairies and convenience stores where junk food is prominently displayed. (see page 12)

These environments are contributing to New Zealand's poor rates of overweight and obesity, which are major risk factors for illnesses like heart disease, stroke, type 2 diabetes, cancer, osteoarthritis and depression.



GETTING WORSE
NO IMPROVEMENT
GETTING BETTER

ADULT OBESITY

The high rate of adult obesity persists



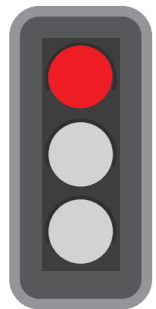
In 1977, only 10% of adults lived with obesity. The **RATE OF OBESITY HAS INCREASED BY 20%** over the last decade.

Asian people have the lowest rates of obesity (14.2% women, 17.1% men) and Pacific peoples the highest (72% women, 68.8% men).

A THIRD OF AUCKLAND ADULTS ARE OBESE



Adults living in the **MOST DEPRIVED AREAS ARE 2.7 TIMES** more likely to be obese than those living in the least deprived areas

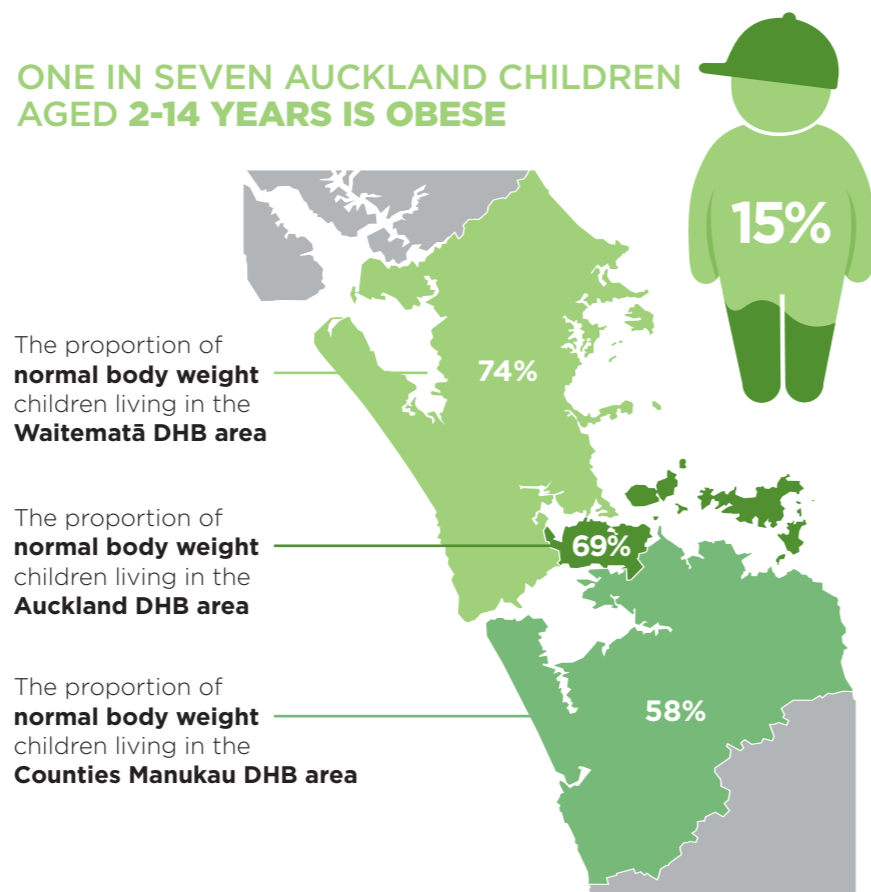


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CHILD 2-14 YRS OLD OBESITY

The high rate of child obesity persists

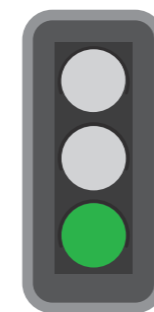
ONE IN SEVEN AUCKLAND CHILDREN AGED 2-14 YEARS IS OBESE



