

Indicator Interpretation Guide 2014/15

New Zealand Health Survey



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Authors

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Introduction

This guide provides detailed information on the definitions of all the indicators in the New Zealand Health Survey (NZHS) annual survey report. It explains how the indicators in the report are developed from the questions in the survey.

The NZHS interviews more than 13,000 adults and the parents or caregivers of over 4500 children annually. The survey collects a wealth of information on the health and wellbeing of New Zealanders and their use of health services. Each year it asks a core set of questions that remain in the survey permanently.

Table 1 lists the key indicators from the NZHS annual survey report, *Annual Update of Key Results 2014/15: New Zealand Health Survey* (Ministry of Health 2015a) for children and adults. Indicators with an asterisk in Table 1 are included in the online tables only. The key indicators either are single survey questions or are derived indicators based on a number of questions. This guide describes each indicator or group of indicators, and provides the relevant questions asked within the NZHS questionnaires.

The key indicators cover the broad areas of health behaviours, health conditions and use of health services. The key indicators were chosen to support the formulation and evaluation of policy. The aim of the NZHS is to provide timely, reliable and relevant health information that cannot be collected more efficiently from other sources. Extensive and ongoing consultation with the Ministry of Health, district health boards (DHBs) and other relevant agencies ensures that the key indicators continue to meet information needs.

The following publications provide additional information about the NZHS:

- *Content Guide 2014/15: New Zealand Health Survey*
(www.health.govt.nz/publication/content-guide-2014-15-new-zealand-health-survey)
(Ministry of Health 2015b)
- *Methodology Report 2014/15: New Zealand Health Survey*
(www.health.govt.nz/publication/methodology-report-2014-15-new-zealand-health-survey)
(Ministry of Health 2014c).

Table 1: 2014/15 New Zealand Health Survey key indicators

Topic	Adult indicator	Child indicator
Health status, health behaviours and risk factors	Good or better self-rated health	Good or better parent-rated health
	Self-rated health: full response breakdown*	Parent-rated health: full response breakdown*
	Current smokers	Solid food before four months (four months to four years)
	Daily smokers	Solid food before six months (six months to four years)*
	Ex-smokers*	Fast food intake at least once per week*
	Mean number of cigarettes smoked per day (daily smokers)*	Fast food intake 3+ times per week*
	Past-year drinkers	Fizzy drink intake at least once per week*
	Hazardous drinkers (total population)	Fizzy drink intake 3+ times per week*
	Hazardous drinkers (past-year drinkers)*	Breakfast eaten at home every day
	Consumption of 6+ drinks on one occasion at least monthly (total population)*	Breakfast eaten at home less than 5 days in past week*
	Consumption of 6+ drinks on one occasion at least monthly (past-year drinkers)*	Vegetable intake*
	Consumption of 6+ drinks on one occasion at least weekly (total population)*	Fruit intake*
	Consumption of 6+ drinks on one occasion at least weekly (past-year drinkers)*	Television watching
	Vegetable intake	Active travel*
	Fruit intake	Mean weight*
	Vegetable and fruit intake*	Mean height*
	Physical activity	Mean waist*
	Little or no physical activity	Mean BMI*
	Mean weight*	BMI: full response breakdown*
	Mean height*	Thinness*
	Mean waist*	Healthy weight*
	Mean body mass index (BMI)*	Overweight (but not obese)*
	BMI: full response breakdown*	Overweight or obese*
	Underweight*	Obesity
	Healthy weight*	Obese class 1*
	Overweight (but not obese)*	Obese class 2 or 3*
	Overweight or obese*	Physical punishment in past 4 weeks
	Obesity	
	Obese class 1*	
	Obese class 2*	
Obese class 3*		
Health conditions	High blood pressure (medicated)	Asthma (medicated)
	High cholesterol (medicated)	Eczema (medicated)*
	Ischaemic heart disease (diagnosed)	Emotional or behavioural problems (diagnosed)
	Heart failure (diagnosed)*	Depression (diagnosed)*
	Stroke (diagnosed)	Anxiety disorder (diagnosed)*
	Diabetes (diagnosed)*	Attention deficit disorder or attention deficit hyperactivity disorder (diagnosed)*
	Type 2 diabetes (proxy)*	Autism spectrum disorder (diagnosed)*
	Asthma (medicated)	
	Arthritis (diagnosed)	
	Osteoarthritis (diagnosed)*	
	Rheumatoid arthritis (diagnosed)*	
	Gout (diagnosed)*	
	Chronic pain	
	Mood or anxiety disorder (diagnosed)	
	Depression (diagnosed)*	
	Bipolar disorder (diagnosed)*	
	Anxiety disorder (diagnosed)*	
Mood disorder (diagnosed depression or bipolar)*		
Psychological distress		

Topic	Adult indicator	Child indicator
Primary health care use	GP visit Mean number of GP visits* Practice nurse (only) visit Mean number of practice nurse (only) visits* After-hours medical centre visit Mean number of after-hours medical centre visits*	GP visit Mean number of GP visits* Last GP visit (GP clinic) was free* Last GP visit (any location) was free* Practice nurse (only) visit Mean number of practice nurse (only) visits* Last practice nurse (only) visit was free* After-hours medical centre visit Mean number of after-hours medical centre visits* Last after-hours medical centre visit was free*
Barriers to accessing primary health care	Unmet need for primary health care Unable to get an appointment at usual medical centre within 24 hours Unmet need for GP services due to cost Unmet need for GP services due to lack of transport* Unmet need for after-hours services due to cost Unmet need for after-hours services due to lack of transport* Unfilled prescription due to cost Definite confidence and trust in GP GP was very good or good at explaining health conditions and treatments* GP was very good or good at involving patient in decisions*	Unmet need for primary health care Unable to get an appointment at usual medical centre within 24 hours Unmet need for GP services due to cost Unmet need for GP services due to lack of transport* Unmet need for GP services due to lack of childcare* Unmet need for after-hours services due to cost Unmet need for after-hours services due to lack of transport* Unfilled prescription due to cost Definite confidence and trust in GP GP was very good or good at explaining health conditions and treatments*
Oral health	Dental health care worker visit Teeth removed due to decay in past 12 months Teeth removed due to decay in lifetime* All teeth removed due to decay* Usually only visits a dental health care worker for dental problems (or never visits)	Dental health care worker visit Teeth removed due to decay in past 12 months Teeth removed due to decay in lifetime*

* Online tables only.

Adult indicators

Health status, health behaviours and risk factors

Good or better self-rated health

Definition

Adult respondents (aged 15+ years) are categorised as having good or better self-rated health if they answered 'excellent', 'very good' or 'good' to the following question.

Question

A4.01 In general, would you say your health is ... *Excellent / Very good / Good / Fair / Poor?*

Smokers

Definition

Current smokers (adults aged 15+ years) smoke at least monthly, and have smoked more than 100 cigarettes in their whole life.

Daily smokers (adults aged 15+ years) smoke every day, and have smoked more than 100 cigarettes in their whole life. The 100-cigarette threshold limits the indicator to people with established tobacco use.

Ex-smokers (adults aged 15+ years) have smoked more than 100 cigarettes in their whole life and stopped smoking more than one month ago.

Mean number of cigarettes smoked per day (daily smokers aged 15+ years) shows the average number of cigarettes smoked per day for a daily smoker aged 15+ years, excluding smokers who mainly smoke pipes/cigars. The data are collected in ranges, so the average has been calculated by taking the mid-point of each range, '0.5' for 'Less than 1 per day' and '31' for '31 or more per day'.

