

# HOW'S AUCKLAND DOING?

## Auckland's Nutrition Snapshot

Where you live influences your health. What and how much we eat reflects our income, but it also reveals what's available in our local environment.

Too often it's sugary drinks, not enough fruit and vegetables and cheap, low quality snacks and take-aways.

Our food choices are influenced by cues in our surroundings. Currently a wide variety of energy dense food is heavily promoted on the streets, in stores and in the media, and to children and young people as well.

Some neighbourhoods have very few fruit and vegetable shops and a glut of unhealthy food options.

Most schools are close to a convenience store where junk food is prominently displayed. Sometimes the food and drink available in schools or early childhood centres is not much healthier.

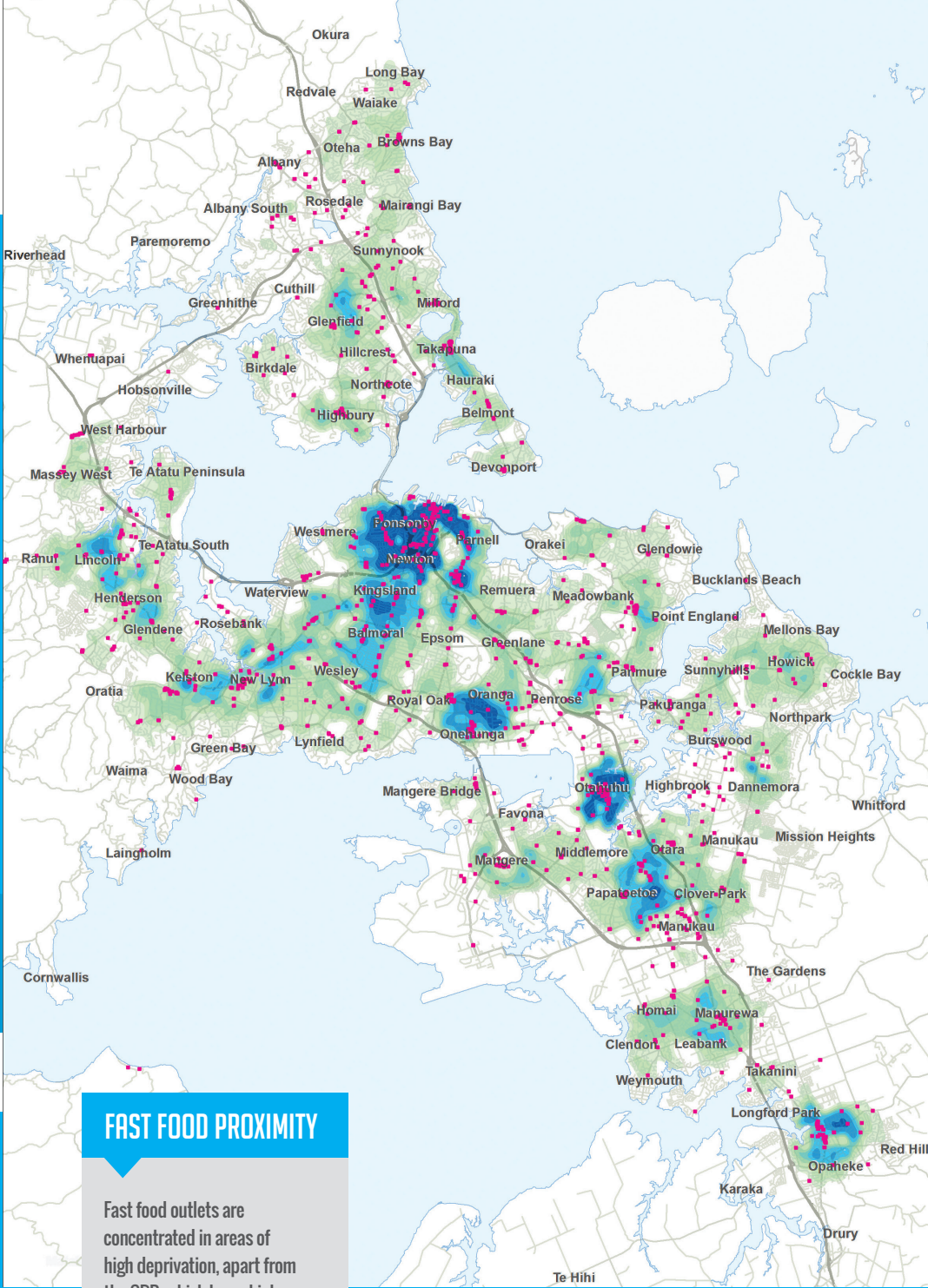
Every year Healthy Auckland Together looks at what's changing so Aucklanders are able to live healthy lives. This is our 2018 summary showing whether our neighbourhoods are making it easy to eat well.

