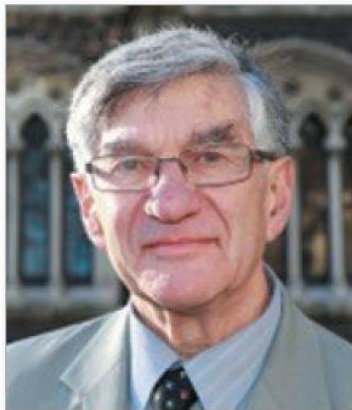




Professor Jim Mann

Professor in Human Nutrition and Medicine
University of Otago
Dunedin

Friday, August 09, 2019

(Plenary)

16:45 - 17:00 Our Complex Obesogenic Environment: Are We Ready To Act?

Our complex obesogenic environment: are we ready to act?

Jim Mann



WHO Collaborating
Centre for Human
Nutrition



The New Zealand - China
Non-Communicable Diseases
Research Collaboration Centre
新西兰-中国非传染性疾病研究合作中心

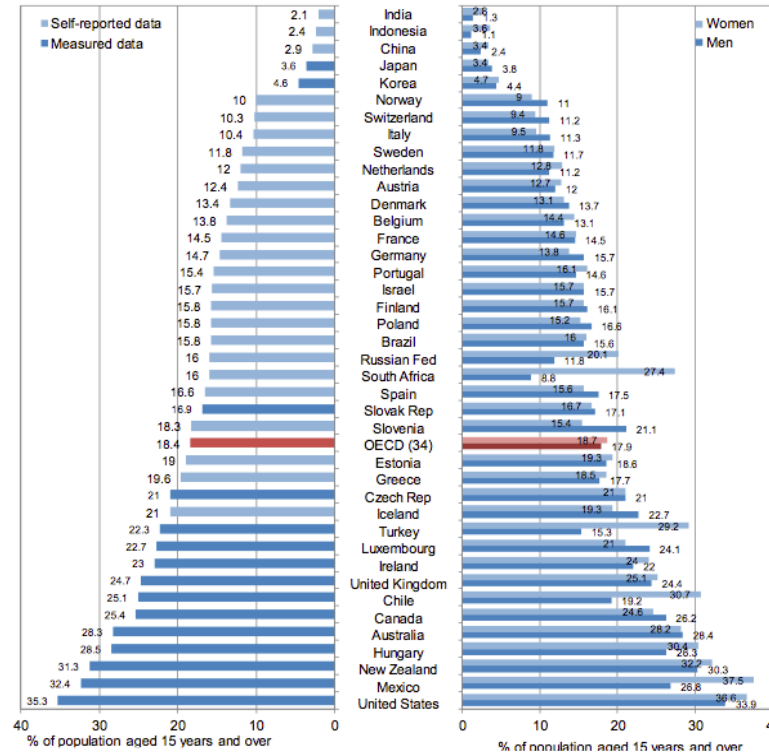


National
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Challenges

HEALTHIER
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Figure 1. Obesity among adults, 2012 or nearest year



Contribution to obese population

(Lisa Te Morenga & ANS)

Maori	Pacific	NZEO
18.1 % (15.4, 20.7)	9.9 % (8.2, 11.6)	72.1 % (68.8, 75.3)