Questions

A3.13 Have you ever smoked cigarettes or tobacco at all, even just a few puffs? Please include pipes and cigars. *Yes / No*

A3.14 Have you ever smoked a total of more than 100 cigarettes in your whole life? *Yes / No*

A3.15 How often do you now smoke? *You don't smoke now / At least once a day / At least once a week / At least once a month / Less often than once a month*

A3.16 How long ago did you stop smoking? *Within the last month / 1 month to 3 months ago / 4 months to 6 months ago / 7 to 12 months ago / 1 to 2 years ago / 2 to 5 years ago / Longer than 5 years ago*

- A3.17 Which of these products do you smoke the most? *Tailor-made cigarettes – that is, manufactured cigarettes in a packet / Roll your owns using loose tobacco / Both tailor-mades and roll your owns / Pipes / Cigars*
- A3.18 On average, how many cigarettes do you smoke a day? *Less than 1 per day / 1–5 per day / 6–10 per day / 11–15 per day / 16–20 per day / 21–25 per day / 26–30 per day / 31 or more a day*

Past-year drinkers

Definition

Past-year drinkers (adults aged 15+ years) have had a drink containing alcohol in the past year.

Question

- A3.24 Have you had a drink containing alcohol in the last year? *Yes / No*

Hazardous drinkers

Definition

Hazardous drinking (adults aged 15+ years) is measured using the 10-question Alcohol Use Disorders Identification Test (AUDIT) developed by the World Health Organization (Babor et al 2001). The AUDIT questions are listed below. Hazardous drinkers are those who obtain an AUDIT score of 8 or more, representing an established pattern of drinking that carries a high risk of future damage to physical or mental health.

Hazardous drinkers (total population) are adults who obtained an AUDIT score of 8 or more, among the total number of respondents.

Hazardous drinkers (past-year drinkers) are adults who obtained an AUDIT score of 8 or more, among the respondents who had a drink containing alcohol in the last year.

Consumption of 6+drinks on one occasion at least monthly (total population) prevalence is defined as the percentage of adults who have six or more drinks on one occasion 'monthly', 'weekly' or 'daily or almost daily', among the total number of respondents.

Consumption of 6+drinks on one occasion at least monthly (past-year drinkers) prevalence is defined as the percentage of adults who have six or more drinks on one occasion 'monthly', 'weekly' or 'daily or almost daily', among the respondents who had a drink containing alcohol in the last year.

Consumption of 6+drinks on one occasion at least weekly (total population) prevalence is defined as the percentage of adults who have six or more drinks on one occasion 'weekly' or 'daily or almost daily', among the total number of respondents.

Consumption of 6+drinks on one occasion at least weekly (past-year drinkers) prevalence is defined as the percentage of adults who have six or more drinks on one occasion 'weekly' or 'daily or almost daily', among the respondents who had a drink containing alcohol in the last year.

Questions

- A3.24 Have you had a drink containing alcohol in the last year? *Yes / No*
Those respondents who had an alcoholic drink in the previous 12 months were then administered the AUDIT, with the following 10 questions.
- A3.25 How often do you have a drink containing alcohol?
- 1 Monthly or less (score 1)
 - 2 Up to 4 times a month (score 2)
 - 3 Up to 3 times a week (score 3)
 - 4 4 or more times a week (score 4)
- A3.26 How many drinks containing alcohol do you have on a typical day when you are drinking?
- 1 1 or 2 (score 0)
 - 2 3 or 4 (score 1)
 - 3 5 or 6 (score 2)
 - 4 7 to 9 (score 3)
 - 5 10 to 11 (score 4)
 - 6 12 or more (score 4)
- A3.27 How often do you have six or more drinks on one occasion?
- 1 Never (score 0)
 - 2 Less than monthly (score 1)
 - 3 Monthly (score 2)
 - 4 Weekly (score 3)
 - 5 Daily or almost daily (score 4)
- A3.28 How often during the last year have you found that you were not able to stop drinking once you had started?
- 1 Never (score 0)
 - 2 Less than monthly (score 1)
 - 3 Monthly (score 2)
 - 4 Weekly (score 3)
 - 5 Daily or almost daily (score 4)
- A3.29 How often during the last year have you failed to do what was normally expected from you because of drinking?
- 1 Never (score 0)
 - 2 Less than monthly (score 1)
 - 3 Monthly (score 2)
 - 4 Weekly (score 3)
 - 5 Daily or almost daily (score 4)
- A3.30 How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
- 1 Never (score 0)
 - 2 Less than monthly (score 1)
 - 3 Monthly (score 2)
 - 4 Weekly (score 3)
 - 5 Daily or almost daily (score 4)
- A3.31 How often during the last year have you had a feeling of guilt or remorse after drinking?
- 1 Never (score 0)
 - 2 Less than monthly (score 1)
 - 3 Monthly (score 2)
 - 4 Weekly (score 3)
 - 5 Daily or almost daily (score 4)

- A3.32 How often during the last year have you been unable to remember what happened the night before because you had been drinking?
- 1 Never (score 0)
 - 2 Less than monthly (score 1)
 - 3 Monthly (score 2)
 - 4 Weekly (score 3)
 - 5 Daily or almost daily (score 4)
- A3.33 Have you or someone else been injured as a result of your drinking?
- 1 Yes, but not in the last year (score 2)
 - 2 Yes, during the last year (score 4)
 - 3 No (score 0)
- A3.34 Has a relative or friend, or a doctor or other health worker, been concerned about your drinking or suggested you cut down?
- 1 Yes, but not in the last year (score 2)
 - 2 Yes, during the last year (score 4)
 - 3 No (score 0)

An AUDIT score is the total of the scores obtained for each of the above 10 questions.

Vegetable intake

Definition

Adequate vegetable intake (for adults aged 15+ years) is defined as eating at least three servings of vegetables per day, as recommended by the Ministry of Health.

Question

- A3.23 On average, how many servings of vegetables do you eat per day? Please include all fresh, frozen and canned vegetables. Do not include vegetable juices. A serving = 1 medium potato/kumara or $\frac{1}{2}$ cup cooked vegetables or 1 cup of salad vegetables. For example, 2 medium potatoes + $\frac{1}{2}$ cup of peas = 3 servings.

Fruit intake

Definition

Adequate fruit intake (for adults aged 15+ years) is defined as eating at least two servings of fruit each day, as recommended by the Ministry of Health.

Question

- A3.22 On average, how many servings of fruit do you eat per day? Please include all fresh, frozen, canned and stewed fruit. Do not include fruit juice or dried fruit. A serving = 1 medium piece or 2 small pieces of fruit or $\frac{1}{2}$ cup of stewed fruit. For example, 1 apple + 2 small apricots = 2 servings.

Vegetable and fruit intake

Definition

Adequate vegetable and fruit intake (for adults aged 15+ years) is defined as meeting both vegetable and fruit intake guidelines by the Ministry of Health (eating at least three servings of vegetables each day and at least two servings of fruit each day).

Questions

- A3.23 On average, how many servings of vegetables do you eat per day? Please include all fresh, frozen and canned vegetables. Do not include vegetable juices. A serving = 1 medium potato/kumara or $\frac{1}{2}$ cup cooked vegetables or 1 cup of salad vegetables. For example, 2 medium potatoes + $\frac{1}{2}$ cup of peas = 3 servings.
- A3.22 On average, how many servings of fruit do you eat per day? Please include all fresh, frozen, canned and stewed fruit. Do not include fruit juice or dried fruit. A serving = 1 medium piece or 2 small pieces of fruit or $\frac{1}{2}$ cup of stewed fruit. For example, 1 apple + 2 small apricots = 2 servings.

Physical activity

Definition

Physical activity (adults aged 15+ years) is defined as doing at least 30 minutes of brisk walking or moderate-intensity physical activity (or equivalent vigorous activity), for at least 10 minutes at a time, at least five days a week. Examples of moderate-intensity physical activity include golf, heavy gardening (such as manual lawn-mowing), heavy housework (such as cleaning windows) and occupations such as plumbing. Examples of vigorous activity include running, touch rugby and vigorous work such as chopping wood.