There is a second snapshot covering whether our city encourages physical activity. There is more in the full monitoring report which is available on our website –

[www.healthyaucklandtogether.org.nz](http://www.healthyaucklandtogether.org.nz)

## TOP FOUR THINGS TO BE DONE

- 1 Reduce the exposure of children and young people to the marketing of unhealthy food.**  
This means tightening advertising regulations and policies. Encourage alternative sponsorships so community and sports groups can still get support, without having to promote fast food.
- 2 Look at ways communities could have a say on what food is available locally.**  
Change planning rules so local people can object to new fast food outlets. This means there could be healthy food zones by schools for instance.
- 3 Make it easy to find free water around the city with more public fountains, so people don't resort to sugary drinks.**  
Back this up with water only policies in schools, early childhood education, community and youth organisations.
- 4 Festivals and events offer delicious, healthy food and drinks.**  
Workplaces, vending machines, school tuck shops, sports clubs and fundraisers can have alternatives to unhealthy products.

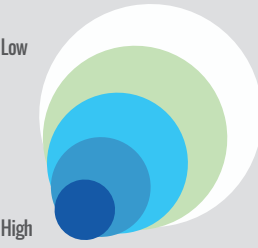


### FAST FOOD PROXIMITY

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

Fast food & Takeaways

Population Proximity Density



HEALTHY AUCKLAND TOGETHER is a coalition of health, local government and transport agencies, university and iwi, working on improving our food, school, work and urban environments. We want all Aucklanders to be able to eat well, move more and keep a healthy weight, and it should be easy every day.

For the full report visit the Reports page on our website:

[www.healthyaucklandtogether.org.nz](http://www.healthyaucklandtogether.org.nz)



