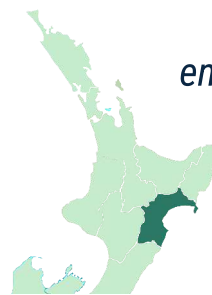


# The Nourishing Hawke's Bay: He wairua tō te kai project measured the wellbeing and physical health of Year 5 and Year 9 students across Hawke's Bay in term two and three 2023. These are the results.



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

24%  
of Hawke's Bay schools covered

## Primary students (Year 5)



414 Boys &  
386 Girls\*

85%

response rate

785

completed surveys

## Secondary students (Year 9)



127 Boys &  
215 Girls\*

74%

response rate

348

completed surveys

## Key findings



Only **15%** students across Hawke's Bay ate 3+ serves of vegetables per day and **17%** ate no vegetables on the day they were surveyed.



**Food insufficiency** was reported for **18%** of students overall, but it was not just students in low decile schools experiencing food insufficiency



**2/5** secondary students didn't eat breakfast and **5%** didn't eat lunch



**Wellbeing in secondary students was much lower** than in primary school students; almost **1/2** of secondary school students were at risk of reduced wellbeing



**45%** 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 about a 1/3 as likely to have a healthy weight



Students in **low decile schools** were **1.5 time more likely to not get enough sleep** as students in high decile schools. Students in high decile schools were **1.7 times more likely to meet the sleep guidelines**



**23%** 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



NOURISHING HAWKE'S BAY  
HE WAIRUA TŌ TE KAI



TE AHO A MĀUI



Te Pūkenga

National  
SCIENCE  
Challenges

A BETTER  
START

# Activity, body size and wellbeing

## Primary students

### Transport

between home and school



**70%** students by car



**25%** students walk, bike or scooter



**4%** students use bus

### Activity after school



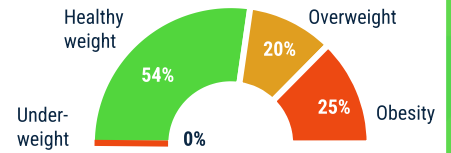
**30%** played sport or did other physical activity



Almost **43%** watched TV or used screens

### Body Size

Using WHO definitions based on measured height and weight



### Wellbeing

I feel mostly or all of the time...



Cheerful & in good spirits **80%**



Active & vigorous **76%**



Calm & relaxed **74%**



Interested **76%**



Woken up rested **67%**

**21%** were at risk of reduced wellbeing

### 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**



**83%** students met guidelines for sleep

**28%** students **did not** meet guidelines for screen use



**55%** students went to bed before 8:30pm

**60%** 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

## Secondary students



**Boys** more likely to have a screen in bedroom than girls

### Transport

between home and school



**46%** students by car



**29%** students walk, bike or scooter



**23%** students use bus

### Activity after school



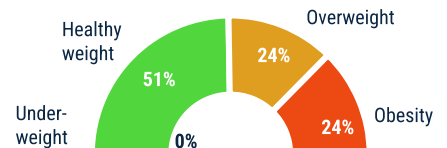
**23%** played sport or did other physical activity



**44%** watched TV or used screens

### Body Size

Using WHO definitions based on measured height and weight



### Wellbeing

I feel mostly or all of the time...



Cheerful & in good spirits **68%**



Active & vigorous **65%**



Calm & relaxed **66%**



Interested **61%**



Woken up rested **51%**

**44%** were at risk of reduced wellbeing

### 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**



**69%** students met guidelines for sleep

**More than 65%** students **did not** meet guidelines for screen use  
**23%** of secondary students spent more than 5 hours on screens outside of school time