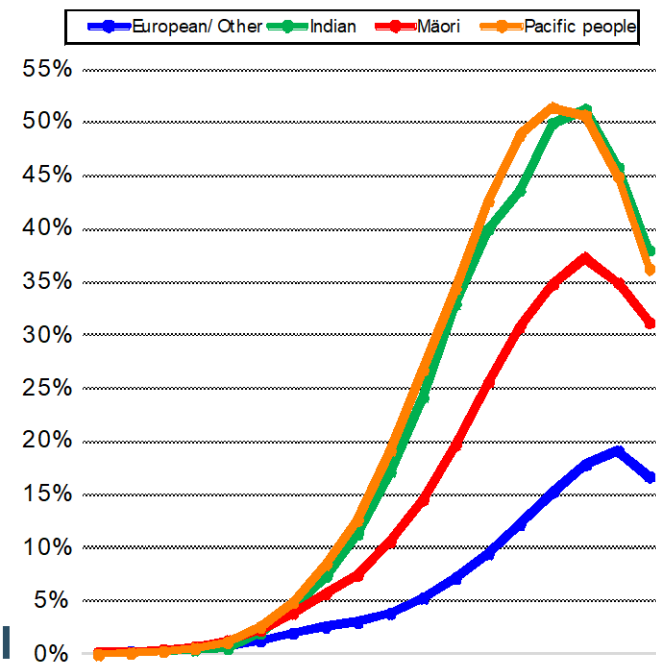
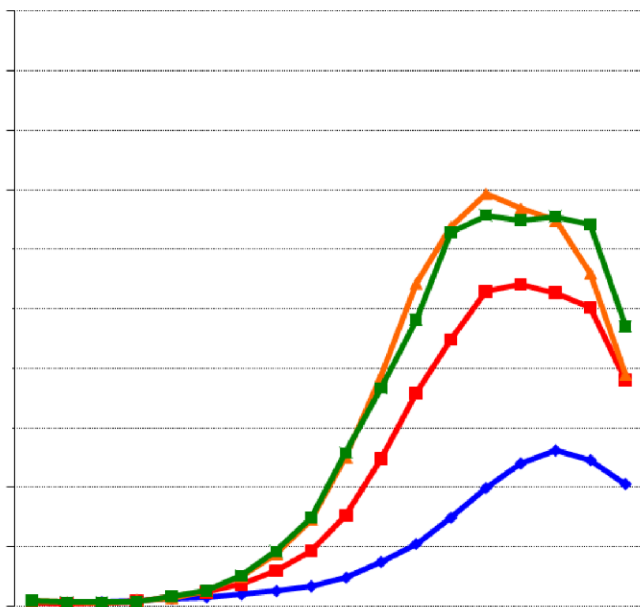
New Zealand