MONITORING REPORT  
SUMMARY 2018

## AUCKLAND'S NUTRITION SNAPSHOT





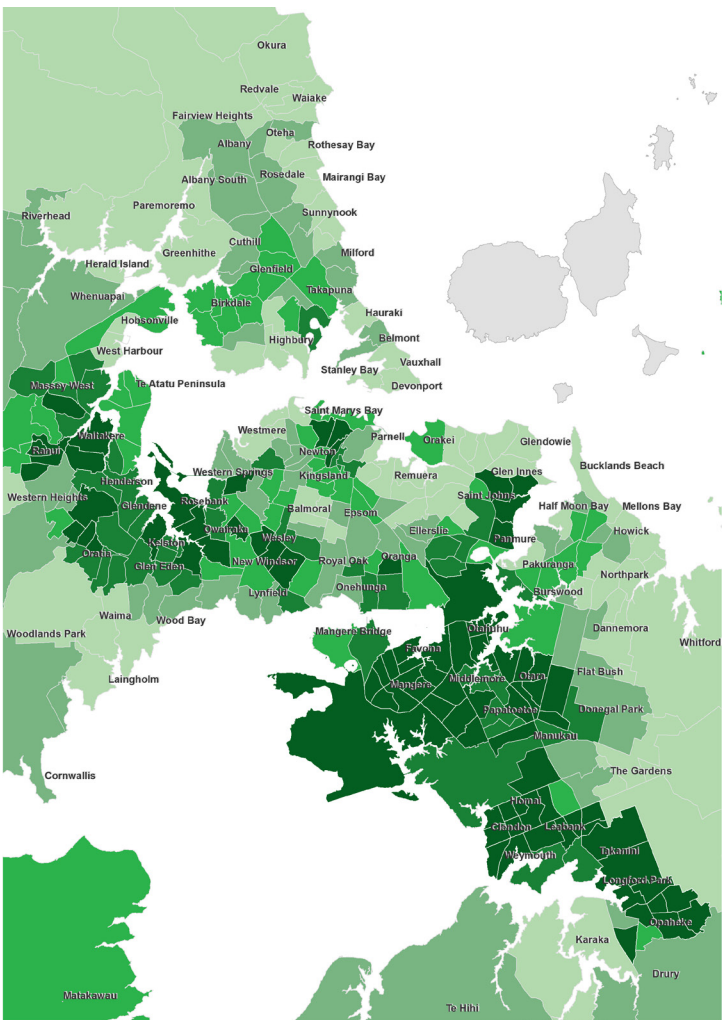
AUCKLAND'S DEPRIVATION INDEX

People living in poorer areas are more likely to have worse health. This is reflected in a number of indicators in this summary.

Auckland is a city with areas of very high and very low deprivation. Deprivation is measured by income, home ownership, employment, qualifications, family structure, housing, access to transport and the internet. There are five levels, called quintiles, with five being the most deprived, and one the least deprived.

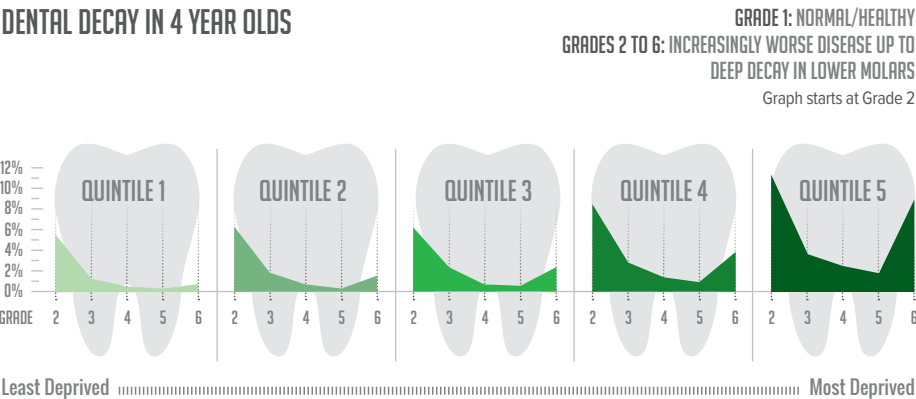
- QUINTILE 1
- QUINTILE 2
- QUINTILE 3
- QUINTILE 4
- QUINTILE 5

Source: University of Otago: New Zealand Deprivation Index 2013



CHILDHOOD DENTAL HEALTH

DENTAL DECAY IN 4 YEAR OLDS



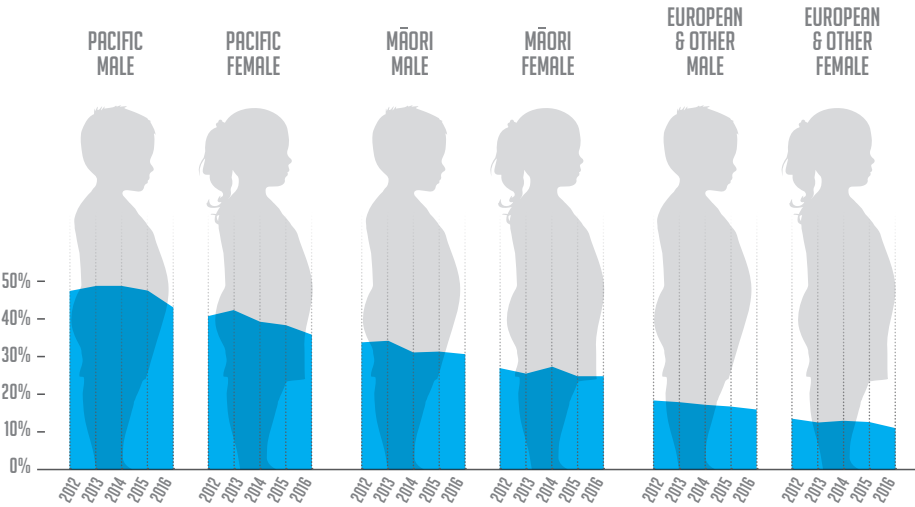
The number of four year olds with the highest levels of tooth decay is **12 TIMES HIGHER** in the most deprived neighbourhoods, compared to those in the wealthiest areas.