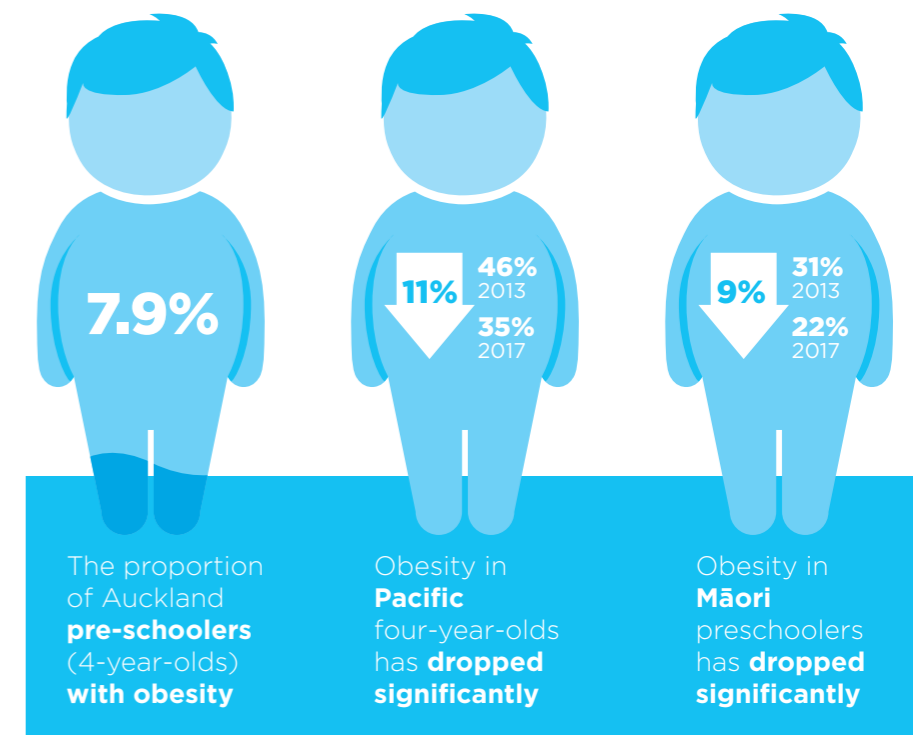
As with adult obesity, children living in the most **DEPRIVED AREAS ARE MORE LIKELY TO BE OBESE** 26% compared to 3% in the least deprived neighbourhoods.

OVERWEIGHT AND OBESITY IN PRESCHOOLERS

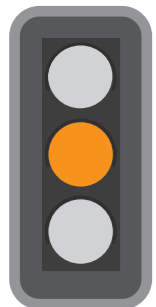
The declining rate of obesity among pre-schoolers continues



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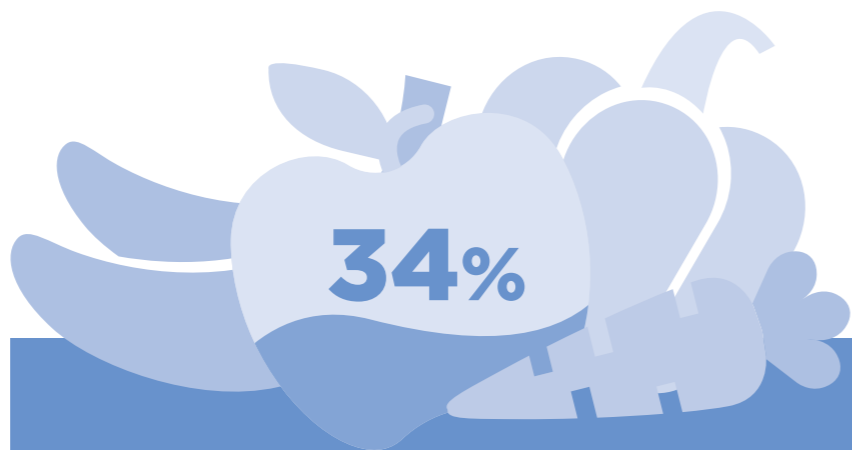


However the preschool obesity figures are still too high - especially in **MORE DEPRIVED NEIGHBOURHOODS**, where pre-schoolers are **4.1 TIMES MORE LIKELY TO BE OBESE** as those living in Auckland's least deprived neighbourhoods



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ADULT NUTRITION



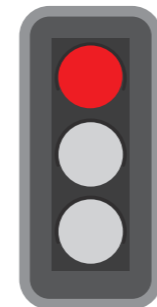
The proportion of Auckland adults who eat the recommended daily servings of fruits and vegetables

13% LOWER

in more deprived neighbourhoods (28%)

The proportion of Auckland **ADULTS WHO ACHIEVE THE RECOMMENDED DAILY INTAKE OF FRUIT AND VEGETABLES REMAINS LOW,**

and is 13% lower in more deprived neighbourhoods compared with the least deprived neighbourhoods. (41%)



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CHILD DENTAL HEALTH



THE AVERAGE NUMBER OF **DECAYED, MISSING OR FILLED TEETH** Auckland five-year-olds have.

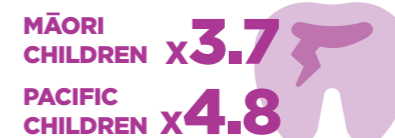


Children living in the **most deprived neighbourhoods are 10 times** more likely to have the **WORST CATEGORY OF DECAY COMPARED** to those living in the least deprived areas.