Adult Nutrition Survey

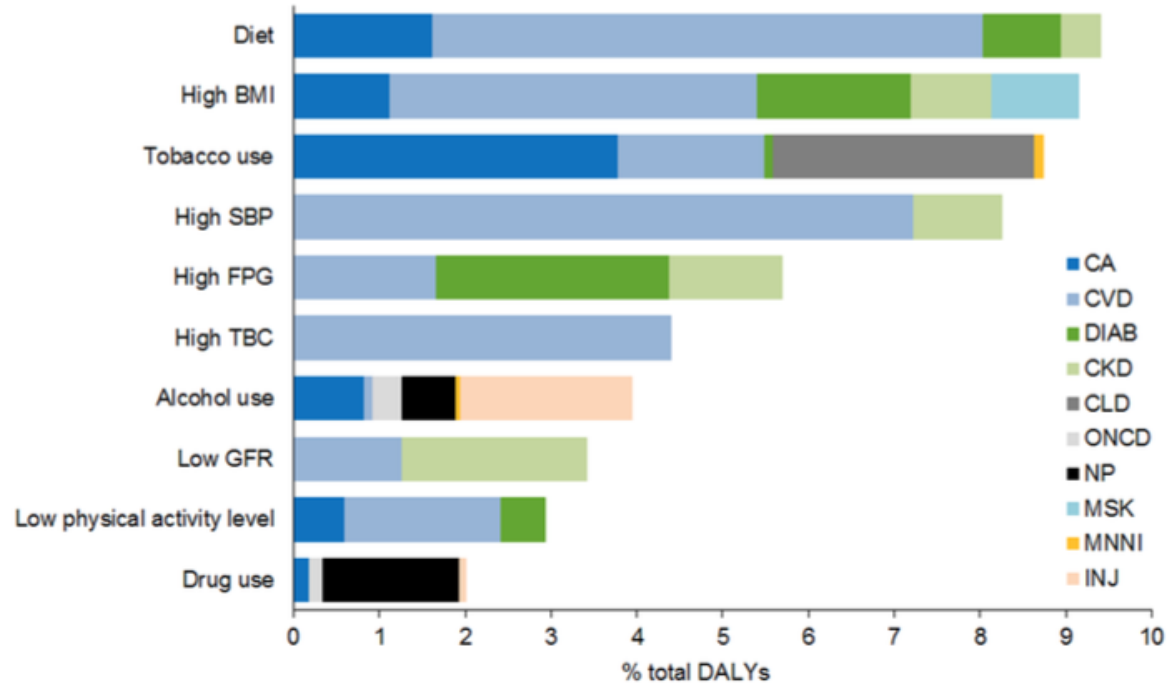
2008/09



Diabetes(prevalence:(((2005(– 2015



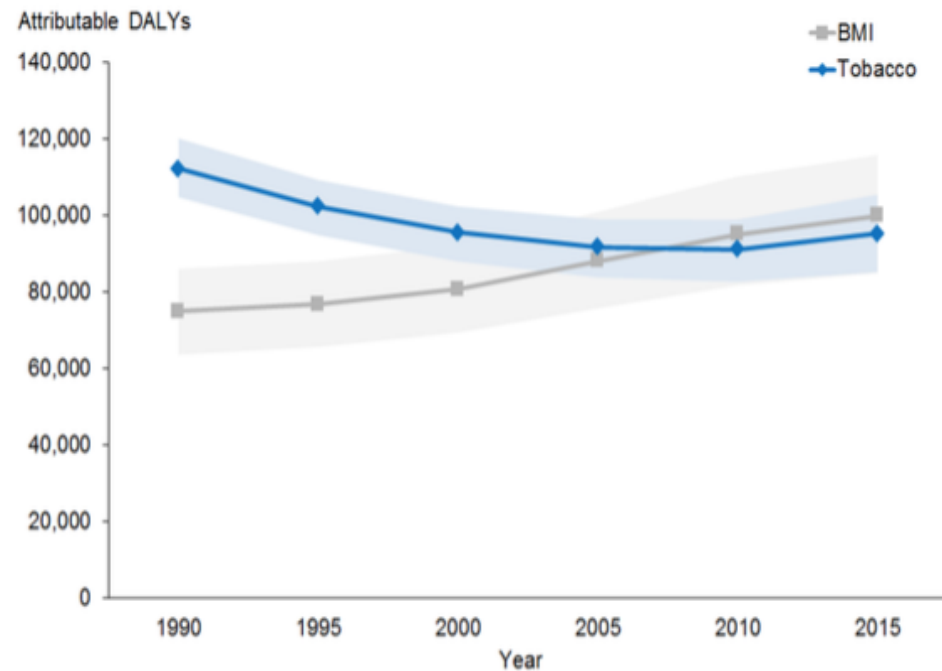
Health losses caused by selected risk factors (% total DALYs), 2013



Ministry of Health.2016. *Health Loss in NZ 1990 – 2013: A Report from the NZ Burden of Diseases, Injuries and Risk Factors Study*, Wellington: MoH

Figure 21: Health loss attributable to BMI and tobacco use, 1990–2015

(a) Counts (attributable DALYs)

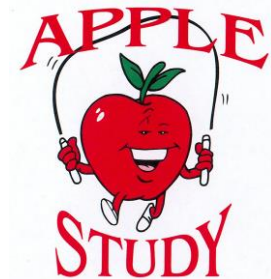


The APPLE study:

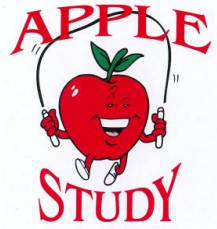
preventing obesity in children via environmental intervention

Taylor et al, 2007 *Am J Clin Nutr*, 86: 735-742

- **APPLE** aims to encourage every child to be a *little more physically active every day* –
- by changing the environment in which they live so that physical activity and healthy eating are;
 - available
 - attractive,
 - accessible to all



Intervention components



- Community Activity Co-ordinators
- Increased availability of resources
- Snacktivity breaks in class
- Community Action days
- Provision of water filters in schools
- Fruit in schools
- Sugary drinks banned
- Control of lunch boxes



And the intervention had a positive effect on BMI

	Ratio I:C (95% CI)
BMI z-score	-0.12 (-0.21, -0.02)
Waist circumference (cm)	-0.1 (-1.1, 0.9)
Pulse rate (counts/minute)	1.9 (-1.1, 5.0)
Systolic BP (mmHg)	-2.2 (-4.4, 0.7)