The Ministry of Health recommends that adults aged 18+ years do at least 30 minutes of moderate-intensity physical activity on most if not all days of the week. For children and young people aged 5–18 years, the Ministry of Health recommends at least 60 minutes or more of moderate to vigorous physical activity each day.

Based on their answers to the survey questions, a respondent's 'time spent on physical activity in the past 7 days' is calculated as:

time spent doing brisk walking in the past 7 days
+ time spent doing moderate exercise in the past 7 days
+ 2 x (time spent doing vigorous activity in the past 7 days).

In this calculation, one minute of vigorous activity is equated with two minutes of moderate-intensity activity or brisk walking.

A respondent is considered physically active if 'time spent on physical activity in the past 7 days' is at least 150 minutes and they have done 30 minutes or more of moderate-intensity physical activity on at least five of the past seven days.

Respondents were excluded as outliers if they exceeded 112 hours of physical activity per week (an average of 16 hours per day). This was calculated without doubling the time spent on vigorous activity.

The following questions are together known as the New Zealand Physical Activity Short Form (McLean and Tobias 2004). Examples of moderate-intensity and vigorous activity were given to respondents.

Questions

A3.06 During the last 7 days, on how many days did you walk at a brisk pace – a brisk pace is a pace at which you are breathing harder than normal? This includes walking to work, walking to travel from place to place, and any other walking that you did solely for recreation, sport, exercise or leisure.

Think only about walking done for at least 10 minutes at a time.
----- *days per week*

A3.07 How much time did you typically spend walking at a brisk pace on each of those days?
----- *hours* ----- *minutes*
(Total time must be at least 10 minutes.)

A3.08 During the last 7 days, on how many days did you do moderate physical activities? 'Moderate' activities make you breathe harder than normal, but only a little – like carrying light loads, bicycling at a regular pace, or other activities like those on the showcard. Do not include walking of any kind. Think only about those physical activities done for at least 10 minutes at a time. ----- *days per week*

A3.09 How much time did you typically spend on each of those days doing moderate physical activities? ----- *hours* ----- *minutes*
(Total time must be at least 10 minutes.)

A3.10 During the last 7 days, on how many days did you do vigorous physical activities? 'Vigorous' activities make you breathe a lot harder than normal ('huff and puff') – like heavy lifting, digging aerobics, fast bicycling, or other activities like those on the showcard. Think only about those physical activities done at least for 10 minutes at a time. ----- *days per week*

A3.11 How much time did you typically spend on each of those days doing vigorous physical activities? ----- *hours* ----- *minutes*
(Total time must be at least 10 minutes.)

A3.12 Thinking about all your activities over the last 7 days (including brisk walking), on how many days did you engage in:

- at least 30 minutes of moderate activity (including brisk walking) that made you breathe a little harder than normal, OR
- at least 15 minutes of vigorous activity that made you breathe a lot harder than normal ('huff and puff')?

----- *days per week*

Little or no physical activity

Definition

Engaging in little or no physical activity (adults aged 15+ years) is defined as doing less than 30 minutes of physical activity in the past seven days.

A respondent's 'time spent on physical activity in the past 7 days' was calculated in the same way as it was for being physically active:

time spent doing brisk walking in the past 7 days
+ time spent doing moderate exercise in the past 7 days
+ 2 x (time spent doing vigorous activity in the past 7 days).

In this calculation, one minute of vigorous activity is equated with two minutes of moderate-intensity activity or brisk walking.

Questions

A3.06 During the last 7 days, on how many days did you walk at a brisk pace – a brisk pace is a pace at which you are breathing harder than normal? This includes walking to work, walking to travel from place to place, and any other walking that you did solely for recreation, sport, exercise or leisure.

Think only about walking done for at least 10 minutes at a time.
----- *days per week*

A3.07 How much time did you typically spend walking at a brisk pace on each of those days?
----- *hours* ----- *minutes*
(Total time must be at least 10 minutes.)

A3.08 During the last 7 days, on how many days did you do moderate physical activities? 'Moderate' activities make you breathe harder than normal, but only a little – like carrying light loads, bicycling at a regular pace, or other activities like those on the showcard. Do not include walking of any kind. Think only about those physical activities done for at least 10 minutes at a time. ----- *days per week*

A3.09 How much time did you typically spend on each of those days doing moderate physical activities? ----- *hours* ----- *minutes*
(Total time must be at least 10 minutes.)

A3.10 During the last 7 days, on how many days did you do vigorous physical activities? 'Vigorous' activities make you breathe a lot harder than normal ('huff and puff') – like heavy lifting, digging aerobics, fast bicycling, or other activities like those on the showcard. Think only about those physical activities done at least for 10 minutes at a time. ----- *days per week*

A3.11 How much time did you typically spend on each of those days doing vigorous physical activities? ----- *hours* ----- *minutes*
(Total time must be at least 10 minutes.)

Anthropometric measurements

Respondents aged two years and over were weighed to the nearest 0.1 kg using weighing scales (Tanita HD-351) that measure up to a maximum of 200 kg. From July 2012, height was measured to the nearest 0.1 cm using a laser meter (Precaster CA770), replacing traditional stadiometers, which were used in the 2006/07 and 2011/12 NZHS.

Respondents aged five years and over also had their waist circumference measured to the nearest 0.1 cm with a 2 metre anthropometric measuring tape (Lufkin W606PM).

Each of these measurements (height, weight and waist) was taken twice for each respondent, and if the two measurements differed by more than 1 percent, then a third measurement was taken. To align with international standards, the final height, weight and waist measurements were calculated for each respondent by taking the mean of the closest two measurements.

BMI categories

Definition

Body mass index (BMI) was calculated by dividing weight in kilograms by height in metres squared (kg/m^2). For adults aged 18 years and over, the following BMI categories are used:

- underweight: BMI < 18.50
- healthy weight: BMI 18.50–24.99
- overweight: BMI 25.00–29.99
- obese: BMI 30+
- obese class 1: BMI 30.00–34.99
- obese class 2: BMI 35.00–39.99
- obese class 3: BMI 40+.

These categories are based on the World Health Organization (WHO) BMI cut-off points for adults aged 18 years and over (WHO 2007).

For those aged 15–17 years, BMI cut-off points developed by the International Obesity Taskforce (IOTF) were used to define underweight (or thinness in children), healthy weight, overweight, and obese (Cole et al 2000, 2007). The IOTF BMI cut-off points are sex- and age-specific and have been designed to coincide with the WHO BMI cut-off points for adults at age 18 years. See the appendix for a summary of the table of IOTF BMI cut-off points for different ages between 2 and 18 years.

Health conditions

High blood pressure (medicated)

Definition

Adult respondents (aged 15+ years) are defined as having high blood pressure if they had ever been told by their doctor that they have high blood pressure and if they were currently taking medication regularly for high blood pressure (excludes pregnant women).

Note that this definition will underestimate the true prevalence of high blood pressure. Not all people with high blood pressure will have been diagnosed or will remember being diagnosed, and not all people diagnosed with high blood pressure will currently be taking medication for it.

Questions

A3.01 Have you ever been told by a doctor that you have high blood pressure? *Yes / No*

A3.02 Are you currently taking pills regularly for high blood pressure? *Yes / No*

High cholesterol (medicated)

Definition

Adult respondents (aged 15+ years) are defined as having high cholesterol if they had ever been told by their doctor that they have high cholesterol and if they were currently taking medication regularly for high cholesterol.

Note that this definition will underestimate the true prevalence of high cholesterol. Not all people with high cholesterol will have been diagnosed or will remember being diagnosed, and not all people diagnosed with high cholesterol will currently be taking medication for it.

