

A CALL TO ACTION: THE NZ COUNTRY CARD GLOBAL OBSERVATORY FOR PHYSICAL ACTIVITY

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The logo for AUT (Auckland University of Technology) features the letters 'AUT' in a bold, white, sans-serif font. The letters are outlined, giving them a three-dimensional appearance as if they are floating or attached to a surface. The background is a solid black rectangle.

TE WĀNANGA ARONUI
O TĀMAKI MAKAU RAU

Facts

In NZ, physical inactivity is responsible for 12.7% of all deaths, compared to 9% worldwide.

Only 52% of New Zealanders are physically active (48% of men, 56% of women) (2013).

Physical inactivity is also a key contributor to many non-communicable diseases (NCDs).

While the life expectancy in NZ is on average 81 years, compared with 71 worldwide, 82% of deaths in NZ are attributed to NCDs.

Call to action

The magnitude of the physical inactivity pandemic worldwide was first described in the 2012 Lancet Physical Activity Series

A call to action was launched, including the creation of the Lancet Physical Activity Observatory, later named the *Global Observatory for Physical Activity (GOPA)*

The mission of the GOPA is to monitor physical activity surveillance, research, and policy worldwide, with the ultimate goal of reducing the global burden of mortality and morbidity caused by physical inactivity

NZ Country leader: Associate Professor Erica Hinckson (AUT)

Global Observatory for Physical Activity

The Global Observatory for Physical Activity is a global organization consisting of:

physical activity researchers, epidemiologists, public health policy makers and practitioners

producing and analysing reliable, high quality and current global data, information and knowledge on the topic of physical activity and health.

Only observatory dedicated to monitoring worldwide physical activity globally

The Observatory's aim is to turn physical activity information into meaningful public health action and policy

Process

Country cards were initially developed by the Observatory team using a standardised method to capture country demographics, deaths related to physical inactivity, surveillance and policy status, prevalence of physical activity (PA), and research metrics.

The cards were submitted for consultation and validation to country representatives.

Country cards were launched on December 2015 by the Global Observatory for PA.



New Zealand

New Zealand

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New Zealand

New Zealand

New Zealand

Physical Activity Country Card: New Zealand

Capital ----- Wellington
Inhabitants (2013) ----- 4,470,800
Life expectancy (2012) ----- 81
GINI inequality index (1997) ----- 0.32
Human Development Index (2013) ----- 0.910
Literacy rate (2003) ----- 99%
Deaths by non-communicable diseases ----- 82%



Deaths related to physical inactivity

» 12.7% of all deaths in New Zealand are due to inactivity.



Surveillance and policy status

Physical activity plan

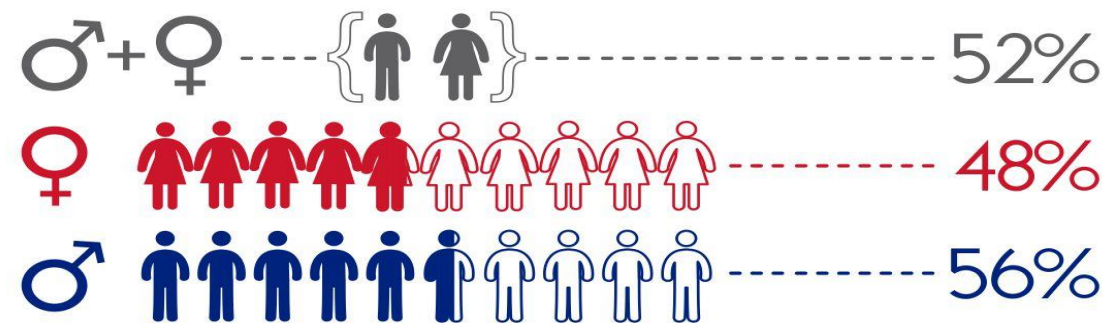
☒ Yes ☐ No

» Name:
Food and nutrition guidelines and Sport NZ strategic plan 2012-15

National survey

☒ Yes
☒ First survey: 2011-2012
☐ Most recent survey
☐ Next survey
☐ No

Prevalence of Physical Activity | Age 18+ years*



*New Zealand Health Survey: Annual update of key findings 2012/13.

