

Totally FAB

good nutrition, physical activity, and bit of care all wrapped up in a supportive environment

Making Healthy Choices

A little help is sometimes needed

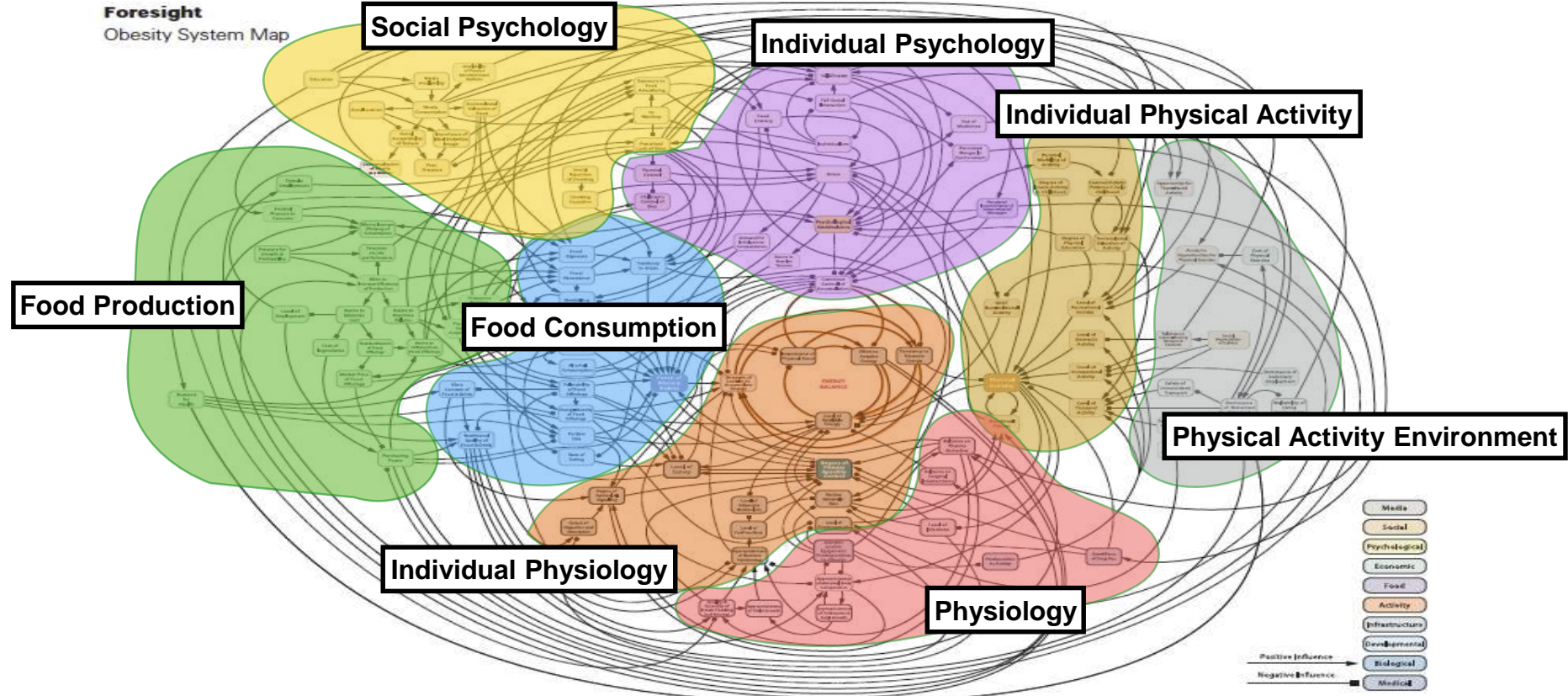


Can be hard



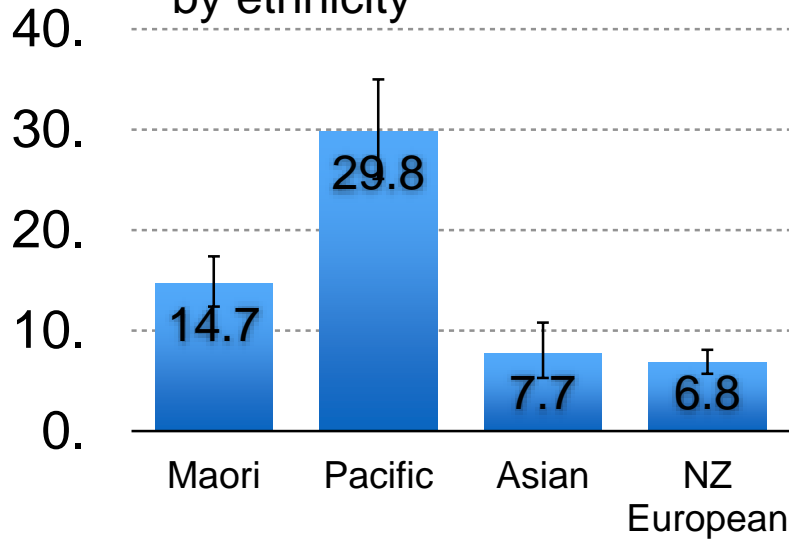