MORE LIKELY TO HAVE WORST GRADE OF DECAY

OVERWEIGHT children are **8% less likely to have healthy teeth and gums** than normal weight children, and **30% more likely** to have the **worst grade of decay.**



Māori children have **3.7 times the NUMBER OF DECAYED, MISSING OR FILLED TEETH AS EUROPEAN CHILDREN.** For **Pacific children**, the number is **4.8 times higher.**

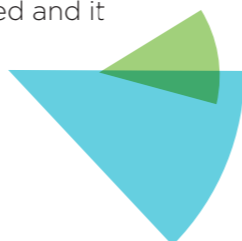


PHYSICAL ACTIVITY

The layout of our neighbourhoods, the quality of our parks, the safety of our suburbs and our transport options all nudge us to be active or sedentary.

You're more likely to walk or cycle if there are useful destinations close by and it's attractive and safe on the streets.

There's been significant investment in cycle and walkways, but more work is needed for this to translate into active journeys. There was a 200km increase in cycleway infrastructure between 2016 and 2017, but only six kilometres has been added in the last 18 months (See Appendix 7 of the full Healthy Auckland Scorecard Report). Networks need to be connected and it needs to feel safe - especially for children.

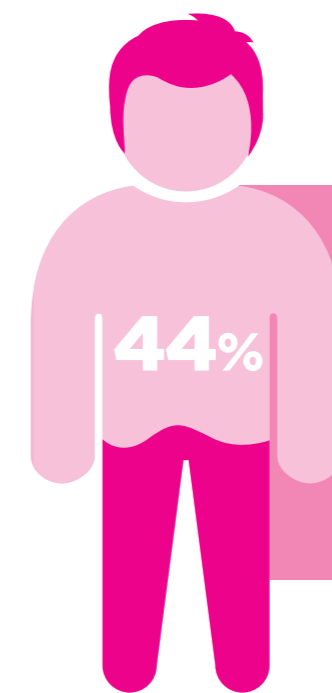


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ADULT PHYSICAL ACTIVITY



LESS THAN HALF OF AUCKLAND ADULTS MEET THE

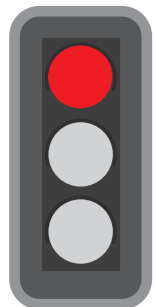
RECOMMENDED MINISTRY OF HEALTH GUIDELINES FOR **PHYSICAL ACTIVITY**

Overall, Auckland adults are **PHYSICALLY ACTIVE FOR 4.8 HOURS/WEEK**, with men more physically active than women.



AN HOUR LESS

People living in Auckland's **least deprived neighbourhoods get an extra hour of physical activity** compared with those living in the most deprived neighbourhoods.

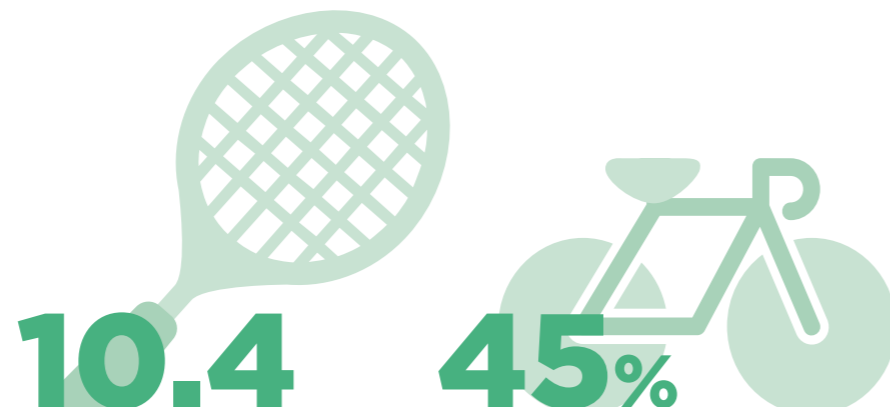


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CHILD ^{5-17 YRS OLD} PHYSICAL ACTIVITY



THE AVERAGE NUMBER OF **HOURS PER WEEK CHILDREN SPEND BEING ACTIVE** THROUGH SPORT, RECREATION OR EXERCISE¹

THE PROPORTION OF **AUCKLAND CHILDREN USING ACTIVE TRANSPORT TO GET TO SCHOOL**. THIS HAS STEADILY DECREASED FROM 49% IN 2011

¹Ministry of Health guidelines recommend an accumulation of at least one hour a day of moderate to vigorous physical activity for children and young people aged 5-17 years

MĀORI AND SAMOAN CHILDREN SPEND THE MOST TIME BEING PHYSICALLY ACTIVE

(11.9 HOURS) But this changes over time, with Samoan adults the least physically active.