Adjusted for baseline, sex, age, school, TV and exercise



Food revolution at Rhode Street School

12 May, 2014 8:55am





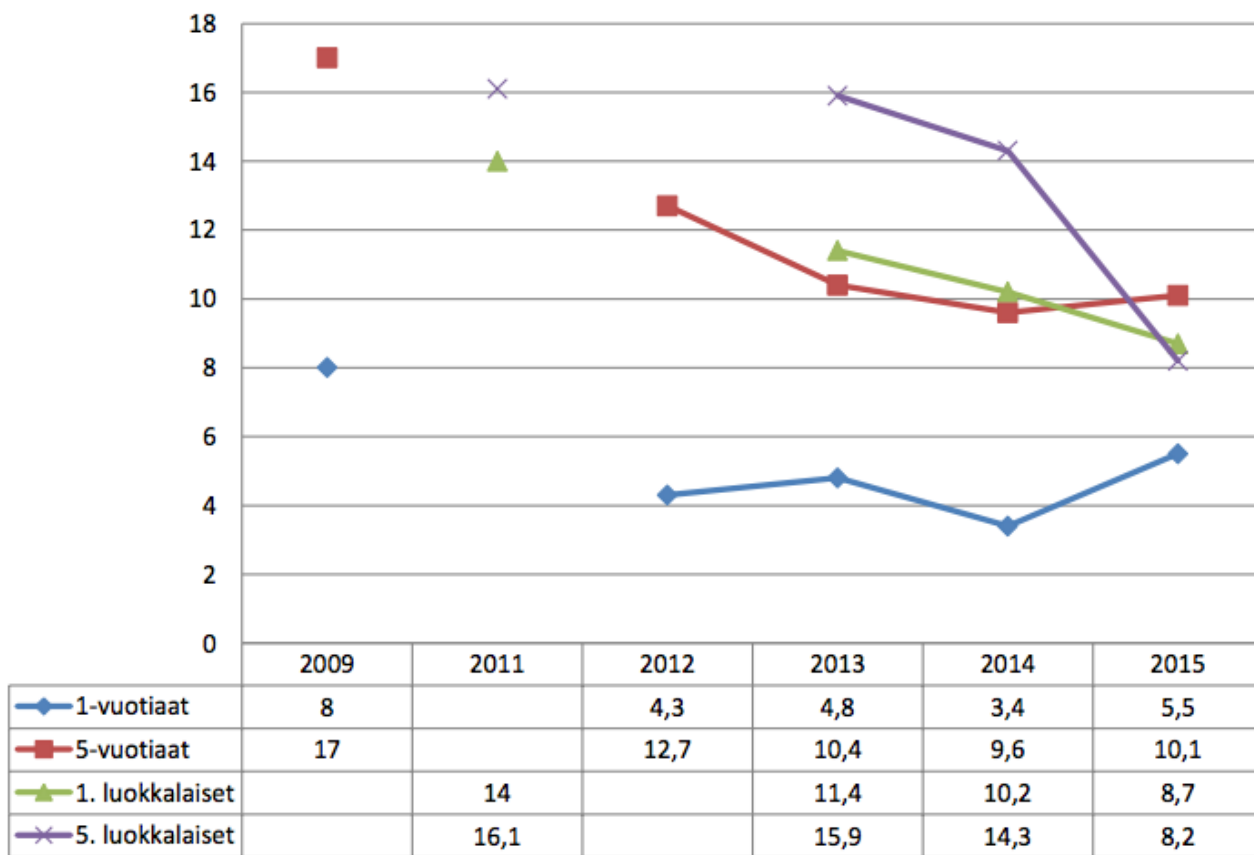
Overcoming Obesity Programme 2013–2020



SEINÄJOKI



% of overweight and obese children in their age-group in Seinäjoki (2009-2015)



Received: 13 January 2019

Revised: 27 March 2019

Accepted: 29 March 2019

DOI: 10.1111/obr.12868

PUBLIC HEALTH

WILEY **obesity**reviews

Impact of sugar-sweetened beverage taxes on purchases and dietary intake: Systematic review and meta-analysis

Andrea M. Teng¹  | Amanda C. Jones¹ | Anja Mizdrak¹ | Louise Signal¹ | Murat Genç² | Nick Wilson¹