Causes of obesity are complex

Foresight
Obesity System Map

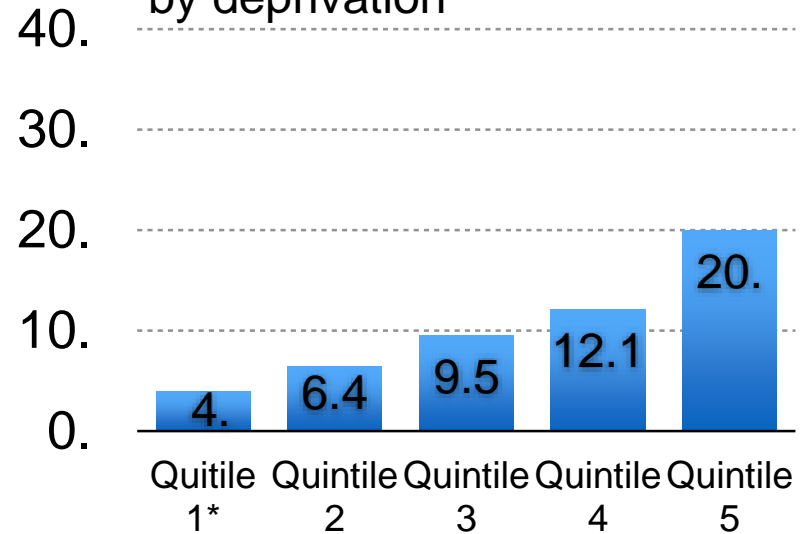


Childhood obesity in New Zealand

% children who are obese
by ethnicity



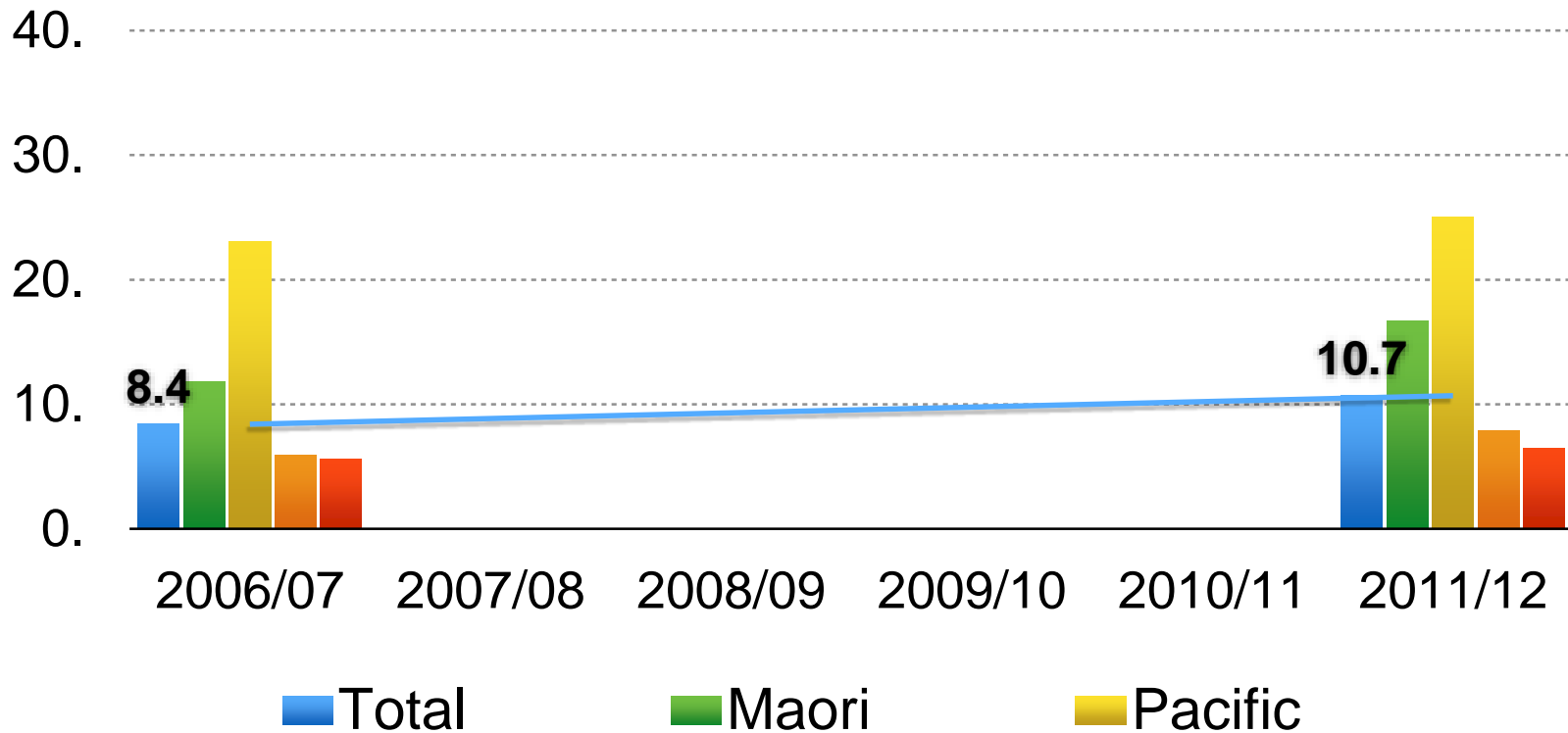
% children who are obese
