

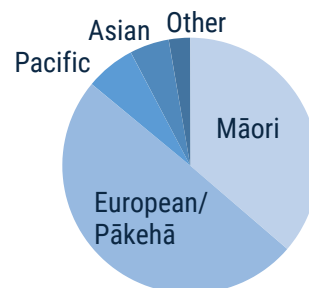


The **Nourishing Hawke's Bay: He wairua tō te kai** project measured the wellbeing and physical health of Year 5 and Year 9 students across Hawke's Bay in term four 2020 and term one 2021. These are the baseline results.

Aiming to improve food environments for children in Hawke's Bay



38% of Hawke's Bay schools covered



Primary students (Year 5)



574 Boys & 509 Girls*

1138

completed surveys

92%

response rate

Secondary students (Year 9)



502 Boys & 614 Girls*

1158

completed surveys

94%

response rate

Key findings

- Only 1/10 students across Hawke's Bay ate 3+ serves of vegetables per day
- Food insufficiency** was reported for 17% of students overall and for 30% of primary students in low decile (least advantaged, deciles 1–3) schools, but it was not just students in low decile schools experiencing food insufficiency
- 1/3 secondary students didn't eat breakfast and 1/10 didn't eat lunch
- Wellbeing in secondary students was much lower** than in primary school students; 1/3 of secondary school students were at risk of reduced wellbeing
- Almost 1/2** students in Hawke's Bay had **overweight or obesity**. Students in low decile schools are 3 times more likely to have obesity as students in high deciles (most advantaged, deciles 8–10) and half as likely to have a healthy weight
- Students in **low decile schools** were **twice as likely not to get enough sleep** as students in high decile schools
- 1/4 secondary school students spent >5 hours a day on screens outside of school hours

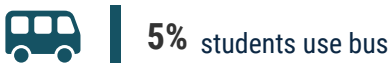
* Information regarding student sex (boy/girl) was not provided for all students

Activity, body size and wellbeing

Primary students

Transport

between home and school



Activity after school



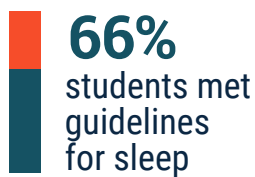
Almost **1/3** played sport or did other physical activity



Almost **1/2** watched TV or used screens

Sleep & screen use

Children aged 5 to 13 years should **sleep 9-11 hours per day & spend no more than 2 hours per day of recreational screen time**



1/4 students **did not** meet guidelines for screen use



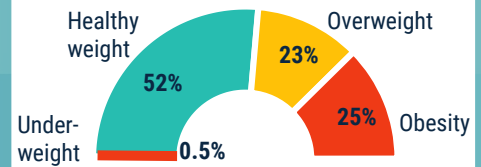
Over half **1/2** students had a screen in their bedroom



1/2 hour less sleep each night for students with a screen in their bedroom for both **primary** and **secondary** students

Body Size

Using WHO definitions based on measured height and weight



Wellbeing

I feel mostly or all of the time...



19% were **at risk** of reduced wellbeing

Secondary students

Boys more likely to have a screen in bedroom than girls



Transport

between home and school



Activity after school



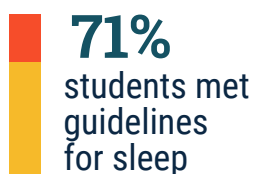
Almost **1/3** played sport or did other physical activity



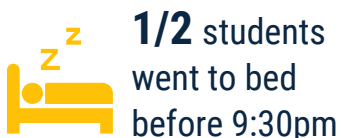
Almost **1/2** watched TV or used screens

Sleep & screen use

Teenagers (14 to 17 years) should **sleep 8-10 hours per day & spend no more than 2 hours per day of recreational screen time**



More than 1/2 students **did not** meet guidelines for screen use



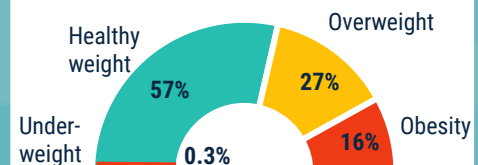
20% of secondary students spent more than 5 hours on screens outside of school time

About **3/4** students had a screen in their bedroom



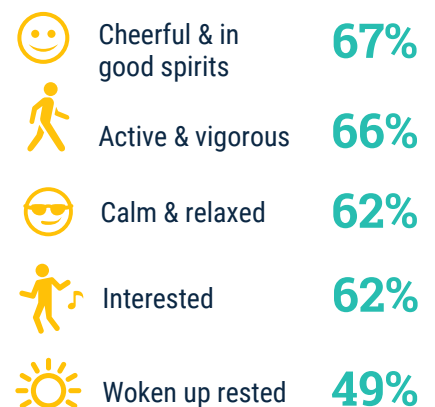
Body Size

Using WHO definitions based on measured height and weight



Wellbeing

I feel mostly or all of the time...

