

HOW'S AUCKLAND DOING?

Every year, our Auckland coalition looks at whether we are making progress around our pressing health issues – our population's weight, diet and lack of physical activity.

Health, local government, transport agencies and iwi in Healthy Auckland Together have been galvanised by a need to change our city.

This is our snapshot of whether our neighbourhoods encourage good eating and physical movement every day.

Our summary looks at a range of indicators, from obesity rates and decay in children's teeth to how active we are. These show us what's changing, and whether this bodes well for our individual and collective wellbeing.

This is the second year the Healthy Auckland Together coalition has produced its monitoring report. This summary presents the key findings from our data. There is more in the full monitoring report available on our website –

www.healthyaucklandtogether.org.nz

OBESITY AND OUR ENVIRONMENT

Our social and urban environments now encourage us to eat too much of the wrong food. They discourage physical activity to get to work or school, and for leisure.

The variance across Auckland is due in part to deprivation and education levels, but also to our transport, built and community environments.

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OBESITY IS THE RESULT OF PEOPLE RESPONDING TO THE FAT PROMOTING ENVIRONMENT AROUND THEM.

OBESITY COSTS NEW ZEALAND **\$849 MILLION**
OR **0.3% OF OUR GDP**
IN HEALTHCARE AND PRODUCTIVITY COSTS.

WHO IS HEALTHY AUCKLAND TOGETHER?

A coalition of health, local government, transport agencies and iwi in Auckland, we are galvanised by a need to change our city.

We are a coalition committed to improving the Auckland environment in order to make it a place where all people can live a full and healthy life. By working collaboratively, we want to make it easier for everyone to be active, eat better and stay a healthy weight.

Healthy Auckland Together partners include DHBs, Auckland Council, Auckland Transport, Heart Foundation, iwi, Active – Auckland Sport and Recreation, University of Auckland, primary health organisations and disability groups.



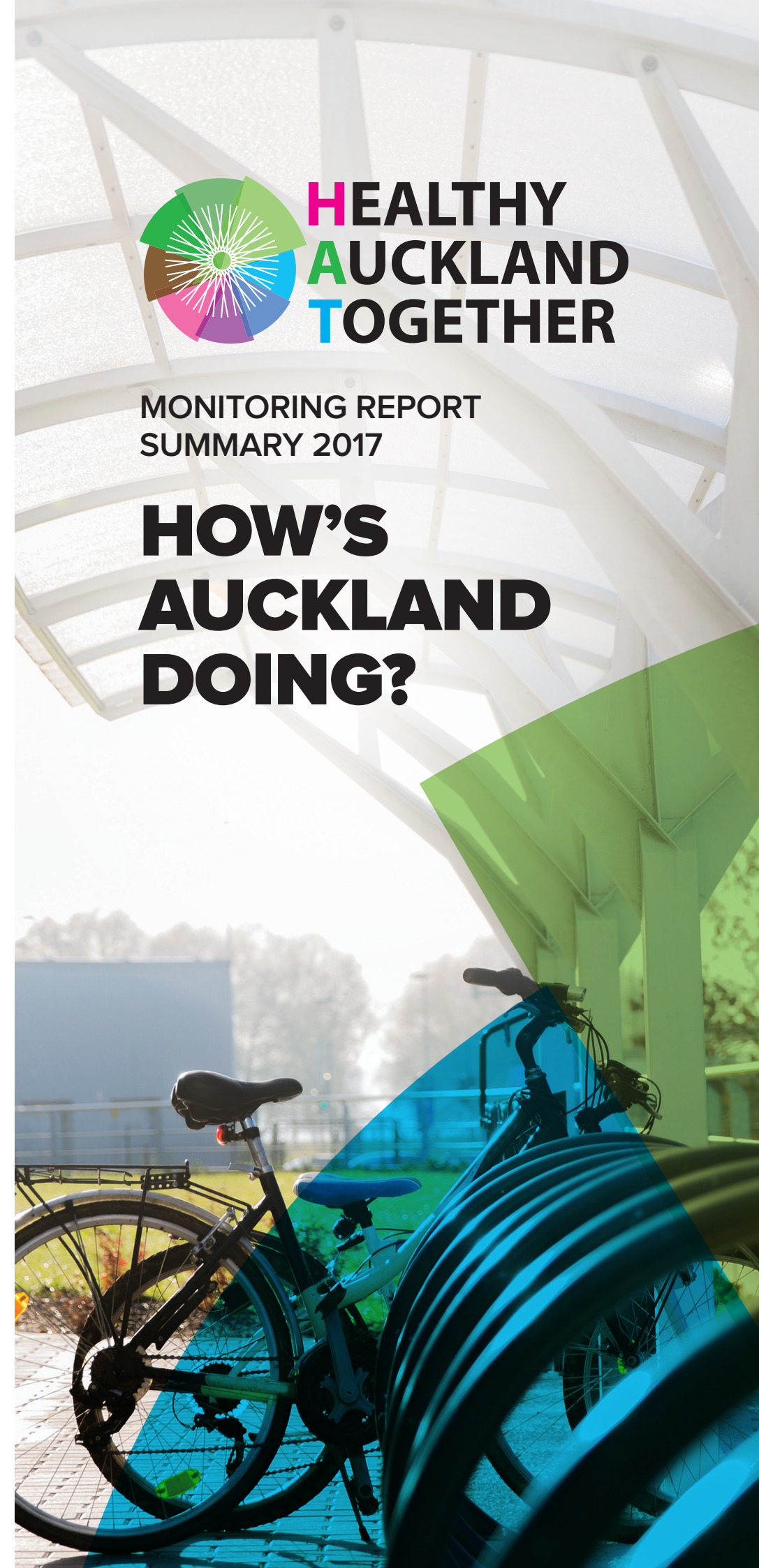
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April 2017