This dental survey comes from the before school check and shows the prevalence of deep decay in the lower molars (grade 6) in children from more deprived families. High sugar consumption in our region is a major cause of dental decay, chronic disease and obesity.



CHILDHOOD OBESITY

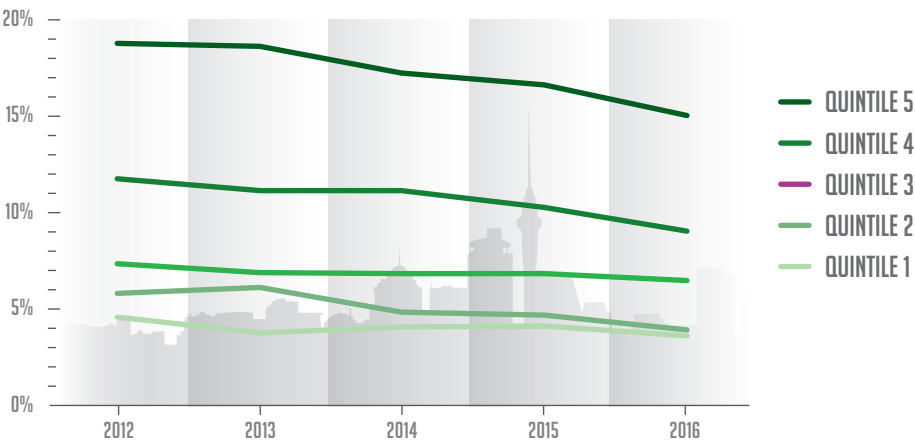
OVERWEIGHT AND OBESE 4 YEAR OLDS



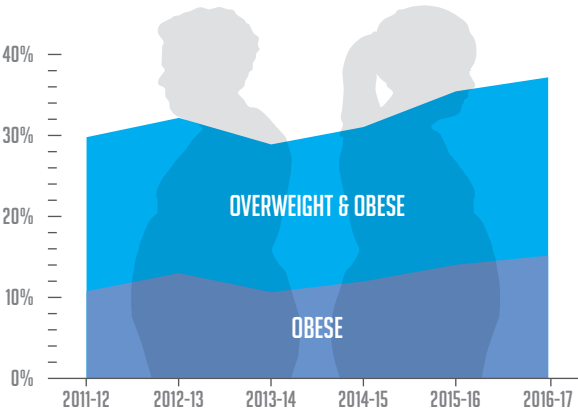
The rate of obesity in Auckland pre-schoolers continued its small but steady decline to **8.2%** in 2016 down from **9.6%** in 2014.

It has decreased for all deprivation groups, but the largest decrease in obesity has been in under five year olds from the most disadvantaged backgrounds – quintile five. Children in poorer areas are still five times more likely to be obese.

