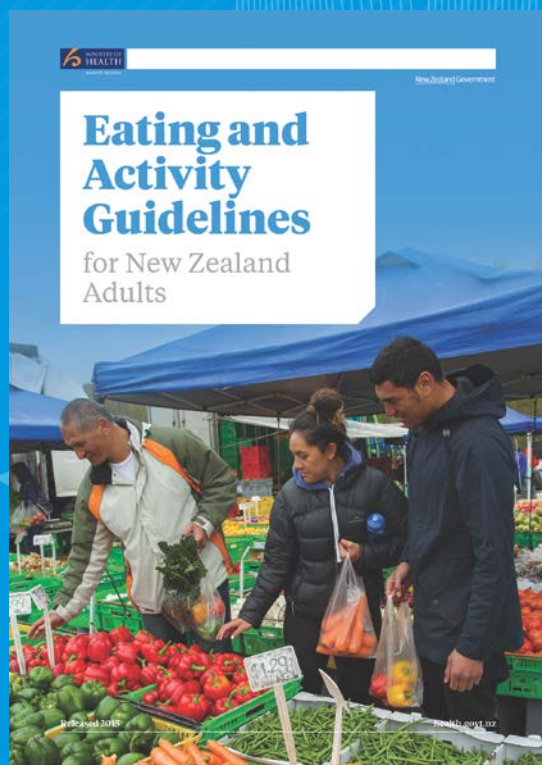


Eating and Activity Guidelines Series



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Eating and Activity Guidelines (EAGs) - purpose

a) EAG for New Zealand Adults

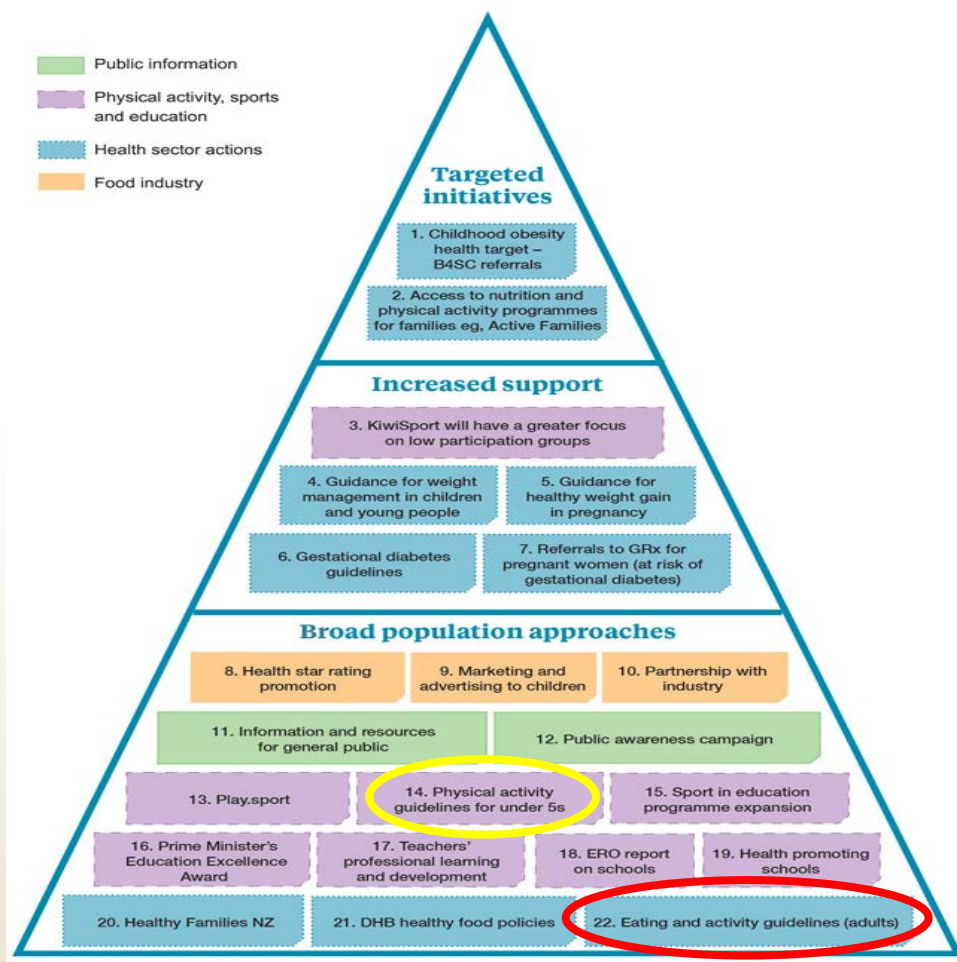
- brief outline of the Project?
- What's in scope and out of scope
- Where it fits in with other national initiatives.

b) Physical Activity for under-fives.

c) Seek your advice on activities for Māori and how you may use the guidelines in your contact with whānau?

d) Any questions / contacts for further information.