Questions

A3.03 Have you ever been told by a doctor that you have high cholesterol levels in your blood?
Yes / No

A3.04 Are you currently taking pills regularly for high cholesterol? *Yes / No*

Ischaemic heart disease (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having ischaemic heart disease if they had ever been admitted to hospital with a heart attack or if they had ever been diagnosed with angina by a doctor.

Note that this definition is likely to underestimate the true number of people with ischaemic heart disease, as some people may not be aware that they have ischaemic heart disease.

Questions

A1.02 Have you ever been admitted to hospital with a heart attack? *Yes / No*

A1.04 Have you ever been told by a doctor that you have angina? *Yes / No*

Heart failure (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having heart failure if they had ever been told by a doctor that they have heart failure.

Question

A1.10 Have you ever been told by a doctor that you have heart failure? That is inadequate heart pumping, or a build-up of fluid in the lungs or legs. *Yes / No*

Stroke (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having had a stroke if they had ever been told by a doctor that they have had a stroke. This does not include 'mini-strokes' or transient ischaemic attacks (TIAs).

Question

A1.10 Have you ever been told by a doctor that you have had a stroke? *Yes / No*

Diabetes (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having diabetes if they had ever been told by a doctor that they have diabetes. This does not include diabetes during pregnancy (gestational diabetes).

Note that this definition is likely to underestimate the true number of people with diabetes, as some people may not be aware that they have diabetes.

Question

A1.12 Have you ever been told by a doctor that you have diabetes? *Yes / No*

Type 2 diabetes (proxy)

Definition

Adult respondents (aged 25+ years) are defined as having type 2 diabetes if they had ever been told by a doctor that they have diabetes, and they were 25 years or older when they were first told by a doctor that they had diabetes. This does not include diabetes during pregnancy (gestational diabetes).

Note that this definition is likely to underestimate the true number of people with type 2 diabetes, as some people may not be aware that were told by a doctor that they have diabetes.

Questions

A1.12 Have you ever been told by a doctor that you have diabetes? *Yes / No*

A1.13 How old were you when you were first told by a doctor that you had diabetes?
----- *years*

Asthma (medicated)

Definition

Adult respondents (aged 15+ years) are defined as having asthma if they had ever been told by a doctor that they have asthma and if they were taking treatments for asthma (inhalers, medicine, tablets or pills, or any other treatments). Medication can be taken daily to prevent symptoms, or only when needed to relieve symptoms.

Questions

A1.15 Have you ever been told by a doctor that you have asthma? *Yes / No*

A1.17 What treatments do you now have for asthma? [Multiple response possible]
No treatment / Inhalers / Medicine, tablets or pills / Other

Arthritis (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having arthritis if they had ever been told by a doctor that they have arthritis, including gout, lupus or psoriatic arthritis.

Note that this definition is likely to underestimate the true number of people with arthritis, as some people may not be aware that they have arthritis.

Question

A1.18 Have you ever been told by a doctor that you have arthritis? *Yes / No*

Osteoarthritis (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having osteoarthritis if they had ever been told by a doctor that they have arthritis, and one of the kinds of arthritis they have is osteoarthritis.

Note that this definition is likely to underestimate the true number of people with osteoarthritis, as some people may be either not aware that they have arthritis or not aware that they have osteoarthritis.

Questions

A1.18 Have you ever been told by a doctor that you have arthritis? *Yes / No*

A1.19 What kind of arthritis was that? *Rheumatoid / Osteoarthritis / Gout / Psoriatic / Systemic lupus erythematosus (SLE) / Other (Specify) -----*

Rheumatoid arthritis (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having rheumatoid arthritis if they had ever been told by a doctor that they have arthritis, and one of the kinds of arthritis they have is rheumatoid arthritis.

Note that this definition is likely to underestimate the true number of people with rheumatoid arthritis, as some people may be either not aware that they have arthritis or not aware that they have rheumatoid arthritis.

Questions

A1.18 Have you ever been told by a doctor that you have arthritis? *Yes / No*

A1.19 What kind of arthritis was that? *Rheumatoid / Osteoarthritis / Gout / Psoriatic / Systemic lupus erythematosus (SLE) / Other (Specify) -----*

Gout (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having gout if they had ever been told by a doctor that they have arthritis, and one of the kinds of arthritis they have is gout.

Note that this definition is likely to underestimate the true number of people with gout, as some people may be either not aware that they have arthritis or not aware that they have gout.

Questions

A1.18 Have you ever been told by a doctor that you have arthritis? *Yes / No*

A1.19 What kind of arthritis was that? *Rheumatoid / Osteoarthritis / Gout / Psoriatic / Systemic lupus erythematosus (SLE) / Other (Specify) -----*

Chronic pain

Definition

Adult respondents (aged 15+ years) are defined as having chronic pain if they reported that they experience chronic pain (defined as pain that is present almost every day, but the intensity of the pain may vary, and has lasted, or is expected to last, more than six months). This includes chronic pain that is reduced by treatment.

Question

A1.29 Do you experience chronic pain? *Yes / No*

Mood or anxiety disorder (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having a mood and/or anxiety disorder if they had ever been told by a doctor that they have depression, bipolar and/or anxiety disorder.

Note that this definition is likely to underestimate the true number of people with mood or anxiety disorders, as some people may not be aware that they have a mood or anxiety disorder.

Also note that not all of the respondents who have ever had depression, bipolar and/or anxiety disorder would meet the criteria for depression, bipolar and/or anxiety disorder at the time they were surveyed.

Questions

A1.23 Have you ever been told by a doctor that you have depression? *Yes / No*

A1.25 Have you ever been told by a doctor that you have bipolar disorder, which is sometimes called manic depression? *Yes / No*

A1.27 Have you ever been told by a doctor that you have anxiety disorder? This includes panic attacks, phobia, post-traumatic stress disorder, and obsessive compulsive disorder?
Yes / No

Depression (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having depression if they had ever been told by a doctor that they have depression.

Note that this definition is likely to underestimate the true number of people with depression, as some people may not be aware that they have depression.

Also note that not all of the respondents who have ever had depression would meet the criteria for depression at the time they were surveyed.

Question

A1.23 Have you ever been told by a doctor that you have depression? *Yes / No*

Bipolar disorder (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having bipolar disorder if they had ever been told by a doctor that they have bipolar disorder.

Note that this definition is likely to underestimate the true number of people with bipolar disorder, as some people may not be aware that they have bipolar disorder.

Also note that not all of the respondents who have ever had bipolar disorder would meet the criteria for bipolar disorder at the time they were surveyed.

Question

A1.25 Have you ever been told by a doctor that you have bipolar disorder, which is sometimes called manic depression? *Yes / No*

Anxiety disorder (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having an anxiety disorder if they had ever been told by a doctor that they have an anxiety disorder.

Note that this definition is likely to underestimate the true number of people with anxiety disorders, as some people may not be aware that they have an anxiety disorder.

Also note that not all of the respondents who have ever had an anxiety disorder would meet the criteria for an anxiety disorder at the time they were surveyed.

Question

A1.27 Have you ever been told by a doctor that you have anxiety disorder? This includes panic attacks, phobia, post-traumatic stress disorder, and obsessive compulsive disorder?
Yes / No

Mood disorder (diagnosed)

Definition

Adult respondents (aged 15+ years) are defined as having a mood disorder if they had ever been told by a doctor that they have depression and/or bipolar disorder.

Note that this definition is likely to underestimate the true number of people with mood disorders, as some people may not be aware that they have a mood disorder.

Also note that not all of the respondents who have ever had depression and/or bipolar disorder would meet the criteria for depression and/or bipolar disorder at the time they were surveyed.