MONITORING REPORT
SUMMARY 2017

HOW'S AUCKLAND DOING?



ADULT OBESITY

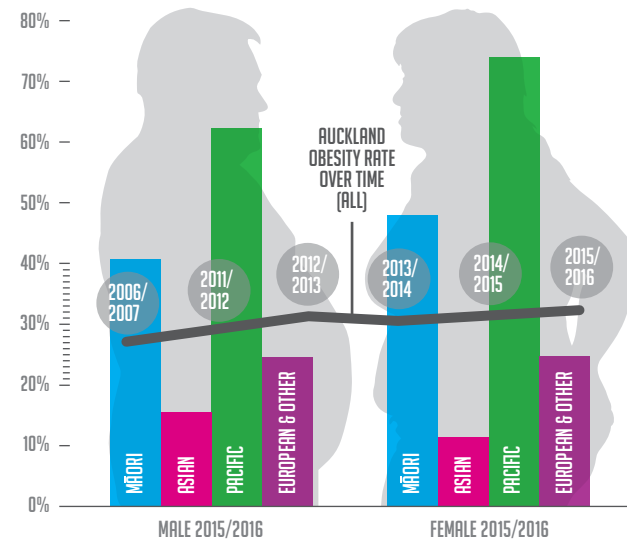
ADULT OBESITY PREVALENCE IN AUCKLAND



GETTING WORSE
NO IMPROVEMENT
GETTING BETTER
TREND

The rate of obesity in the adult population in Auckland has been slowly rising over the last decade, mirroring global trends. It matches the New Zealand rate.

The overall proportion of **OBESE ADULTS** in Auckland is now **27.8%** up from 24% in 2006



These trends reflect the wide-ranging changes in transport, work, recreation and food. In 1977, only 10% of the New Zealand population was obese.

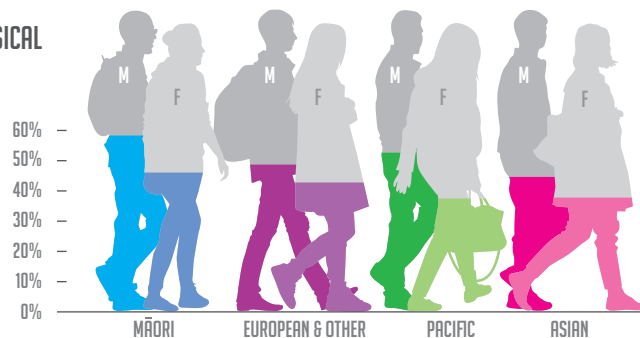
ADULT PHYSICAL ACTIVITY

ADULTS MEETING PHYSICAL ACTIVITY GUIDELINES



GETTING WORSE
NO IMPROVEMENT
GETTING BETTER
TREND

The proportion of adults doing regular, moderate physical activity has not changed between 2014 and 2015, apart from an increase from 34% to 38% in Pacific women.



WOMEN have generally **LOWER LEVELS** of physical activity **THAN MEN**.