Research metrics (PubMed search in 2013)

Articles related to Physical Activity and Public Health =38

Number of active researchers =89

Average connections (shared papers) among authors =9.68

Articles per million people =8.499

Researchers per million people =19.906

Identified publishing groups =22



For description of the indicators and data sources:
www.globalphysicalactivityobservatory.com/appendix

Icons by Freepik

Contact Information

Name:
Erika Hindson

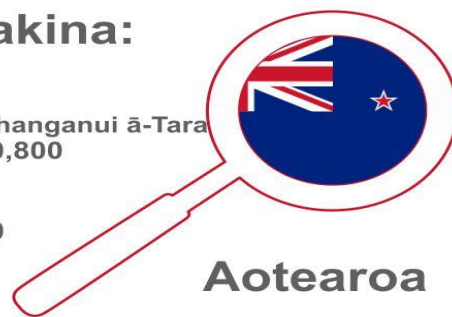
Institution:
Faculty of Health and Environmental Sciences, AUT University, Auckland, New Zealand





Whenua Kāri Hākinakina: Aotearoa

Tāone Matua	Te Whanganui ā-Tara
Tāngata Noho (2013)	4,470,800
Tau ka ora (2012)	81
GINI tohu toihara (1997)	0.32
Tohu Whanaketanga	0.910
Tāngata (2013)	
Wāriu Reo (2003)	99%
Mate i te mate kore-aro	82%



Mate nā te kore whakakori tinana

» Nā te kore whakakori tinana, 12.7% tāngata o Aotearoa ka mate.



Kaupapa Tūtai me te Kaupapa Here

Mahere Whakakori Tinana

☒ Āe ☐ Kāo

» Ingoa:

Kai a Aratohu Nutrition ,
me te hākinakina NZ
mahere rautaki 2012-15

Te Tiro Whānui i te Motu

☒ Āe

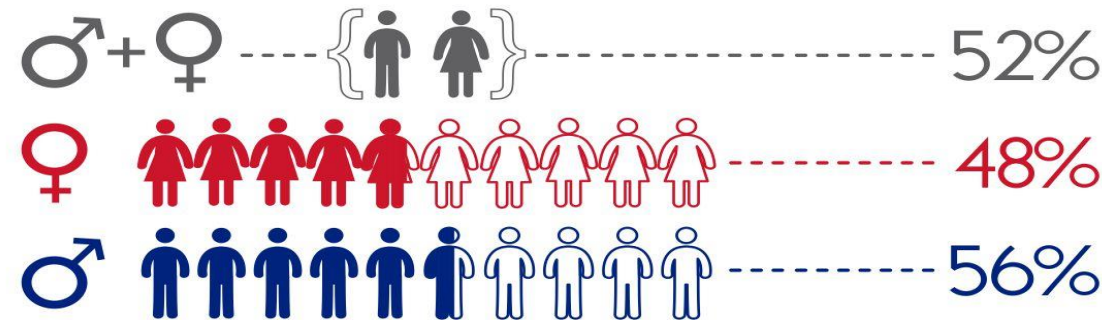
☒ Tuatahi: 2011-2012

☐ Ināia Tata nei

☐ Haere ake nei

☐ Kāo

Āhua o te Whakakori Tinana 18+ te pakeke*



*New Zealand Health Survey: Annual update of key findings 2012/13.

Mahi Rangahau (PubMed tirohia i te 2013)



Tuhinga e hāngai ana
ki te Whakakori Tinana
me te Hauora Tumatānui

=38



Te tataua o ngā
kairangahau

=89



Ētahi hononga ki ngā
kaitito (tuari pepa)

=9.68



Tuhinga poto ia
miriona tāngata

=8.499



Kairangahau ia
miriona tāngata

=19.906



Roopu Whakaputa
Puka

=22

Tataua o ngā tuhinga poto



Te Kapa tuangahuru mā waru

» Te 1.48% o te
rangahau whakakori
tinana o te ao whānui
i te tau 2013

Ngā whakamārama,
tohu hoki o ngā
kohinga kōrero:

www.globalphysicalactivityobservatory.com/appendix

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Limitation of GOPA cards

While monitoring global health via country cards is an important first step, the cards do not report on physical activity inequalities that exist in specific populations, and rely on self-reported physical activity.