Questions

A1.23 Have you ever been told by a doctor that you have depression? *Yes / No*

A1.25 Have you ever been told by a doctor that you have bipolar disorder, which is sometimes called manic depression? *Yes / No*

Psychological distress

Definition

Psychological, or mental, distress (adults aged 15+ years) refers to a person's experience of symptoms such as anxiety, confused emotions, depression or rage.

Psychological distress means having high or very high levels of psychological distress, with a score of 12 or more on the 10-question Kessler Psychological Distress Scale (K10). Where people have these levels of psychological distress, there is a high or very high probability that they also have an anxiety or depressive disorder. A K10 score of 12 or more is strongly associated with having a mental (depressive or anxiety) disorder in the previous month and in the previous year (Kessler et al 2003).

Questions

A4.13 During the past 4 weeks, how often did you feel tired out for no good reason – would you say all of the time, most of the time, some of the time, a little of the time, or none of the time?

- 1 All of the time (score 4)
- 2 Most of the time (score 3)
- 3 Some of the time (score 2)
- 4 A little of the time (score 1)
- 5 None of the time (score 0)

A4.14 During the past 4 weeks, how often did you feel nervous – all of the time, most of the time, some of the time, a little of the time, or none of the time?

- 1 All of the time (score 4)
- 2 Most of the time (score 3)
- 3 Some of the time (score 2)
- 4 A little of the time (score 1)
- 5 None of the time (score 0)

A4.15 During the past 4 weeks, how often did you feel so nervous that nothing could calm you down?

- 1 All of the time (score 4)
- 2 Most of the time (score 3)
- 3 Some of the time (score 2)
- 4 A little of the time (score 1)
- 5 None of the time (score 0)

A4.16 During the past 4 weeks, how often did you feel hopeless?

- 1 All of the time (score 4)
- 2 Most of the time (score 3)
- 3 Some of the time (score 2)
- 4 A little of the time (score 1)
- 5 None of the time (score 0)

A4.17 During the past 4 weeks, how often did you feel restless or fidgety?

- 1 All of the time (score 4)
- 2 Most of the time (score 3)
- 3 Some of the time (score 2)
- 4 A little of the time (score 1)
- 5 None of the time (score 0)

- A4.18 How often did you feel so restless you could not sit still?
- 1 All of the time (score 4)
 - 2 Most of the time (score 3)
 - 3 Some of the time (score 2)
 - 4 A little of the time (score 1)
 - 5 None of the time (score 0)
- A4.19 During the past 4 weeks, how often did you feel depressed?
- 1 All of the time (score 4)
 - 2 Most of the time (score 3)
 - 3 Some of the time (score 2)
 - 4 A little of the time (score 1)
 - 5 None of the time (score 0)
- A4.20 How often did you feel so depressed that nothing could cheer you up?
- 1 All of the time (score 4)
 - 2 Most of the time (score 3)
 - 3 Some of the time (score 2)
 - 4 A little of the time (score 1)
 - 5 None of the time (score 0)
- A4.21 During the past 4 weeks, how often did you feel that everything was an effort?
- 1 All of the time (score 4)
 - 2 Most of the time (score 3)
 - 3 Some of the time (score 2)
 - 4 A little of the time (score 1)
 - 5 None of the time (score 0)
- A4.22 During the past 4 weeks, how often did you feel worthless?
- 1 All of the time (score 4)
 - 2 Most of the time (score 3)
 - 3 Some of the time (score 2)
 - 4 A little of the time (score 1)
 - 5 None of the time (score 0)

K10 score is the total of the scores obtained for each of the above 10 questions.

Primary health care use

GP visit

Definition

GP visit is defined for adults (aged 15+ years) as having visited a GP at their usual medical centre, or somewhere else, in the past 12 months.

Question

- A2.12 In the past 12 months, have you seen a GP, or been visited by a GP, about your own health? By health, I mean mental and emotional health as well as physical health.
Yes / No

Mean number of GP visits

Definition

Mean number of GP visits (adults aged 15+ years) shows the average number of GP visits per year for adults aged 15+ years. If a respondent has not had a GP visit in the past 12 months, their response to question A2.13 is coded as '0'.

Questions

A2.12 In the past 12 months, have you seen a GP, or been visited by a GP, about your own health? By health, I mean mental and emotional health as well as physical health.
Yes / No

A2.13 How many times did you see a GP in the past 12 months? ----- *times*

Practice nurse (only) visit

Definition

Practice nurse (only) visit is defined for adults (aged 15+ years) as having visited a practice nurse, without seeing a GP at the same visit or appointment, in the past 12 months.

Question

A2.36 In the past 12 months, have you seen a practice nurse without seeing a GP at the same visit or appointment? [If the respondent saw the nurse before or after seeing the GP, code as 'No'.] *Yes / No*

Mean number of practice nurse (only) visits

Definition

Mean number of practice nurse (only) visits (adults aged 15+ years) shows the average number of practice nurse visits per year for adults aged 15+ years, without seeing a GP at the same visit or appointment. If a respondent has not had a practice nurse (only) visit in the past 12 months, their response to question A2.37 is coded as '0'.

Questions

A2.36 In the past 12 months, have you seen a practice nurse without seeing a GP at the same visit or appointment? [If the respondent saw the nurse before or after seeing the GP, code as 'No'.] *Yes / No*

A2.37 How many times in the past 12 months did you see a Practice Nurse without seeing a GP at the same visit? ----- *times*

After-hours medical centre visit

Definition

After-hours medical centre visit is defined for adults (aged 15+ years) as having gone to an after-hours medical centre about their own health at least once in the past 12 months.

Question

A2.52 In the past 12 months, how many times did you go to an after-hours medical centre about your own health? (Do not include visits to an emergency department at a public hospital – we will ask about those later.) ----- *times*

Mean number of after-hours medical centre visits

Definition

Mean number of after-hours medical centre visits (adults aged 15+ years) shows the average number of GP visits per year for adults aged 15+ years.

Question

A2.52 In the past 12 months, how many times did you go to an after-hours medical centre about your own health? (Do not include visits to an emergency department at a public hospital – we will ask about those later.) ----- *times*

Barriers to accessing primary health care

Unmet need for primary health care

Definition

Unmet need for primary health care is defined for adults (aged 15+ years) as having experienced one or more types of unmet need for a GP, nurse or other health care worker in the past 12 months at their usual medical centre, or after-hours services, because of cost or transport.

Questions

A2.06 In the past 12 months, has there been a time when you wanted to see a GP, nurse or other health care worker at your usual medical centre within the next 24 hours, but they were unable to see you? *Yes / No*

A2.33 In the past 12 months, was there a time when you had a medical problem but did not visit a GP because of cost? *Yes / No*

A2.34 In the past 12 months, was there a time when you had a medical problem but did not visit a GP because you had no transport to get there? *Yes / No*

A2.59 In the past 12 months, was there a time when you had a medical problem outside regular office hours but did not visit an after-hours medical centre because of cost? *Didn't have a medical problem outside regular office hours / Yes, didn't go because of cost / No*

A2.60 In the past 12 months, was there a time when you had a medical problem outside regular office hours but did not visit an after-hours medical centre because you had no transport to get there? *Yes, didn't go because I had no transport to get there / No*

Unable to get an appointment at usual medical centre within 24 hours

Definition

Unable to get an appointment at usual medical centre within 24 hours is defined for adults (aged 15+ years) as having wanted to see a GP, nurse or other health care worker at their usual medical centre within the next 24 hours but being unable to get an appointment, in the past 12 months.

Question

A2.06 In the past 12 months, has there been a time when you wanted to see a GP, nurse or other health care worker at your usual medical centre within the next 24 hours, but they were unable to see you? *Yes / No*

Unmet need for GP services due to cost

Definition

Unmet need for GP services due to cost is defined for adults (aged 15+ years) as having had a medical problem but not visiting a GP because of cost, in the past 12 months.