Māori men are the most physically active with 58% meeting guidelines. This is followed by Pacific men (52%), and European/Other (48%), while Asian men are least likely to meet the guidelines at only 44%. For women, Māori again are more active (44%), European/Other are second (41%), followed by Pacific (38%), and Asian the least active (36%).

ADULT NUTRITION

ADULTS MEETING FRUIT & VEGE INTAKE GUIDELINES



GETTING WORSE
NO IMPROVEMENT
GETTING BETTER
TREND



The percentage of adults meeting both fruit and vegetable guidelines is now **36.3%**

While there has been a very small increase from last year, most adults are still not eating enough fruit and vegetables.

CHILDHOOD OBESITY

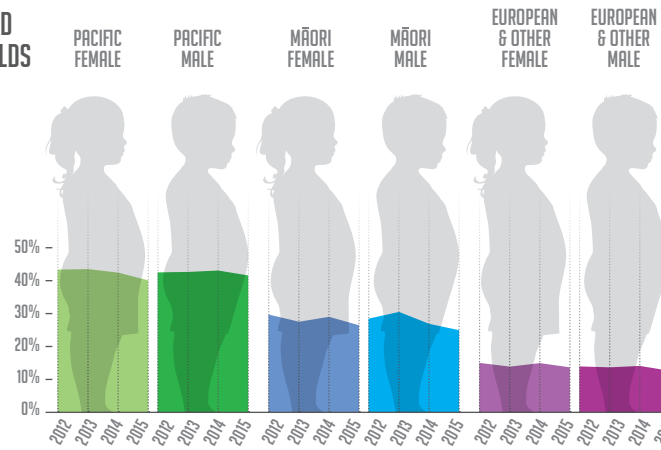
OVERWEIGHT AND OBESE 4 YEAR OLDS



GETTING WORSE
NO IMPROVEMENT
GETTING BETTER
TREND

There has been a decline in rates of children who are overweight or obese from **22% to 20%**

Before school checks show that 15% of Auckland preschoolers are overweight and 6% are obese. The situation is still much worse for Pacific children with 42% overweight and obese compared with 15% of European/Other children.



OBESE CHILDREN have a much higher risk of becoming obese adults than their non obese peers.

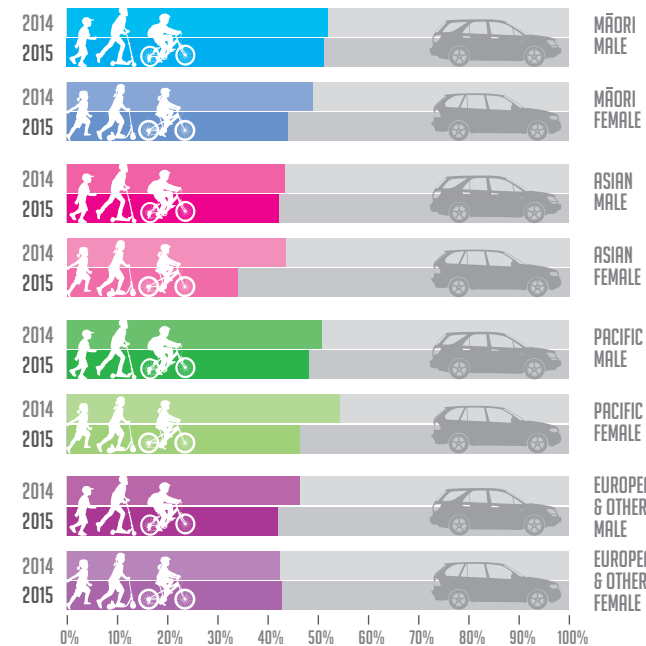
CHILD PHYSICAL ACTIVITY

ACTIVE TRANSPORT 5-14 YEAR OLDS



GETTING WORSE
NO IMPROVEMENT
GETTING BETTER
TREND

There has been a decline in the percentage of children who usually bike, walk or scooter to school.



ONLY 43% OF ALL CHILDREN used active transport to get to school.

This rate has declined for all girls except European/Other. The greatest fall in active transport rates has been for Asian girls, but almost all genders and ethnicities are being driven to school in greater numbers.

This is a missed opportunity to be active every day and reduce traffic congestion.

STREETS, PARKS AND PLACES

Auckland's transport system is improving. The number of trips taken on public transport per person continues to rise, as people get out of their cars and onto trains, buses and ferries.

There has also been huge growth in expenditure on cycle and walking infrastructure, so we will have more opportunities to get around the city in an active way. Our report found that 39% of Aucklanders can walk to a suburb park in 5 minutes. This will improve under Auckland Council's new plans for open spaces.