OBESITY BY DEPRIVATION IN 4 YEAR OLDS



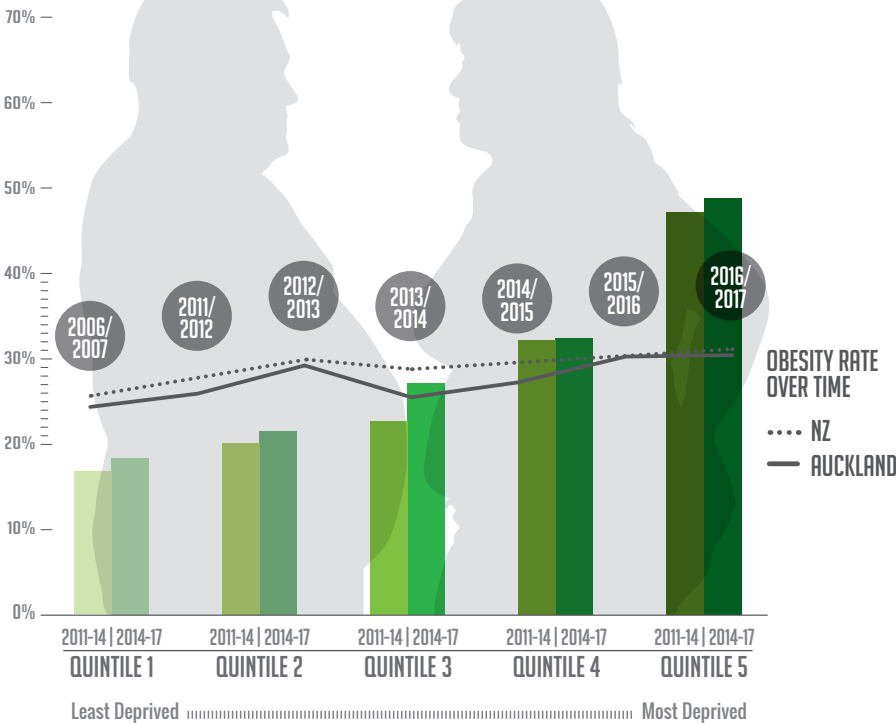
OVERWEIGHT AND OBESE 0-14 YEAR OLDS



While the number of pre-schoolers who are obese is declining, the number of all children who are obese continues to rise. A lack of access to healthy food inside and outside the home contributes to a high rate of child obesity.

ADULT OBESITY

ADULT OBESITY



The rate of obesity in adults in Auckland continues to rise slowly, so that now one in three adults in the region is obese.

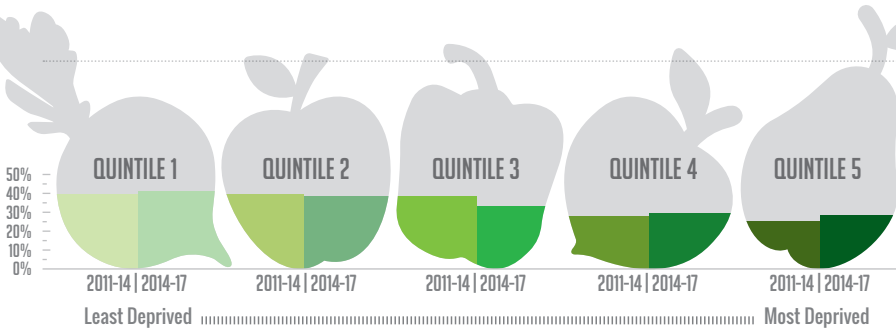
Obesity is a disease seen more often in areas with higher deprivation. It is 2.7 times more common in the poorest neighbourhoods (quintile five) at almost 49%, than in the wealthiest ones at 18.4% (quintile one). This trend has become worse in the latest three years of data, 2014 to 2017.

The rate of obesity in the **MOST DEPRIVED GROUP** increased from 47.3% to **48.9%**



ADULT NUTRITION

ADULTS MEETING FRUIT & VEGE INTAKE GUIDELINES



**LESS THAN HALF OF ALL ADULTS**, regardless of income, eat the recommended three vegetables and two fruit a day.

While the poorest and wealthiest Aucklanders reportedly ate more fruit and vegetables in the latest three years of data, there has been a decline in intake in the other quintiles.