Question

A2.33 In the past 12 months, was there a time when you had a medical problem but did not visit a GP because of cost? *Yes / No*

Unmet need for GP services due to lack of transport

Definition

Unmet need for GP services due to lack of transport is defined for adults (aged 15+ years) as having had a medical problem but not visiting a GP due to lack of transport, in the past 12 months.

Question

A2.34 In the past 12 months, was there a time when you had a medical problem but did not visit a GP because you had no transport to get there? *Yes / No*

Unmet need for after-hours services due to cost

Definition

Unmet need for after-hours services due to cost is defined for adults (aged 15+ years) as having had a medical problem outside regular office hours but not visiting an after-hours medical centre because of cost, in the past 12 months.

Question

A2.59 In the past 12 months, was there a time when you had a medical problem outside regular office hours but did not visit an after-hours medical centre because of cost? *Didn't have a medical problem outside regular office hours / Yes, didn't go because of cost / No*

Unmet need for after-hours services due to lack of transport

Definition

Unmet need for after-hours services due to lack of transport is defined for adults (aged 15+ years) as having had a medical problem outside regular office hours but not visiting an after-hours medical centre due to lack of transport, in the past 12 months.

Question

A2.60 In the past 12 months, was there a time when you had a medical problem outside regular office hours but did not visit an after-hours medical centre because you had no transport to get there? *Yes, didn't go because I had no transport to get there / No*

Unfilled prescription due to cost

Definition

Unable to collect a prescription due to cost is defined for adults (aged 15+ years) as having got a prescription for themselves but not collecting one or more prescription items from the pharmacy or chemist because of cost, in the past 12 months.

Question

A2.35 In the past 12 months, was there a time when you got a prescription for yourself but did not collect one or more prescription items from the pharmacy or chemist because of cost? *Yes / No*

Definite confidence and trust in GP

Definition

Definite confidence and trust in GP is defined for adults (aged 15+ years) as having visited a GP in the last three months, and having definite confidence and trust in the GP they saw (answered as 'Yes, definitely' to question A2.28 below).

Questions

A2.14 When was the last time you saw a GP about your own health? *Within the last month / More than 1 month ago and less than 3 months / More than 3 months ago and less than 6 months / More than 6 months ago and less than 12 months ago*

A2.28 Did you have confidence and trust in the GP you saw? *Yes, definitely / Yes, to some extent / No, not at all*

GP was very good or good at explaining health conditions and treatments

Definition

GP was very good or good at explaining health conditions and treatments is defined for adults (aged 15+ years) as having visited a GP in the last three months, and answering 'very good' or 'good' to question A2.22 below.

Questions

- A2.14 When was the last time you saw a GP about your own health? *Within the last month / More than 1 month ago and less than 3 months / More than 3 months ago and less than 6 months / More than 6 months ago and less than 12 months ago*
- A2.22 Thinking about your last visit to a GP, how good was the doctor at explaining your health conditions and treatments in a way that you could understand? *Very good / Good / Neither good or bad / Poor / Very poor / Doesn't apply*

GP was very good or good at involving patient in decisions

Definition

GP was very good or good at involving patient in decisions is defined for adults (aged 15+ years) as having visited a GP in the last three months, and answering 'very good' or 'good' to question A2.23 below.

Questions

- A2.14 When was the last time you saw a GP about your own health? *Within the last month / More than 1 month ago and less than 3 months / More than 3 months ago and less than 6 months / More than 6 months ago and less than 12 months ago*
- A2.23 How good was the doctor at involving you in decisions about your care, such as discussing different treatment options? *Very good / Good / Neither good or bad / Poor / Very poor / Doesn't apply*

Oral health

Dental health care worker visit

Definition

Dental health care worker visit is defined for adults (aged 15+ years) as having visited a dental health care worker about their own dental health in the past 12 months.

Question

- A2.91 How long has it been since you last visited a dental health care worker about your own dental health, for any reason? *Within the past year / Within the past two years / Within the past five years / Five or more years ago / Have never seen a dental health care worker*

Teeth removed due to decay in past 12 months

Definition

Teeth removed due to decay in past 12 months is defined for adults (aged 15+ years) as having had one or more teeth removed in the past 12 months due to decay, an abscess, infection or gum disease.

Questions

A1.30* How many of your teeth have been removed by a dental health care worker because of tooth decay, an abscess, infection or gum disease? Do not include teeth lost for other reasons such as injury, crowded mouth or orthodontics.

A1.31 Were any of these teeth removed in the last 12 months? *Yes / No*

* Note: This question was worded slightly differently in 2006/07. See the 2006/07 questionnaire at www.health.govt.nz/publication/portrait-health-key-results-2006-07-new-zealand-health-survey.

Teeth removed due to decay in lifetime

Definition

Teeth removed due to decay in lifetime is defined for adults (aged 15+ years) as having had one or more teeth removed in their lifetime due to decay, an abscess, infection or gum disease.

Question

A1.30* How many of your teeth have been removed by a dental health care worker because of tooth decay, an abscess, infection or gum disease? Do not include teeth lost for other reasons such as injury, crowded mouth or orthodontics.

* Note: This question was worded slightly differently in 2006/07. See the 2006/07 questionnaire at www.health.govt.nz/publication/portrait-health-key-results-2006-07-new-zealand-health-survey.

All teeth removed due to decay

Definition

All teeth removed due to decay is defined for adults (aged 15+ years) as having had 28, 29, 30, 31, 32 or all teeth removed due to decay, an abscess, infection or gum disease. This range accounts for how the total number of teeth each adult has can vary slightly (eg, if they never grew wisdom teeth).

Question

A1.30* How many of your teeth have been removed by a dental health care worker because of tooth decay, an abscess, infection or gum disease? Do not include teeth lost for other reasons such as injury, crowded mouth or orthodontics.

* Note: This question was worded slightly differently in 2006/07. See the 2006/07 questionnaire at www.health.govt.nz/publication/portrait-health-key-results-2006-07-new-zealand-health-survey.

Usually only visits a dental health care worker for dental problems (or never visits)

Definition

Usually only visits dental health care worker for dental problems (or never visits) is defined for adults (aged 15+ years) as having never visited a dental health care worker or only visited a dental health care worker for a toothache or other similar trouble.

Question

A2.95 Which of the following statements best describes the regularity of your consultations with a dental health care worker? *I visit a dental health care worker at least every two years for a check-up / I visit a dental health care worker for check-ups regularly, but with intervals of more than two years / I visit a dental health care worker when I have a toothache or other similar trouble / I never visit a dental health care worker*

Child indicators

Health status, health behaviours and risk factors

Good or better parent-rated health

Definition

Child respondents (aged 0–14 years) are categorised as having good or better parent-rated health if the child's parent or caregiver answered 'excellent', 'very good' or 'good' to the following question.

Question

C1.19 In general, would you say [child's name]'s health is: *Excellent / Very good / Good / Fair / Poor?*

Solid food before four months

Definition

Introduction of solid food before four months is defined as children (aged four months to four years) having been given solid foods before they reached four months of age.

Question

C3.05 At what age was [child's name] first given solids? [If child not yet given solids, code as 'not applicable'.] -----months ----- weeks

Solid food before six months

Definition

Introduction of solid food before six months is defined as children (aged six months to four years) having been given solid foods before they reached six months of age.

Question

C3.05 At what age was [child's name] first given solids? [If child not yet given solids, code as 'not applicable'.] -----months ----- weeks

Fast food intake at least once per week

Definition

Fast food intake at least once per week is defined for children (aged 2–14 years) as having eaten any food purchased from a fast food place or takeaway shop, such as fish and chips, burgers, fried chicken or pizza, at least once in the past week.