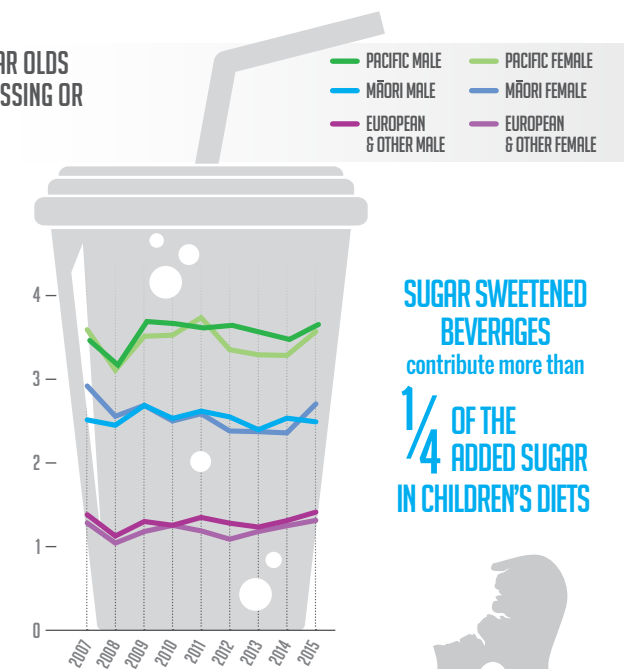
CHILDHOOD DENTAL CARIES

MEAN SCORE 5 YEAR OLDS WITH DECAYED, MISSING OR FILLED TEETH



GETTING WORSE
NO IMPROVEMENT
GETTING BETTER
TREND

There is no change in the rates of tooth decay in the past decade, with persistently high rates for Pacific and Māori children.



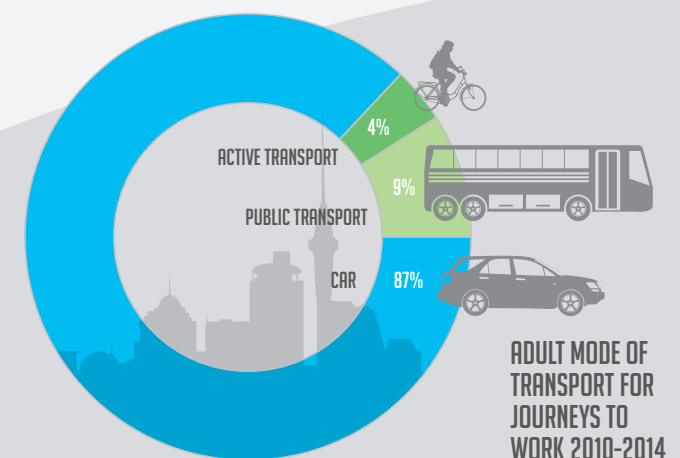
SUGAR SWEETENED BEVERAGES contribute more than **1/4** OF THE ADDED SUGAR IN CHILDREN'S DIETS

We can chart sugary food and drink intake by looking at the number of missing, decayed or filled teeth in Auckland five year olds. High sugar consumption in our region is a major cause of chronic disease and obesity.

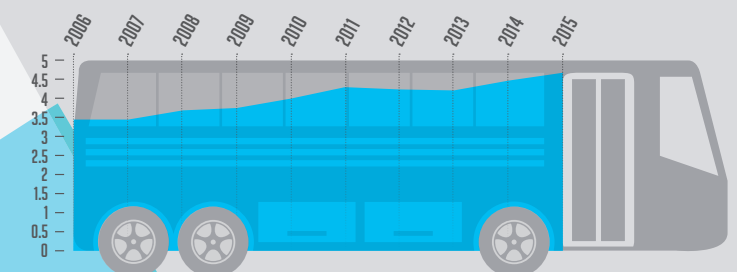
ADULT PUBLIC AND ACTIVE TRANSPORT



GETTING WORSE
NO IMPROVEMENT
GETTING BETTER
TREND



ADULT MODE OF TRANSPORT FOR JOURNEYS TO WORK 2010-2014



MONTHLY PUBLIC TRANSPORT TRIPS PER CAPITA (OVER 5 YEARS OLD)

EXPENDITURE ON WALKING & CYCLING

EXPENDITURE (\$MILLIONS)

NZTA
AUCKLAND COUNCIL