Asian children spend the **least** time being **physically active** (8.0-8.1 hours)

Children living in the **least deprived** areas are **more active (10.9 hours)** than those in the most deprived areas (8.7 hours).

HEALTHY AUCKLAND TOGETHER

ADULT JOURNEYS TO WORK



THE NUMBER OF **HOURS** AUCKLANDERS SPEND EACH YEAR TRAVELLING **TO WORK IN CARS**



THE COMBINED NUMBER OF **HOURS** AUCKLANDERS SPEND EACH YEAR TRAVELLING TO WORK BY **BIKING OR WALKING**



THE NUMBER OF **HOURS** AUCKLANDERS SPEND EACH YEAR TRAVELLING TO WORK USING **PUBLIC TRANSPORT**

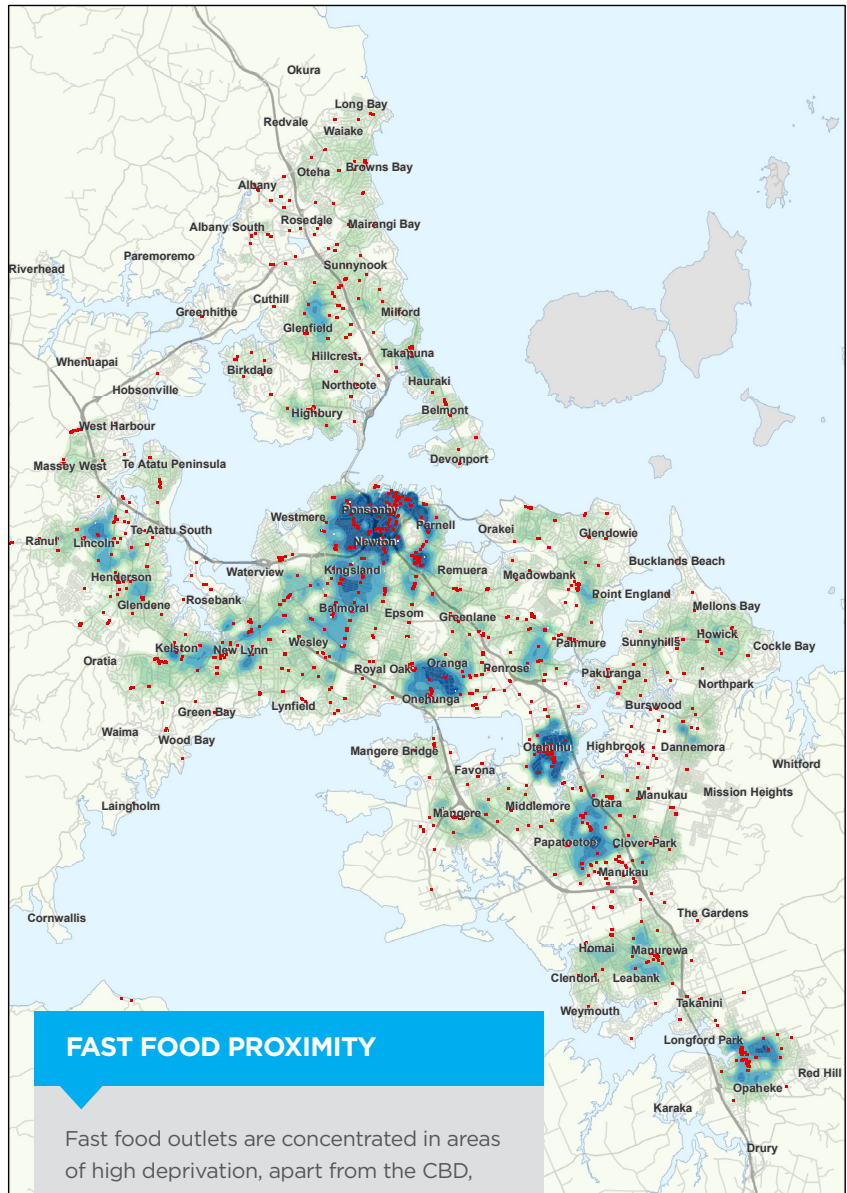
ACTIVE MODES OF **TRAVEL MAKE UP 13% OF TRIPS IN AUCKLAND,** COMPARED WITH 25% IN WELLINGTON AND 15% IN CHRISTCHURCH

Aucklanders' public transport use is increasing

(average annual growth of 4.4% per person every year since 2006.)

Aucklanders currently make **4.7 trips on public transport per person per month**

FAST FOOD PROXIMITY



Fast food outlets are concentrated in areas of high deprivation, apart from the CBD, which has a higher population density.