Childhood Obesity Initiatives



How the EAGs fit in with other work



Eating and Activity Guidelines Series

Central document

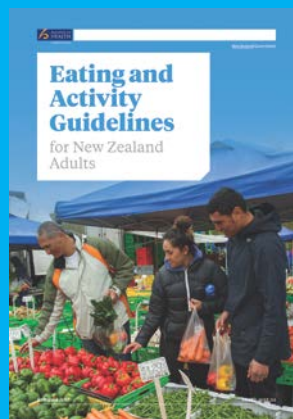
Health ed resources



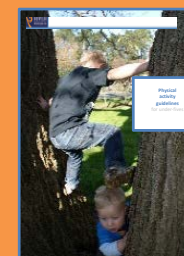
Evidence



Fact sheets




Issue based documents



Enhanced web presence

2011 independent evaluation



Independent
external
contractor

Literature
review

E-survey for
health
practitioners

Stakeholder
interviews

What's changed?

Food and Nutrition Guidelines for Healthy Adults (MoH 2003)



Movement = Health
(SPARC & MoH 2007)

What's changed?

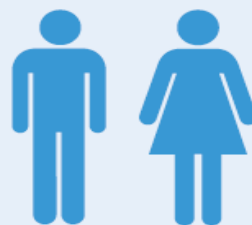
What are New Zealand adults doing?

Among New Zealand adults (aged 18–64 years), between 2002 and 2004:



4 Hrs

People sat
on average
for four hours
a day in total.



Sitting times
for men and
women were
not significantly
different.



Higher levels of sitting

Younger, higher educated and less physically active adults.





(Bauman et al 2011)

Eating and Activity Guidelines statements





What and how much you eat and drink, and being physically active are important for good health.

Eating statements


Enjoy a variety of nutritious foods every day including:

-  plenty of vegetables and fruit
-  grain foods, mostly whole grain and those naturally high in fibre
-  some milk and milk products, mostly low and reduced fat
-  some legumes, nuts, seeds, fish and other seafood, eggs, poultry (eg, chicken) and/or red meat with the fat removed.

Choose and/or prepare foods and drinks:

-  with unsaturated fats instead of saturated fats
-  that are low in salt (sodium); if using salt, choose iodised salt
-  with little or no added sugar
-  that are mostly 'whole' and less processed.

 Make plain water your first choice over other drinks.

 If you drink alcohol, keep your intake low. Stop drinking alcohol if you could be pregnant, are pregnant or are trying to get pregnant.

 Buy or gather, prepare, cook and store food in ways that keep it safe to eat.

Body weight statement

 Making good choices about what you eat and drink and being physically active are also important to achieve and maintain a healthy body weight.


Being a healthy weight:


- helps you to stay active and well
- reduces your risk of developing type 2 diabetes, heart disease and some cancers.

If you are struggling to maintain a healthy weight, see your doctor and/or your community health care provider.

Activity statements

 Sit less, move more! Break up long periods of sitting.

 Do at least 2 ½ hours of moderate or 1 ¼ hours of vigorous physical activity spread throughout the week.

 For extra health benefits, aim for 5 hours of moderate or 2 ½ hours of vigorous physical activity spread throughout the week.

 Do muscle strengthening activities on at least 2 days each week.

 Doing some physical activity is better than doing none.

Eating and Activity Guidelines document

Activity Statement 3



For extra health benefits, aim for 5 hours of moderate or 2½ hours of vigorous physical activity spread throughout the week

Reasons for the recommendation

Using the NHMRC quality rating system, there is:

- convincing evidence for the recommendation to do at least 5 hours of moderate or 2½ hours of vigorous physical activity each week for extra health benefits
- probable evidence for the recommendation to spread physical activity throughout the week.

(Brown et al 2012)

New Zealand adults can achieve extra health benefits by doing 5 hours of moderate, 2½ hours of vigorous or equivalent mix of moderate and vigorous physical activity each week. For example, they can achieve an even greater:

- reduction in the risk of developing type 2 diabetes
- reduction in the risk of gaining excess weight
- reduction in depressive symptoms and anxiety
- an increase in quality of life/wellbeing.