by deprivation



Maori vs. non-Maori: aRR=1.59 (1.25-2.02)
Pacific vs. non-Pacific: aRR=3.87 (3.17-4.74)
Most deprived vs. least deprived: aRR=3.02 (1.90-4.81)

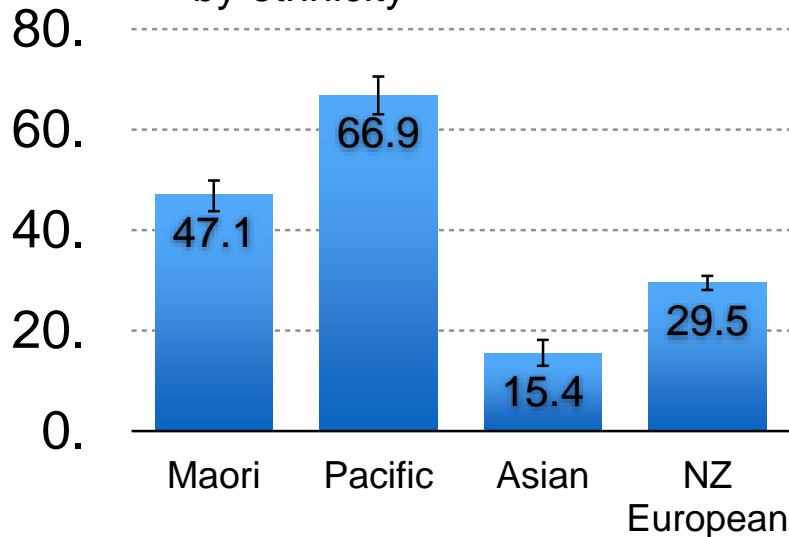
*least deprived
aRR= adjusted rate ratio