**31%** students went to bed before 9:30pm

**72%** students had a screen in their bedroom



**1/4** went to bed after 11pm

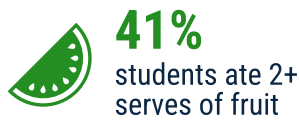
# Food intake and food insufficiency

## Primary students

### Daily food behaviours



18% did not eat any vegetables



12% did not eat any fruit



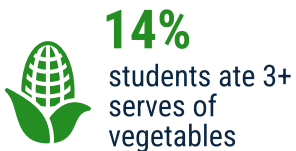
### Self-reported food insufficiency

**18%** 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



16% did not eat any vegetables



19% did not eat any fruit



### Self-reported food insufficiency

**18%** 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

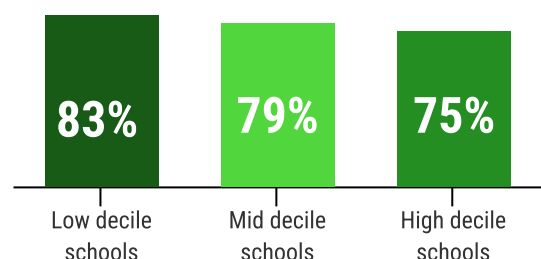
\*High school not included as no high decile high schools participated in the survey

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

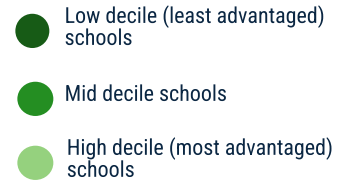
We grouped school deciles into tertiles:

- **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



## Transport between home and school

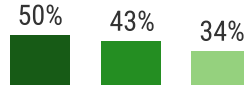


**26%** students in **low decile** schools walk, scooter or bike, compared to students in **high decile** schools (**24%**)

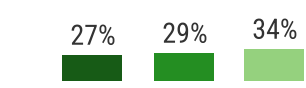


Similar numbers of students travel by car (**69%** students in **low decile** schools vs **70%** students in **high decile** schools)

## Activities after school

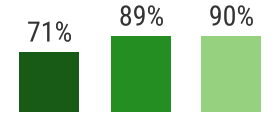


students watch TV or screens

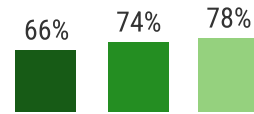


students play sports/do physical activity

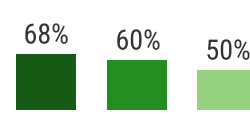
## Sleep and screen use



students met sleep guidelines



students met screen use guidelines



students have screen in bedroom

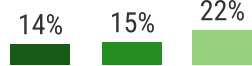
**15%** students in **low decile** schools spent **more than 5 hours** on screens

versus **5%** in **high decile** schools

## Daily food behaviours



students ate 3+ serves of vegetables



students ate 2+ serves of fruit



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

Students from **low decile** schools were around **4 x more likely** to have **not** had any fruit or vegetables.

Did you eat **breakfast** today?



Low decile schools



Mid decile schools

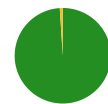


High decile schools

Did you eat **lunch** today?



Low decile schools



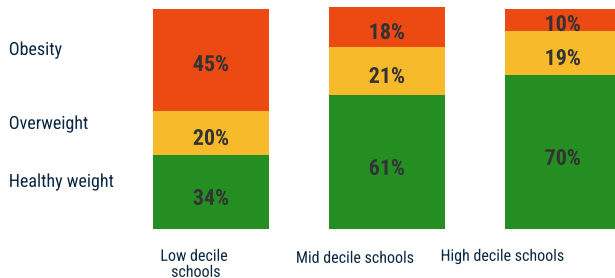
Mid decile schools



High decile schools

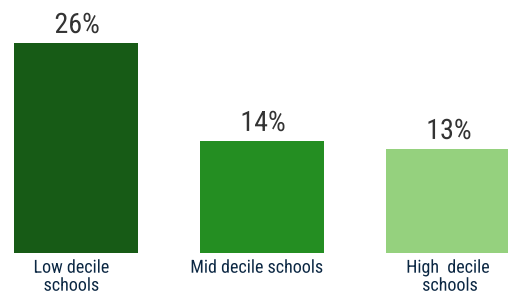
## Body size

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)