The evidence also shows that doing more than 5 hours of moderate (or 2½ hours of vigorous) physical activity can help prevent and manage some cancers. This evidence is:

- convincing for colon and postmenopausal breast cancer
- probable for endometrial cancer
- suggestive for pre-menopausal breast, lung and ovarian cancer.

(WCRF and AICR 2007; Brown et al 2012)

Generally, people can gain extra health benefits by increasing what they do in one or more of the five dimensions of activity described in Figure 5. This can be achieved through increasing the length or intensity of activity sessions or by doing more sessions.

Background

Most New Zealand adults who participate in sport and recreation do so for health and fitness reasons (91%). Other reasons why people participate in sport and recreation include enjoyment (88%) and social aspects (53%). Compared with all participants in the survey, Māori reported cultural reasons as one of the most significant motivators to participate. For Pacific peoples, it was sporting performance (Sport New Zealand 2015).

What are the best activities to do?

To achieve extra health benefits, people need to do activities that are suitable for overall health and wellbeing (ie, those needed to achieve Activity Statement 2), but for longer, more often, or at a higher intensity.

One way to achieve this is through High-Intensity Intermittent (or Interval) Training (HIIT). HIIT is short periods of vigorous intensity activity with a brief recovery period in between. HIIT can be an efficient use of time and is good for health as it can improve aerobic and anaerobic fitness, strength, power and speed. It can also increase heart health and insulin sensitivity and reduce blood pressure, cholesterol and abdominal fat.

Consider:

- joining a club
- training for an event
- setting personal goals
- improving skills through practice
- encouraging others to participate.

See Appendix 4 for examples of activities that help people to gain extra health benefits and Appendix 5 for popular activities for New Zealand adults.



For more advice on gaining extra health benefits, refer to the Useful Links section near the end of this document.

What are New Zealand adults doing?

Among New Zealand adults* in 2013/14:

46 %
did at least 5 hours of moderate activity or equivalent²⁹ spread over 5 or more days in the last week.



More likely to be very physically active

Men were more likely to be very physically active³⁰ than women from the same age group.



Less likely to be very physically active

Asian and Pacific peoples were less likely to be very physically active than non-Asian and non-Pacific peoples.

(Ministry of Health, additional data from the NZHS, personal communication, 16 March 2015)

²⁸ The 2013/14 New Zealand Health Survey provides data from adults aged 15 + years. The Eating and Activity Guidelines define adults as 19–64 years.

²⁹ One minute of vigorous activity is equivalent to two minutes at moderate intensity.

³⁰ 'Very physically active' means an adult does at least 60 minutes of moderate or 30 minutes of vigorous physical activity on five days each week, or an equivalent combination of both.

How can Māori use the guidelines?



