

# Collaborative systems research to improve children's nutrition in West Auckland

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## Introduction

Half of New Zealand's children do not meet the recommendation of 2 serves of fruit and 3 serves of vegetables daily.

Adherence is even lower among Pacific, Asian and low-income communities.

## Aims to identify:

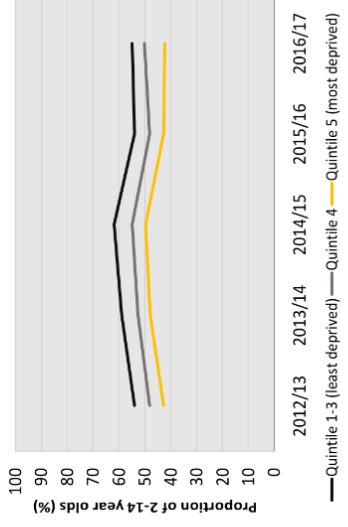
- Current systemic barriers to meeting the fruit and vegetable (F+V) guideline among 2-14 year old children
- Acceptable and sustainable options for systemic interventions which would improve children's nutrition by increasing F+V intake.

## Methods

- Systems dynamics method of Group Model Building (GMB)
- Ethnically-diverse, low-income, West Auckland community
- Three workshops with 17 participants including students, parents, teachers, community leaders and local food retailers
- Co-created a causal loop diagram to identify causal pathways, feedback and reinforcing loops within the food system

## Children meeting the daily fruit and vegetable recommendation

Source: NZ Health Survey (Ministry of Health)



## Results Barriers identified

- Saturation of fast food outlets
- Cost of fresh produce
- Marketing of unhealthy food
- Declining cooking skills
- Parents have less time for cooking, buying



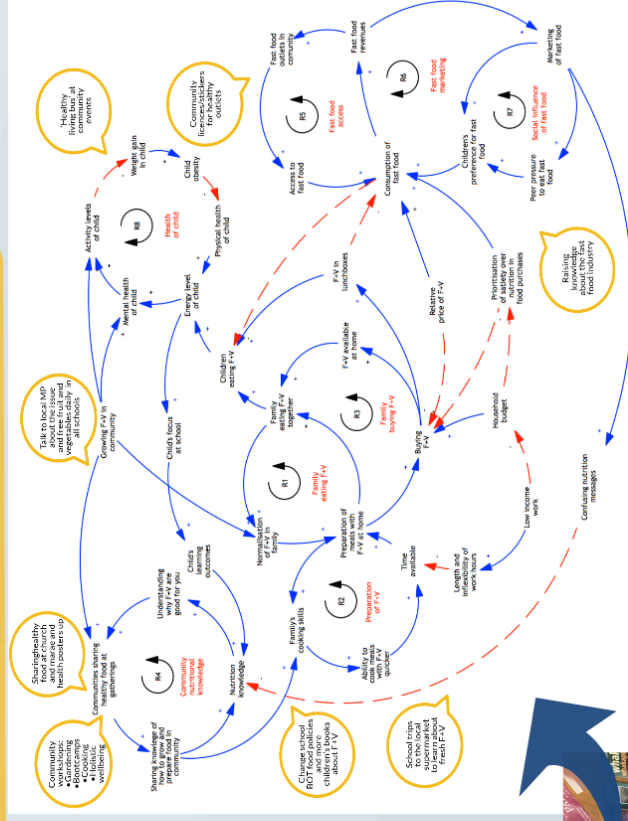
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## Community solutions



## Conclusions

The group model building process successfully engaged members of a local community in West Auckland to describe their food system and look for points where possible interventions could be successful. Local community members had a wealth of ideas to support equitable F+V consumption in children. These will now be developed and tested using co-design methods led by Healthy Families Waitakere