Healthy Eating Healthy Action
Oranga Kai – Oranga Pumau

Healthy Eating – Healthy Action: Oranga Kai – Oranga Pumau

Progress on implementing the HEHA Strategy 2007



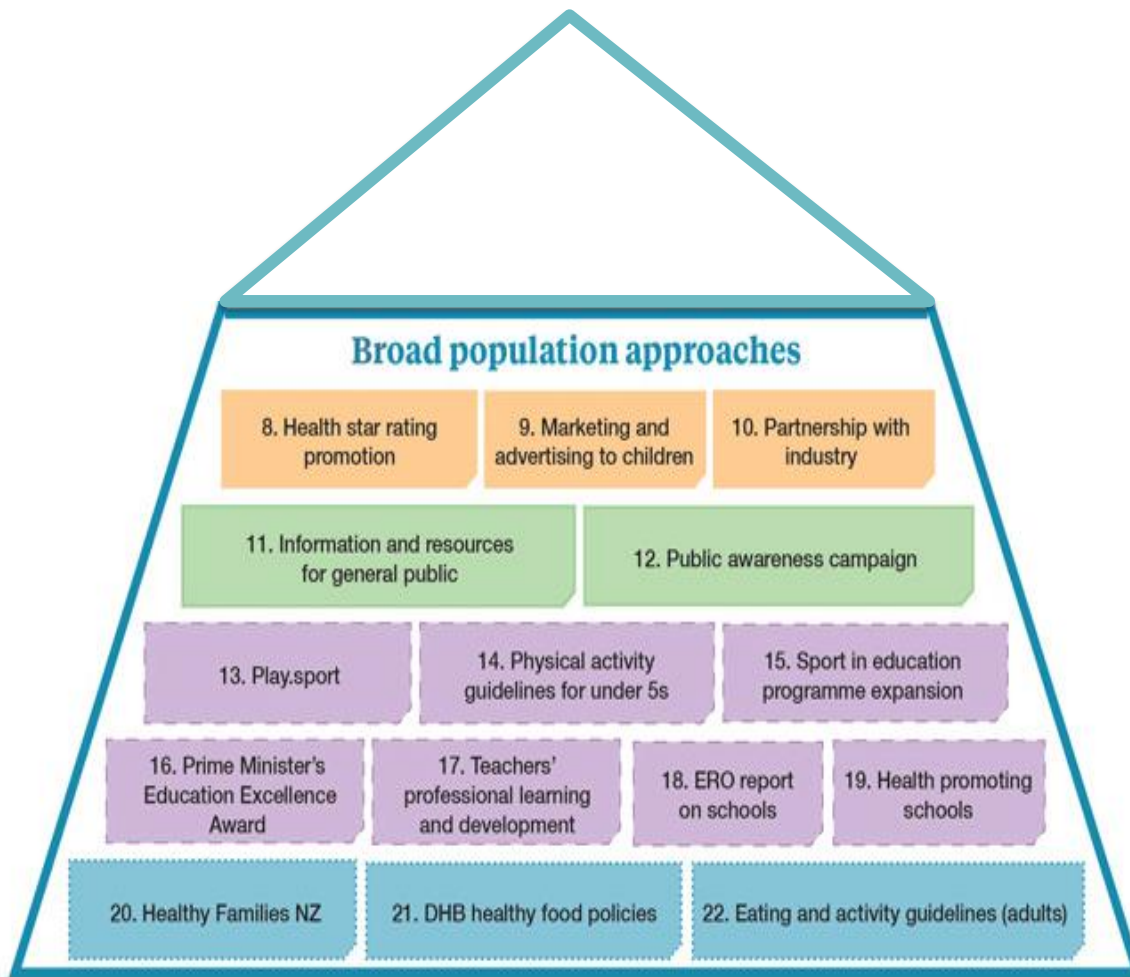
2007



Healthy Eating Healthy Action 2003



- **Eat a variety of nutritious foods**
- Eat less fatty, salty and sugary foods
- Eat more vegetables and fruits
- Fully breastfeed infants for at least 6 months
- **Be active every day for at least 30 minutes in as many ways as possible**
- Add some vigorous exercise for extra benefit and fitness
- **Aim to maintain a healthy weight throughout life**



Ministry of Health (2015)
Childhood Obesity Plan

HEALTHY FAMILIES NZ LOCATIONS

Click on the locations below to see the contact details for that region



Strategic Leadership Group



Ensuring the places where we spend the most time are health supporting environments



Switch the bread

Ditch the spread

Swap the sauce

& Add some veg



BUT

- **No** regulatory/legislative control over school policy
- **No** regulatory/legislative control over advertising
- **No** consideration of taxation until after next election
- **No** revision of Health Star Rating in the immediate future



Our complex obesogenic environment: **are we ready to act?**

NO!

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What needs to be done to prevent obesity & NCDs?