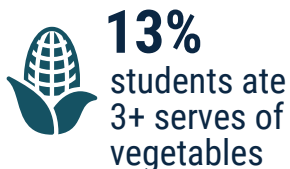


36% were **at risk** of reduced wellbeing

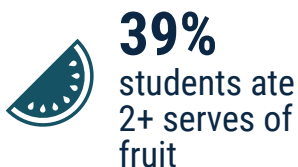
Food intake and food insufficiency

Primary students

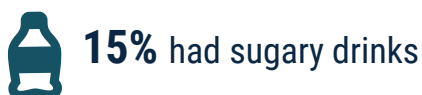
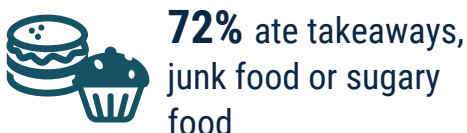
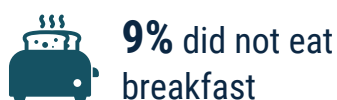
Daily food behaviours



17% did not eat any vegetables



12% did not eat any fruit



Self-reported food insufficiency

20% students said...

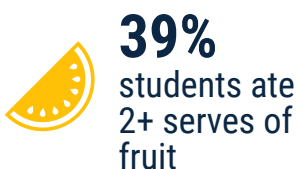
“ I was **hungry** because there was **not enough food** at home and/or the **food at home ran out** and we had to wait before buying more
...in the last week ”

Secondary students

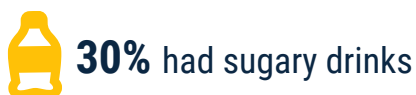
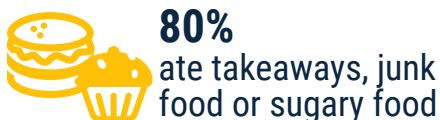
Daily food behaviours



12% did not eat any vegetables



15% did not eat any fruit



Self-reported food insufficiency

13% students said...

“ I was **hungry** because there was **not enough food** at home and/or the **food at home ran out** and we had to wait before buying more
...in the last week ”

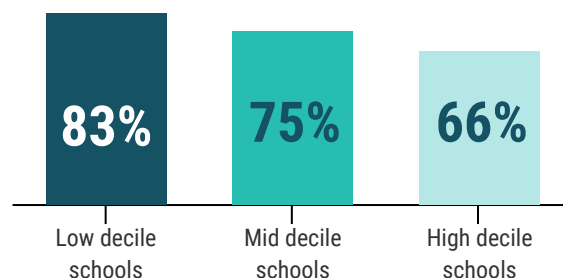
Effect of neighbourhood deprivation (school decile) for all students

School decile is a categorisation of a school used in New Zealand to indicate deprivation from 1 least advantaged to 10 most advantaged.

We grouped school deciles into tertiles:

- **Low decile schools (1-3) = high deprivation**
- **Mid decile schools (4-7) = medium deprivation**
- **High decile schools (8-10) = low deprivation**

Students eating unhealthy snacks



Effect of neighbourhood deprivation (school decile) for all students on behaviours and health

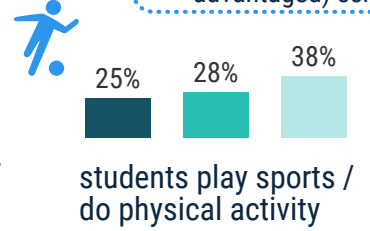
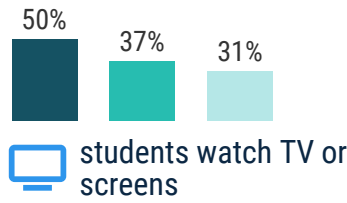
- Low decile (least advantaged) schools
- Mid decile schools
- High decile (most advantaged) schools