Childhood Obesity Over Time

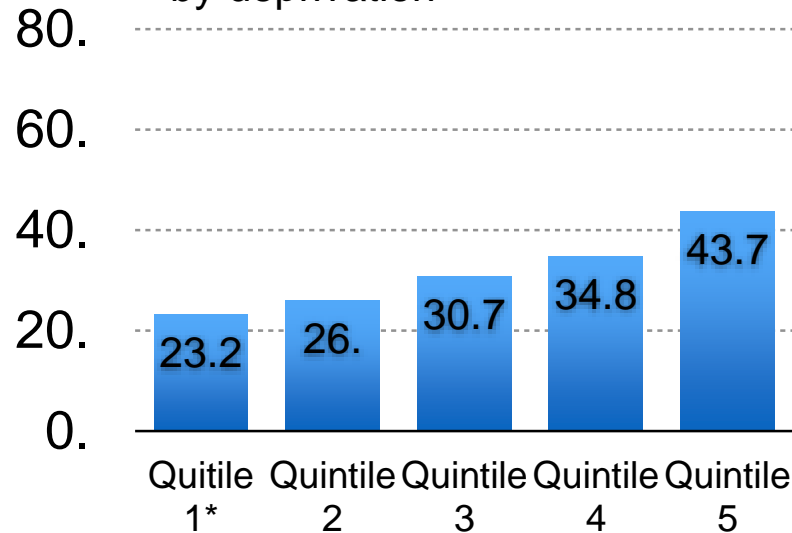


Adult obesity in New Zealand

% adults (15+) who are obese
by ethnicity



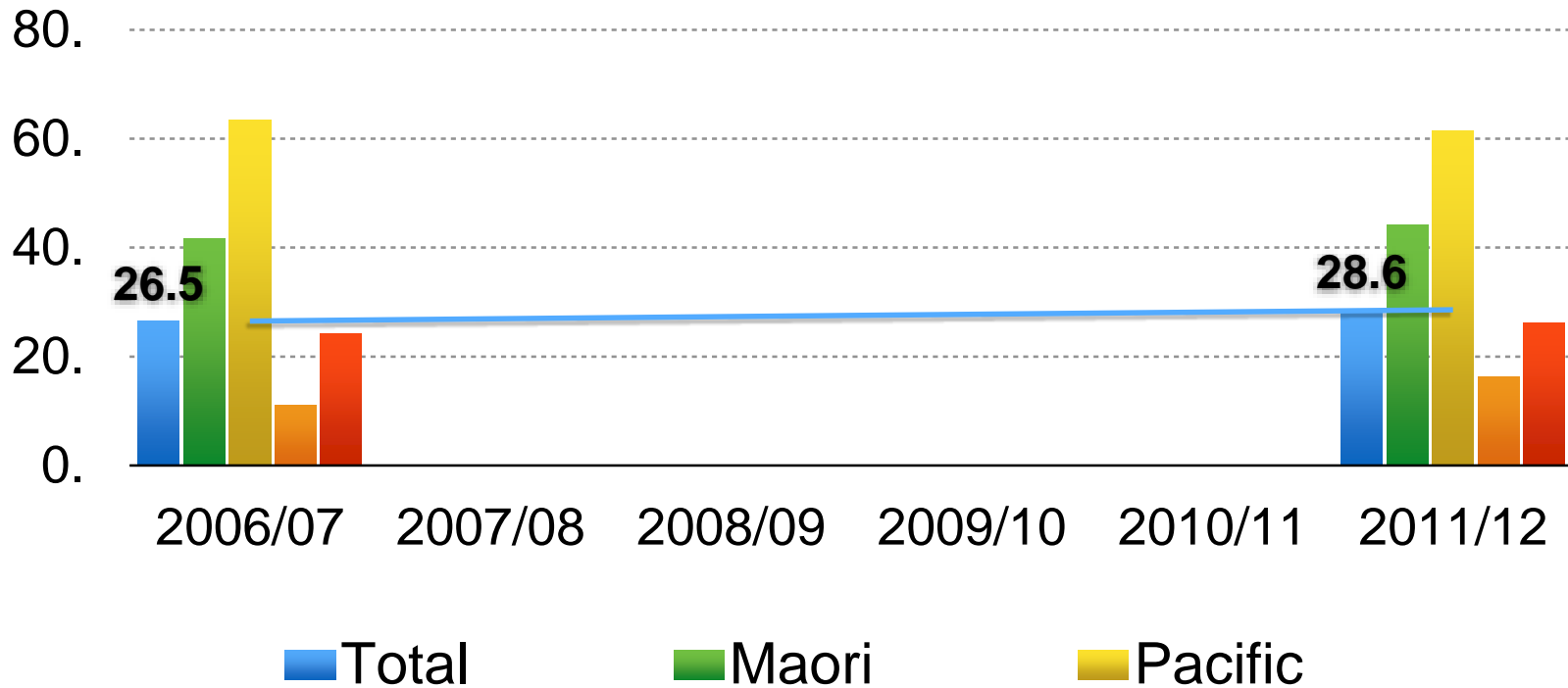
% adults (15+) who are obese
