



**Kaweā ake te wero: Enabling everyone in
Aotearoa to eat well**

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- An ANA-funded evidence snapshot
- Aims to summarise population nutrition-related issues facing Aotearoa
- Document key evidence in one place



What issues do the papers cover?

- 25 public health nutrition issues considered
- Broader than obesity
- Long-term conditions
- Unhealthy food and drink environments
- Vitamins and minerals of concern
- Food security and the socio-economic determinants of health

KAWEA AKE TE WERO / CALL TO ACTION

ANA urgently demands the regular, robust collection of data to monitor food and nutrition trends and identify emerging nutritional issues and ways to address them.

In addition, a national nutrition strategy is needed to underpin research, interventions, policies, evaluations and future strategies.

Key Findings

- High food insecurity and high proportions of income spent on housing.
- Need for cultural factors to be valued, valid and legitimate
- Lack of information on eating patterns and nutrient status
- Unhealthy eating patterns particularly low vegetable intake and low fibre
- High rates of obesity and NCDs (health survey)
- Unhealthy food environments
- Packaged food supply high in energy, sodium and added sugar
- Voluntary systems such as HSR and marketing restrictions to children are less effective than if mandatory

Key Findings

- Maternal nutrition – folic acid and iodine supplementation needs to improve
- High initiation of breastfeeding but low rates of exclusive breastfeeding until 6 months
- Early introduction of solids
- Nutritional risk in older people
- Micronutrients of concern: iron, calcium, vitamin D, iodine, selenium, zinc, vitamin B12
- Lack of research on nutrition workforce development, lack of non-university nutrition courses

Recommendation 1: Strengthen food and nutrition monitoring

- Food consumption, nutrient status and food security
- Priority NZ population groups (Māori, Pacific peoples)
- To identify key nutrition issues
 - particularly for pregnant and breastfeeding women, children and older adults with priority for Māori and Pacific peoples
- To enable appropriate policies and interventions.

Recommendation 2: Develop a National Nutrition Strategy

- Food security and the social determinants of health, prioritising cultural values
- Regulations, policies and incentives to create healthier food environments
 - e.g. government-led regulation about marketing unhealthy food to under 18s
- Research on sustainable diets, inclusion of plant-based diets in Healthy Eating Guidelines
- Analysis of local food systems
- Workforce development strategy for public health nutrition.