



See How They Grow



**NIHI**  
The National Institute  
for Health Innovation



**Gayl Humphrey**  
Research Fellow

**He waka eke noa**  
**Better Together conference**

March 2018



A BETTER  
START

E Tipu e Rea

National  
**SCIENCE**  
Challenges





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**New Zealand Health Survey  
2017**



# The Problem



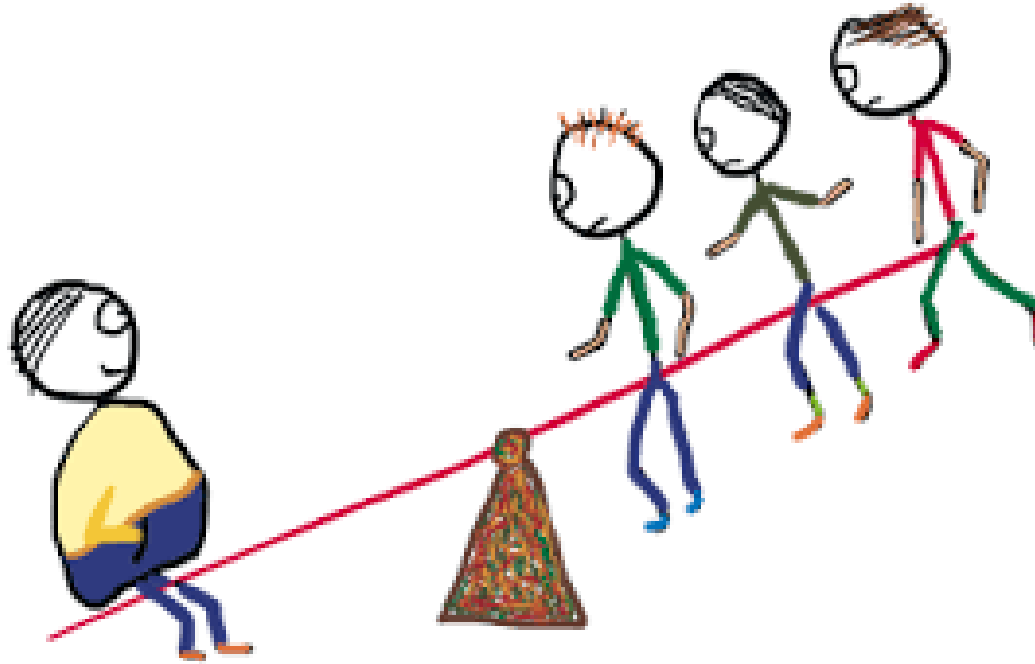
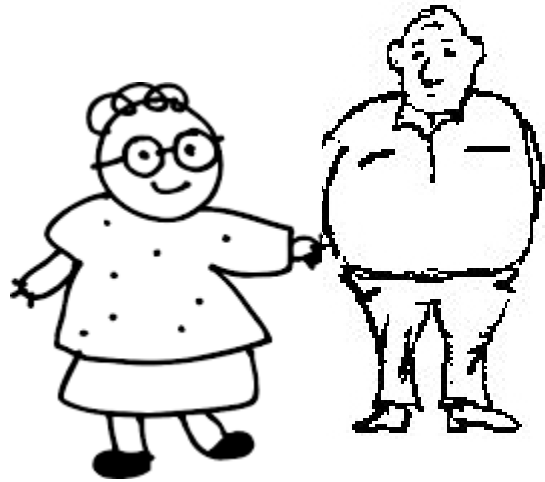
## **Obesity rates Increased (BMI $\geq$ 30)**

- **12.3% children (up from 10.7% in 2015/16)**
- **10.5% children aged 2-4 years (up from 7.3% in 2015/16)**



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# Contributing Factors



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### Height

Birth	19.5in	42%	>
30d	21.7in	57%	>
3m 14d	2ft 0.4in	37%	>
6m 4d	2ft 2.3in	29%	>
8m 24d	2ft 3.8in	30%	>
1y 30d	2ft 5.9in	35%	>
1y 5m 14d	2ft 7.7in	32%	>

### Weight

Birth	7lb 3oz	42%	>
30d	9lb 15oz	53%	>
3m 14d	14lb 5oz	40%	>
6m 4d	16lb 16oz	36%	>
8m 24d	18lb 12oz	36%	>

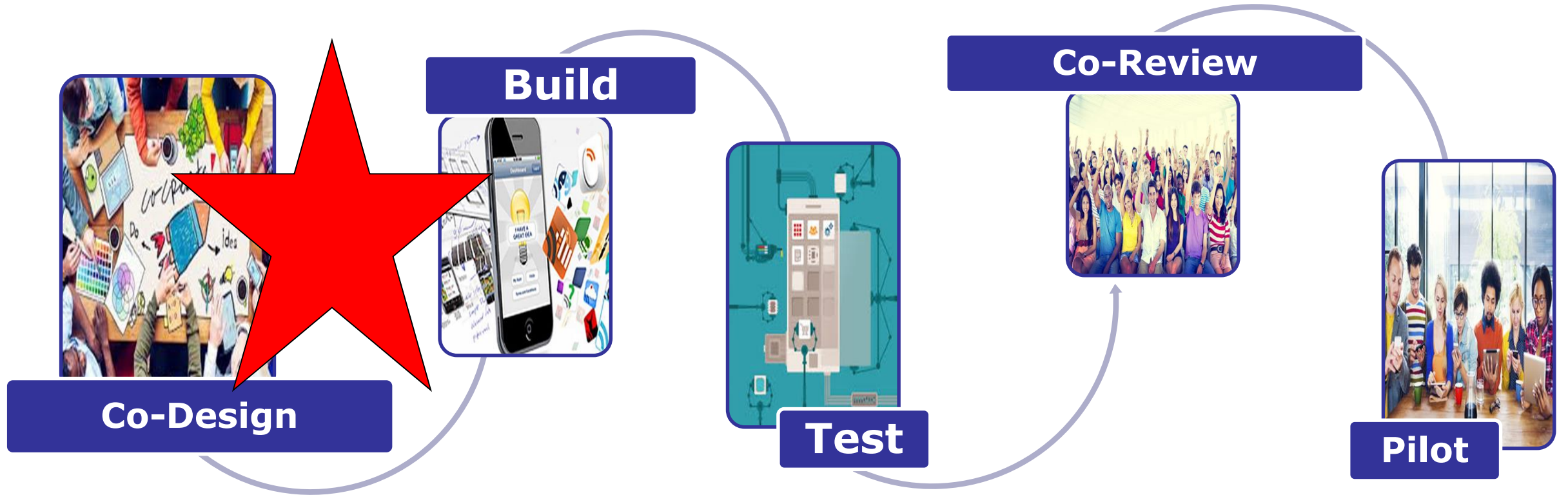
Age WHO 0-2Y





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# Our approach & Where we are at.





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# The Team



- Dr Sue Morton (GUiNZ)
- Dr Sam Marsh (Research Fellow)
- Dr Rosie Dobson (Psychologist and Research Fellow)
- Dr Tueila Percival (Pacific Health)
- Marion Hiemstra (Educator Plunket)
- Laura Young (Midwife)
- Dr Dylan Mordant (Geneticist)
- Dr Stephen Howie (Paediatrician)
- Megan Tunks (CEO Toi Tangata)
- Dario Penetito-Hemara (Physical Activity Toi Tangata)
- Yannan Jiang (Statistician)