by deprivation



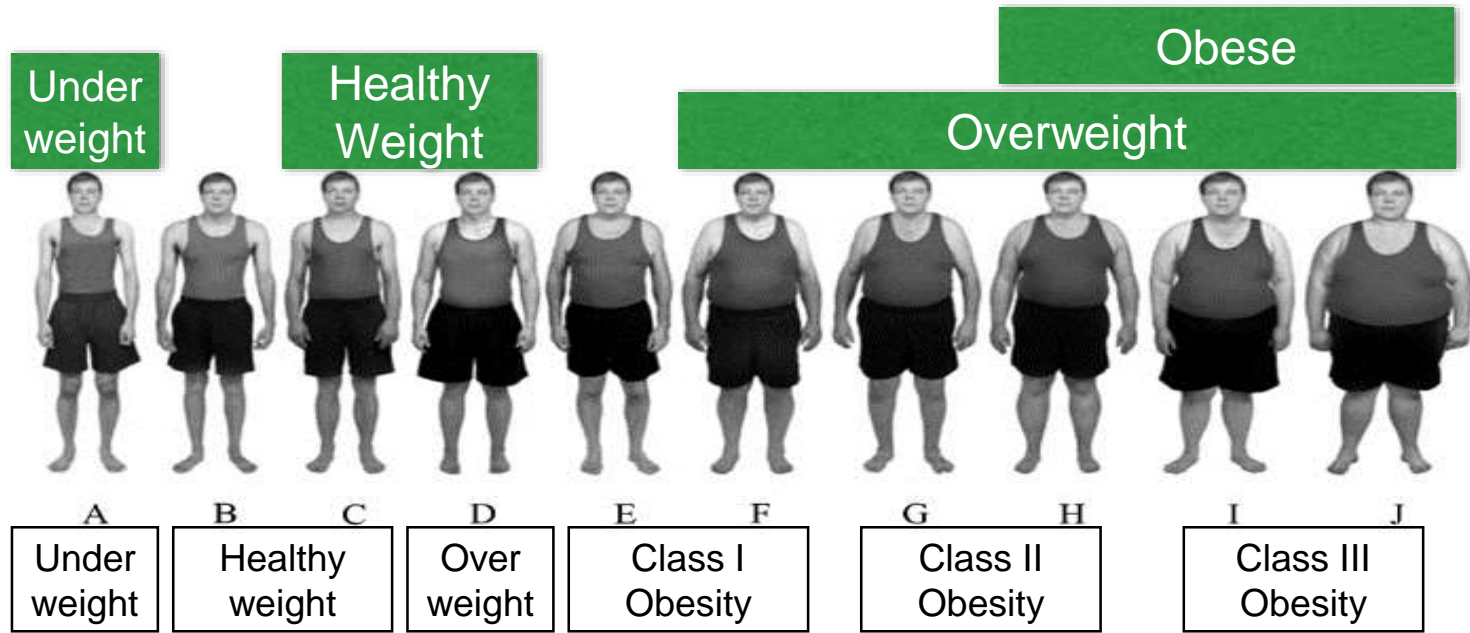
Maori vs. non-Maori: aRR=1.69 (1.58-1.82)
Pacific vs. non-Pacific: aRR=2.38 (2.21-2.56)
Most deprived vs. least deprived: aRR=1.70 (1.50-1.94)