Bad news

NZ is not as active as we want to believe.

NZ is ranked 88th from the 110 countries that provided data for physical activity prevalence.

Only 52% of adults participate in regular PA (that is meeting the PA guidelines of 150min of moderate to vigorous physical activity during the week).

Close to South Africa-53% and Iraq-51%.

Good news

NZ is Performing well in terms of the contribution to physical activity research world wide.

We are ranked 18th (out of 104 countries that contributed data.

For a small country like ours this is very encouraging and we are doing well in terms of contribution to the field

NZ government

The NZ Government, through the Ministry of Health and Sport NZ, has an interest in promoting physical activity because of the impact on general health and wellbeing.

The Ministry measures and monitors physical activity levels through the continuous New Zealand Health Survey, develops population level Eating and Activity Guidelines, and funds District Health Boards and other providers to deliver health-related physical activity advice and support.

GRx-success story

Twenty years ago the Green Prescription for adults (GRx) was initiated.

A GRx is a health professional's written advice to a patient to be physically active, as part of the patient's health management.

Evidence thus far suggest that the GRx is a cost-effective way to increase physical activity, improves an individual's quality of life by over 12 months and provides sustained changes to physical activity engagement and better nutrition.

However, the number referred in 2014/15 was 47,694 – substantially less than the number that could benefit from a GRx.

A call to action for NZ



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In response to growing rates of obesity, the Government released a new Childhood Obesity Plan with 22 actions in October 2015.

Many actions focus on increasing physical activity across the population (thus impacting children and adults).

Healthy Families New Zealand – a systems based model for community change, is being implemented in ten communities across New Zealand.

Play.Sport – Sport NZ led initiative to increase the quality and quantity of PE in schools, and embed it across curriculum areas using professional development model

There are also many activities underway regionally, and actions in other sectors such as transport, sport and recreation and workplaces, independent of the new Childhood Obesity Plan.

A call to action for NZ

Physical inactivity is a public health issue that must be prioritised by everyone, especially given the ageing NZ population and a health system under constant strain.

The call to action requires across the board societal involvement to influence change in physical activity at the population level.

A call to action
internationally

WHO Global Action plan
to promote physical
activity – opportunity to
contribute mid July to
Aug 2017, with final
draft May 2018

Wonder no more why we are becoming a nation of fat bastards

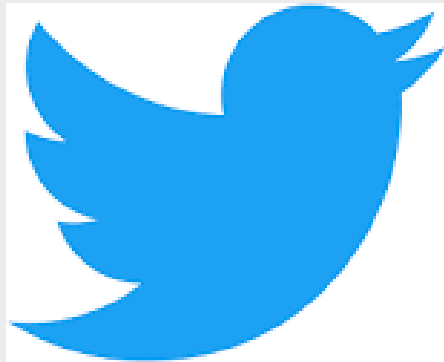
by Cameron Slater on December 5, 2015 at 11:30am

Forget a sugar tax, or a fat tax, the reason why we are becoming a nation of fat bastards is quite simply because we are lazy.

“ A global study on physical activity has “staggered” its New Zealand researcher with findings that show Kiwis are less active than Americans, and on par with Iraqis for regular exercise.

15

Media



New global report card shows Kiwis are couch potatoes, not sports stars

JOEL MAXWELL

Last updated 20:53, December 4 2015



MONIQUE FORD/FAIRFAX NZ

Wellington woman Rebecca Sore works hard to make sure exercise remains part of her weekly routine. Pictured here with five month old son Tommy Sore.

A global study on physical activity has "staggered" its New Zealand researcher with findings that show Kiwis are less active than Americans, and on par with Iraqis for regular exercise.

AUT professor of physical activity Erica Hinckson said news New Zealand ranked 88th out of 110 nations for physical activity was a surprise even to her.

"I was hoping we would be further up the list."

The data, from the Global Observatory for Physical Activity, revealed New Zealand women came in even lower than men when it came to reaching 150 minutes a week of moderate to vigorous physical activity.