Question

C3.10 In the past 7 days, how many times did [child's name] eat any food purchased from a fast food place or takeaway shop, such as fish and chips, burgers, fried chicken or pizza? This includes snacks as well as mealtimes.

Fast food intake 3 or more times per week

Definition

Fast food intake 3 or more times per week is defined for children (aged 2–14 years) as having eaten any food purchased from a fast food place or takeaway shop, such as fish and chips, burgers, fried chicken or pizza, three or more times in the past week.

Question

C3.10 In the past 7 days, how many times did [child's name] eat any food purchased from a fast food place or takeaway shop, such as fish and chips, burgers, fried chicken or pizza? This includes snacks as well as mealtimes.

Fizzy drink intake at least once per week

Definition

Fizzy drink intake at least once per week is defined for children (aged 2–14 years) as having had a fizzy drink, such as cola or lemonade, at least once in the past week.

Question

C3.09 In the past 7 days, how many times did [child's name] have a fizzy drink, such as cola or lemonade? [This includes diet (artificially sweetened) and energy drinks such as 'Powerade' or 'V' but does not include powdered drinks made up with water such as cordial or 'Raro', or fruit juice such as 'Just Juice'.]

Fizzy drink intake 3 or more times per week

Definition

Fizzy drink 3 or more times per week is defined for children (aged 2–14 years) as having had a fizzy drink, such as cola or lemonade, three or more times in the past week.

Question

C3.09 In the past 7 days, how many times did [child's name] have a fizzy drink, such as cola or lemonade? [This includes diet (artificially sweetened) and energy drinks such as 'Powerade' or 'V' but does not include powdered drinks made up with water such as cordial or 'Raro', or fruit juice such as 'Just Juice'.]

Breakfast eaten at home every day

Definition

Breakfast eaten at home every day is defined for children (aged 2–14 years) as having eaten breakfast at home every day in the past week.

Question

C3.08 Thinking back over the past 7 days, on how many days did [child's name] have breakfast at home? [If child was not at home in past week, ask caregiver to recall last 7 days child was at home.]

Breakfast eaten at home less than 5 days in past week

Definition

Breakfast eaten at home every day is defined for children (aged 2–14 years) as having eaten breakfast at home every day in the past week.

Question

C3.08 Thinking back over the past 7 days, on how many days did [child's name] have breakfast at home? [If child was not at home in past week, ask caregiver to recall last 7 days child was at home.]

Vegetable intake

Definition

Adequate vegetable intake is defined for children aged 2–4 years as eating at least two servings of vegetables per day and for children aged 4–14 years as eating at least three servings of vegetables per day, as recommended by the Ministry of Health.

Question

C3.07 On average, how many servings of vegetables does [child's name] eat per day? Please include all fresh, frozen and canned vegetables. Do not include vegetable juices. A 'serving' = 1 medium potato/kumara or ½ cup cooked vegetables or 1 cup of salad vegetables. For example, 2 medium potatoes + ½ cup of peas = 3 servings.

Fruit intake

Definition

Adequate fruit intake is defined for children (aged 2–14 years) as eating at least two servings of fruit each day, as recommended by the Ministry of Health.

Question

C3.06 On average, how many servings of fruit does [child's name] eat per day? Please include all fresh, frozen, canned and stewed fruit. Do not include fruit juice or dried fruit. A 'serving' = 1 medium piece or 2 small pieces of fruit or ½ cup of stewed fruit. For example, 1 apple and 2 small apricots = 2 servings.

Television watching

Definition

Television watching is defined for children (aged 2–14 years) as watching two or more hours of television a day (averaged over a week).

Questions

- C3.12 What is the average amount of time [child's name] spends watching TV each week day? This could be anywhere, not just in your home, and includes DVDs/videos but does not include games. -----hours
- C3.13 What is the average amount of time [child's name] spends watching in the weekend? Again, this could be anywhere, not just in your home and includes DVDs/videos but does not include games. -----hours

Active travel

Definition

Active travel is defined for children (aged 5–14 years) as travelling to and from school by walking, cycling, or other non-motorised modes such as skates.

Question

- C3.11 How does [child's name] usually get to and from school? [Multiple responses possible]
Walk / Bike / Skate or other physical activity / Car / School bus / Public transport / Other / Not applicable, for example, is home schooled

Anthropometric measurements

As for adults, respondents aged two years and over were weighed to the nearest 0.1 kg using weighing scales (Tanita HD-351) that measure up to a maximum of 200 kg. From July 2012, height was measured to the nearest 0.1 cm using a laser meter (Precaster CA770), replacing traditional stadiometers, which were used in the 2006/07 and 2011/12 NZHS.

Respondents aged five years and over also had their waist circumference measured to the nearest 0.1 cm with a 2 metre anthropometric measuring tape (Lufkin W606PM).

Each of these measurements (height, weight and waist) was taken twice for each respondent, and if the two measurements differed by more than 1 percent, then a third measurement was taken. The final height, weight and waist measurements were calculated for each respondent by taking the mean of the closest two measurements.

BMI categories

Definition

BMI was calculated by dividing weight in kilograms by height in metres squared (kg/m^2). For children aged 2–14 years, age- and sex-specific BMI cut-off points developed by the IOTF were used to define BMI categories equivalent to those used for adults (Cole et al 2000, 2007; Cole and Lobstein 2012).

The IOTF BMI cut-off points have been designed to coincide with the WHO BMI cut-off points for adults at the age of 18 years. See the appendix for a summary of the table of IOTF BMI cut-off points for different ages between 2 and 18 years.

Two of the BMI categories differ between adults and children. First, for children, 'underweight' means low weight for age so the term 'thinness' is used to specify that the results are for children who have a low BMI for their age. Second, children whose BMIs are categorised as 'obese class 2' or 'obese class 3' are grouped together into 'obese class 2 or 3'.

Physical punishment in past 4 weeks

Definition

Child respondents (aged 0–14 years) are defined as having experienced physical punishment in past 4 weeks if the child's parent or caregiver answered 'Physical punishment, such as smacking' to the following question.

Question

C3.15 Thinking back over the past 4 weeks, when [child's name] misbehaved, which of the following, if any, have you done? Just read out the number next to the words. *Made him/her go without something or miss out on something / Yelled at him/her / Explained why he/she should not do it / Physical punishment, such as smacking / Told him/her off / Sent him/her to the bedroom or other place in the house / Ignored his/her behaviour / Something else [specify] ----- / My child has not misbehaved during the past 4 weeks*

Health conditions

Asthma (medicated)

Definition

Child respondents (aged 2–14 years) are defined as having asthma if the child's parents or caregivers had ever been told by a doctor that the child has asthma and if they now take treatments for asthma (inhalers, medicine, tablets or pills).

Questions

C1.01 Have you ever been told by a doctor that [child's name] has asthma? *Yes / No*

C1.02 What treatments does [child's name] now have for asthma? [Multiple responses possible] *No treatment / Inhaler / Medicine, tablets or pills / Something else*

Eczema (medicated)

Definition

Child respondents (aged 0–14 years) are defined as having eczema if the child's parents or caregivers had ever been told by a doctor that the child has eczema and if they now have treatments for eczema (cream, ointment, medicine, tablets or pills).

Questions

- C1.03 Have you ever been told by a doctor that [child's name] has eczema? *Yes / No*
- C1.04 What treatments does [child's name] now have for eczema? [Multiple responses possible] *No treatment / Medicine, tablets or pills / Cream or ointment / Something else*

Emotional or behavioural problems (diagnosed)

Definition

Child respondents (aged 2–14 years) are defined as having emotional or behavioural problems if the child's parents or caregivers had ever been told by a doctor that the child has depression, anxiety disorder (this includes panic attack, phobia, post-traumatic stress disorder, and obsessive compulsive disorder), attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD).