Transport between home and school

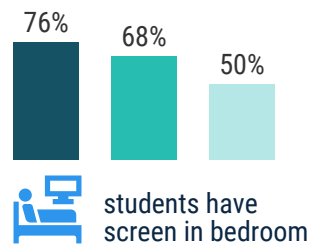
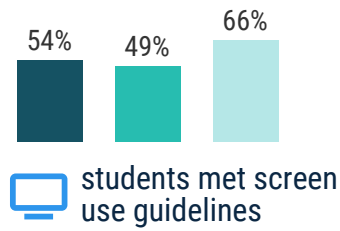
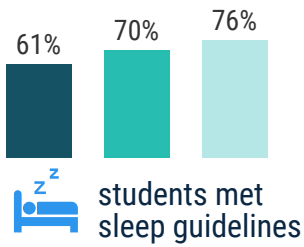
More (35%) students in low decile schools walk, scooter or bike, compared to students in high decile schools (24%)

Around **1/2** students in low decile schools travel by car compared to **2/3** students in high decile schools

Activities after school



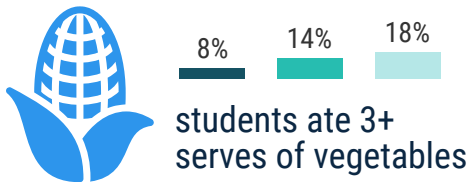
Sleep and screen use



1/3 students in low decile schools spent more than 5 hours on screens

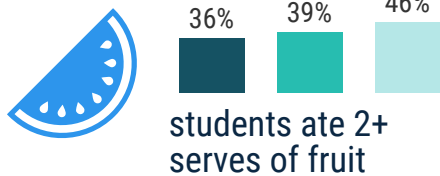
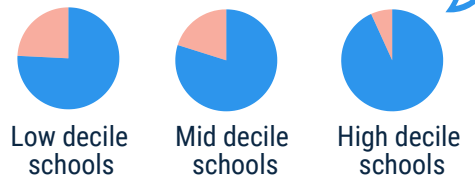
versus **1/10** in high decile schools

Daily food behaviours



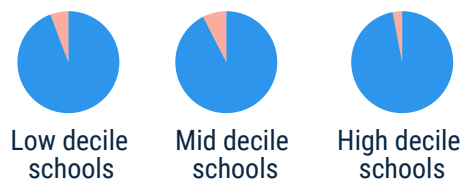
Students in low decile schools **2 X less likely** to eat enough vegetables compared to students in high decile schools

Did you eat **breakfast** today?



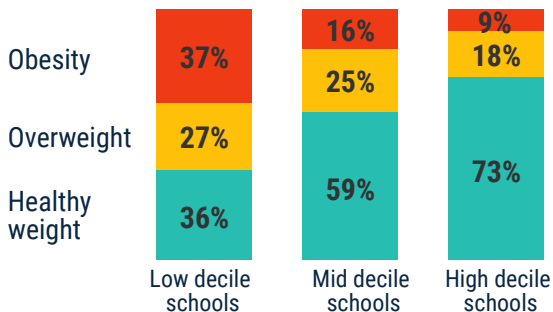
50% more students in low decile schools ate **no** vegetables or fruit, compared to high decile schools

Did you eat **lunch** today?



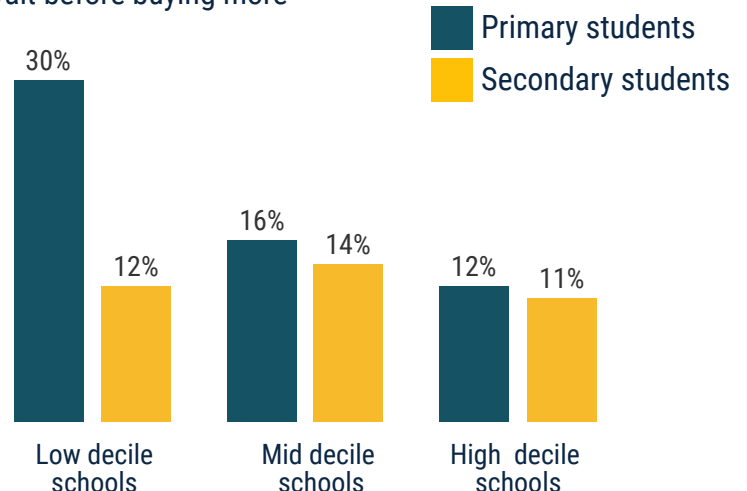
Body size

Shows the % of students



Food insufficiency

"I was hungry because there was not enough food at home" and/or "The food at home ran out and we had to wait before buying more"



Wellbeing

Students at risk of reduced wellbeing (raw score <13)