*least deprived
aRR= adjusted rate ratio

Adult Obesity Over Time



Perception of adults weight



Adult perception

Perception of weight was influenced by the respondents' weight status and gender

Perceptions of Children's Weight

Under
weight

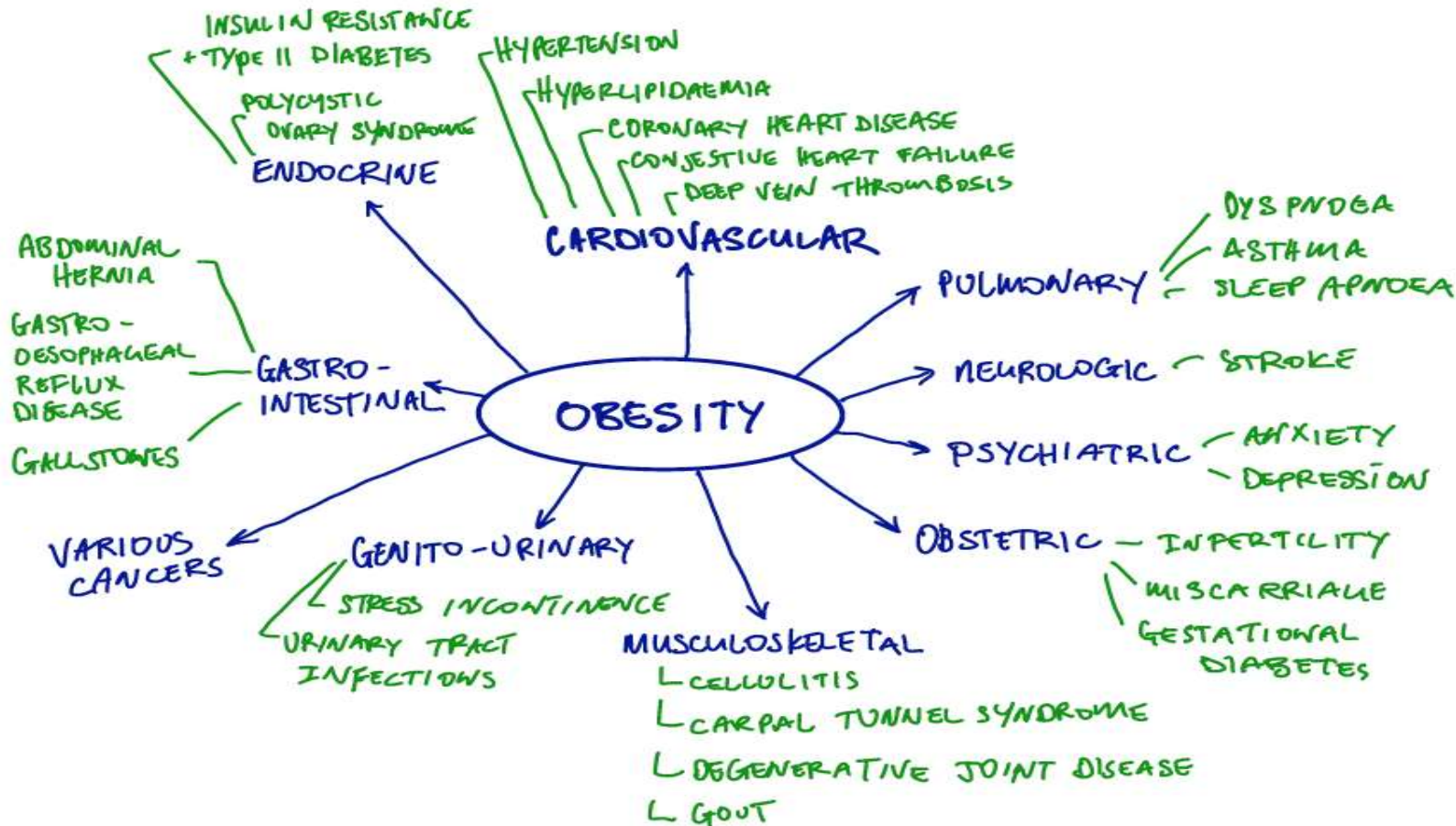
Healthy
weight

Unhealthy
weight

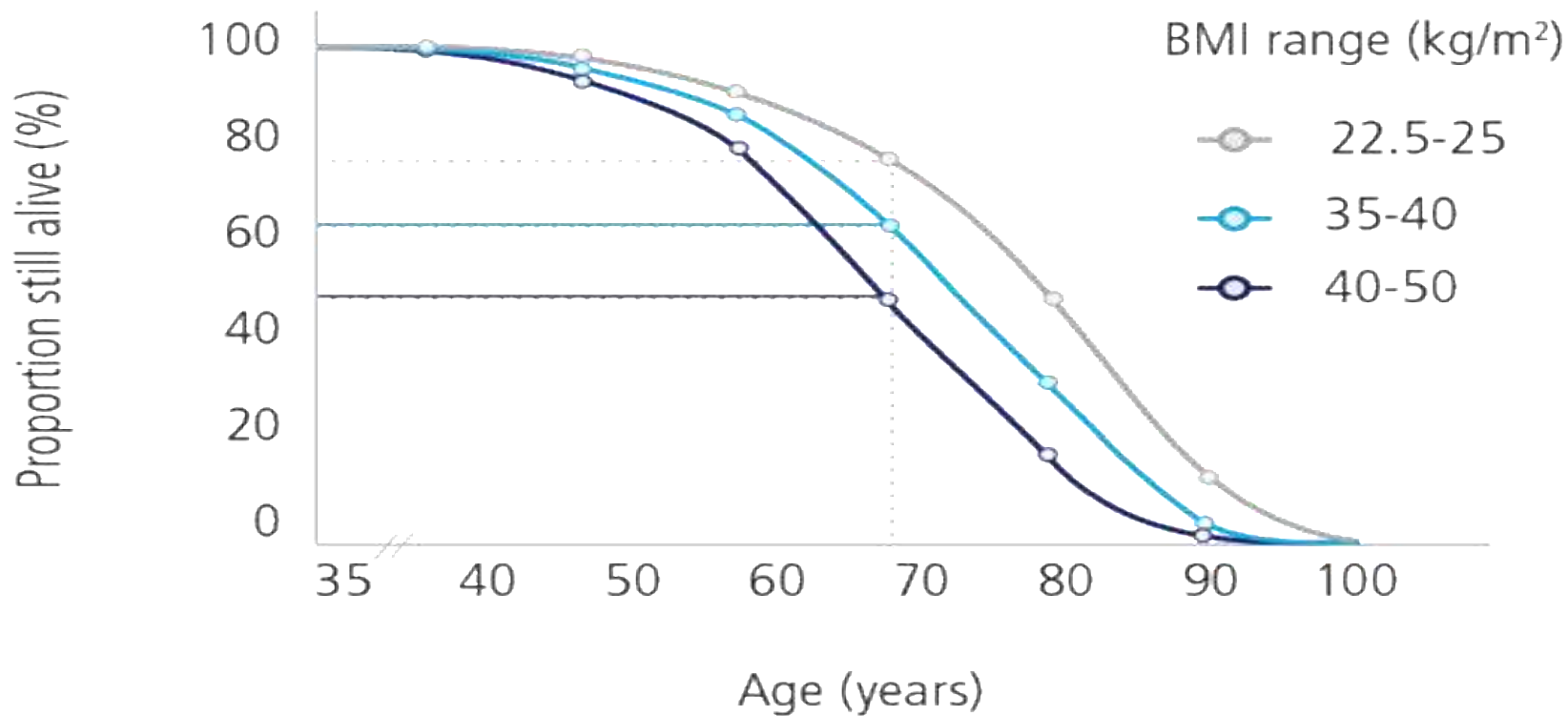
Very
unhealthy
weight