Physical Activity for Under-Fives

Central document

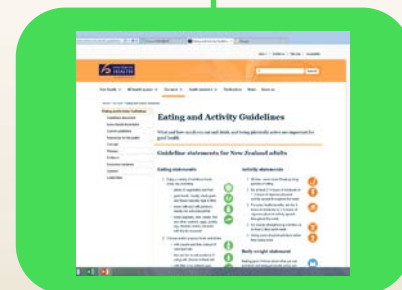
Health ed resources



Evidence

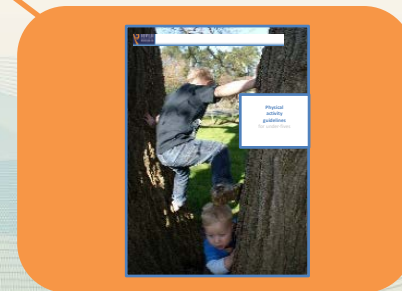


Fact sheets



Enhanced web presence

Issue based documents



Physical Activity for Under-Fives - the background



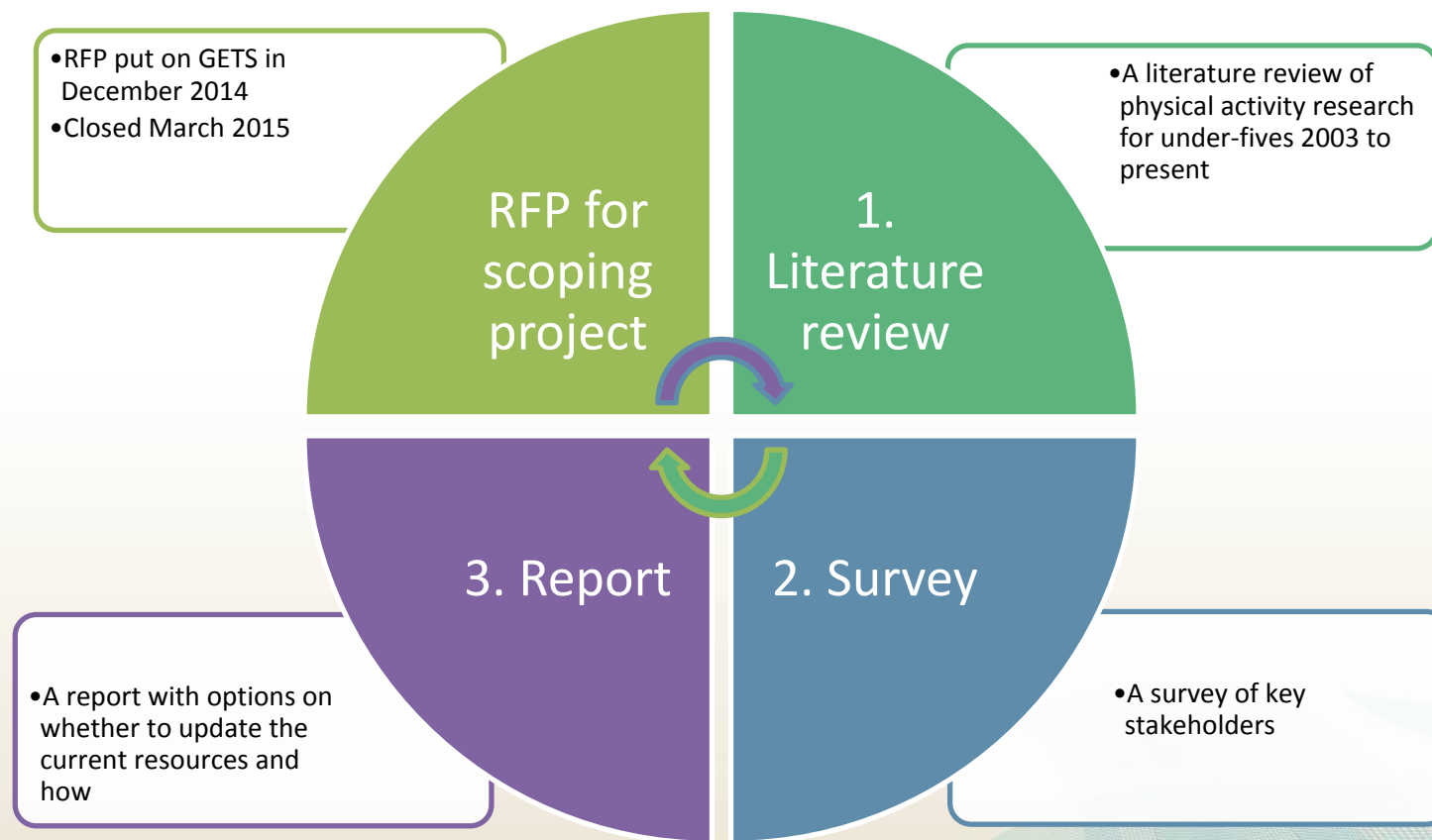
14 Active Movement [guides](#) for children aged 0 – 5 years

10 Active Movement [video clips](#) for children aged 0 – 5 years

Released in 2005

Resource updates

Physical Activity for Under-Fives - the scoping project



ALLEN+CLARKE

REVIEW OF PHYSICAL ACTIVITY GUIDANCE AND RESOURCES FOR UNDER FIVES

Final report for the Ministry of Health

December 2015



Physical Activity for Under-Fives

Issue based documents



Health ed resources



How can Māori use the guidelines?



Eating and Activity Guidelines updates page

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[Home](#) > [Our work](#) > [Eating and Activity Guidelines](#) > [Updates](#)

Eating and Activity Guidelines

Guidelines document

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Concept

Process

Evidence

Document database

Updates

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Eating and Activity Guidelines updates

Get email updates on the new Eating and Activity Guidelines Series.

The new Eating and Activity Guidelines Series is a collection of documents and information mainly for the health and physical activity sectors.

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Page last updated: 28 October 2015

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<http://www.health.govt.nz/our-work/eating-and-activity-guidelines/eating-and-activity-guidelines-updates>