Health consequences of obesity



Action is important



Years of life lost

		Years of life lost per age group		
BMI	Gender	Age 20-39	Age 40-59	Age 60-79
30 to < 35 kg/m ²	Men	5.9 years	1.7 years	0.8 years
	Women	5.6 years	3.0 years	1.6 years
≥ 35 kg/m ²	Men	8.4 years	3.7 years	0.9 years
	Women	6.1 years	5.3 years	0.9 years

Behavioural changes are pivotal

F

Food

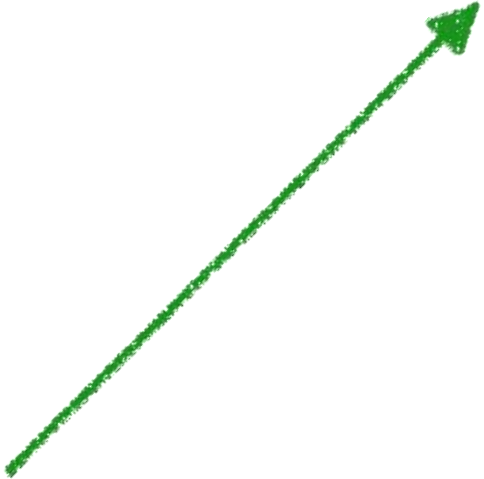
A

Activity
& Sleep

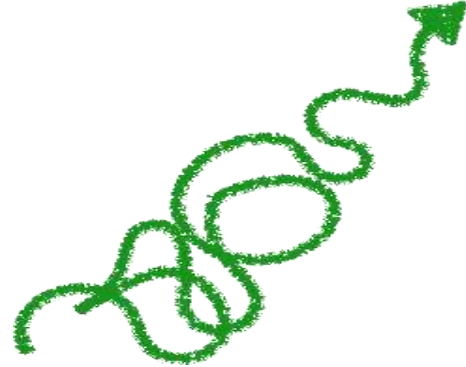
B

Behavioural
Strategies

Success



What people think
it should look like



What it really
looks like

PEOPLE CENTRED

MANA ENHANCING RELATIONSHIPS

VALUE SMALL CHANGES
IN BEHAVIOUR

UNDERSTAND
PEOPLE'S
LIVED
REALITIES



POSITIVE

BE CONFIDENT AND CARING

NON-JUDGEMENTAL

MOTIVATIONAL

RESPECT