Note that this definition is likely to underestimate the true number of children with emotional or behavioural problems, as some people may not be aware that their child has a mood or anxiety disorder.

Also note that not all of the respondents who have ever had depression, anxiety disorder, ADD or ADHD would meet the criteria for depression, anxiety disorder, ADD or ADHD at the time they were surveyed.

Questions

- C1.11 Have you ever been told by a doctor that [child's name] has depression? *Yes / No*
- C1.13 Have you ever been told by a doctor that [child's name] has an anxiety disorder? This includes panic attack, phobia, post-traumatic stress disorder, and obsessive compulsive disorder. *Yes / No*
- C1.15 Have you ever been told by a doctor that [child's name] has attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD)? *Yes / No*

Depression (diagnosed)

Definition

Child respondents (aged 2–14 years) are defined as having depression if the child's parents or caregivers had ever been told by a doctor that the child has depression.

Note that this definition is likely to underestimate the true number of children with depression, as some people may not be aware that their child has depression.

Also note that not all of the respondents who have ever had depression would meet the criteria for depression at the time they were surveyed.

Question

C1.11 Have you ever been told by a doctor that [child's name] has depression? *Yes / No*

Anxiety disorder (diagnosed)

Definition

Child respondents (aged 2–14 years) are defined as having an anxiety disorder if the child's parents or caregivers had ever been told by a doctor that the child has an anxiety disorder (this includes panic attack, phobia, post-traumatic stress disorder, and obsessive compulsive disorder).

Note that this definition is likely to underestimate the true number of children with anxiety disorders, as some people may not be aware that their child has an anxiety disorder.

Also note that not all of the respondents who have ever had an anxiety disorder would meet the criteria for an anxiety disorder at the time they were surveyed.

Question

C1.13 Have you ever been told by a doctor that [child's name] has an anxiety disorder? This includes panic attack, phobia, post-traumatic stress disorder, and obsessive compulsive disorder. *Yes / No*

Attention deficit disorder or attention deficit hyperactivity disorder (diagnosed)

Definition

Child respondents (aged 2–14 years) are defined as having attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD) if the child's parents or caregivers had ever been told by a doctor that the child has ADD or ADHD.

Note that this definition is likely to underestimate the true number of children with ADD or ADHD, as some people may not be aware that their child has ADD or ADHD.

Also note that not all of the respondents who have ever had ADD or ADHD would meet the criteria for ADD or ADHD at the time they were surveyed.

Question

C1.15 Have you ever been told by a doctor that [child's name] has attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD)? *Yes / No*

Autism spectrum disorder (diagnosed)

Definition

Child respondents (aged 2–14 years) are defined as having autism spectrum disorder if the child's parents or caregivers had ever been told by a doctor that [child's name] has autism spectrum disorder.

Note that this definition is likely to underestimate the true number of children with autism spectrum disorder, as some people may not be aware that their child has autism spectrum disorder.

Question

C1.09 Have you ever been told by a doctor that [child's name] has autism spectrum disorder, including Asperger's syndrome? *Yes / No*

Primary health care use

GP visit

Definition

GP visit is defined for children (aged 0–14 years) as having visited a GP in the past 12 months.

Question

C2.11 In the past 12 months, has [child's name] seen a GP, or been visited by a GP, about his/her own health? By health, I mean mental and emotional health as well as physical health. *Yes / No*

Mean number of GP visits

Definition

Mean number of GP visits (children aged 0–14 years) shows the average number of GP visits per year for children aged 0–14 years. If a child has not had a GP visit in the past 12 months, their response to question C2.12 is coded as '0'.

Questions

C2.11 In the past 12 months, has [child's name] seen a GP, or been visited by a GP, about his/her own health? By health, I mean mental and emotional health as well as physical health. *Yes / No*

C2.12 How many times did [child's name] see a GP in the past 12 months? ----- *times*

Last GP visit (GP clinic) was free

Definition

Last GP visit (GP clinic) was free shows the percentage of children (aged 0–14 years) who paid \$0.00 for their last GP visit at a GP clinic, among children who had visited a GP at a GP clinic in the past 12 months.

Questions

- C2.14 Thinking back to the last time [child's name] saw a GP about his/her own health, what type of medical centre was it? *A GP clinic, medical centre or family practice / A clinic that is after-hours only – not an Emergency Department at a public hospital / Other [Specify] -----*
- C2.15 Thinking about [child's name]'s last visit to a GP, what were you charged for that visit?
\$--.--

Last GP visit (any location) was free

Definition

Last GP visit (any location) was free shows the percentage of children (aged 0–14 years) who paid \$0.00 for their last GP visit at any location, among children who had visited a GP in the past 12 months.

Questions

- C2.11 In the past 12 months, has [child's name] seen a GP, or been visited by a GP, about his/her own health? (By health, I mean mental and emotional health as well as physical health.) *Yes / No*
- C2.15 Thinking about [child's name]'s last visit to a GP, what were you charged for that visit?
\$--.--

Practice nurse (only) visit

Definition

Practice nurse (only) visit is defined for children (aged 0–14 years) as having visited a practice nurse without seeing a GP at the same visit or appointment, in the past 12 months.

Question

- C2.31 In the past 12 months, has [child's name] seen a practice nurse without seeing a GP at the same visit or appointment? [If the respondent saw the nurse before or after seeing the GP, code as 'No'.] *Yes / No*

Mean number of practice nurse (only) visits

Definition

Mean number of practice nurse (only) visits (children aged 0–14 years) shows the average number of practice nurse (only) visits per year for children aged 0–14 years, without seeing a GP at the same visit or appointment. If a child has not had a practice nurse (only) in the past 12 months, their response to question C2.31 is coded as '0'.

Questions

- C2.31 In the past 12 months, has [child's name] seen a practice nurse without seeing a GP at the same visit or appointment? [If the respondent saw the nurse before or after seeing the GP, code as 'No'.] *Yes / No*
- C2.32 How many times in the past 12 months did [child's name] see a practice nurse without seeing a GP at the same visit? ----- *times*

Last practice nurse (only) visit was free

Definition

Last practice nurse (only) visit was free shows the percentage of children (aged 0–14 years) who paid \$0.00 for their last practice nurse (only) visit, among children who had visited a practice nurse without seeing a GP at the same visit or appointment in the past 12 months.

Questions

- C2.31 In the past 12 months, has [child's name] seen a practice nurse without seeing a GP at the same visit or appointment? [If the respondent saw the nurse before or after seeing the GP, code as 'No'.] *Yes / No*
- C2.35 What were you charged the last time [child's name] saw the Practice Nurse without seeing a GP at the same visit? \$--.--

After-hours medical centre visit

Definition

After-hours medical centre visit is defined for children (aged 0–14 years) as having gone to an after-hours medical centre about their own health at least once in the past 12 months.

Question

- C2.42 In the past 12 months, how many times has [child's name] gone to an after-hours medical centre about his/her own health? (Do not include visits to an emergency department at a public hospital – we will ask about those later.) ----- *times*

Mean number of after-hours medical centre visits

Definition

Mean number of after-hours medical centre visits (children aged 0–14 years) shows the average number of after-hours medical centre visits per year for children aged 0–14 years.

Question

C2.42 In the past 12 months, how many times has [child's name] gone to an after-hours medical centre about his/her own health? (Do not include visits to an emergency department at a public hospital – we will ask about those later.) ----- *times*

Last after-hours medical centre visit was free

Definition

Last after-hours medical centre visit was free shows the percentage of children (aged 0–14 years) who paid \$0.00 for their last after-hours medical centre visit, among children who had visited an after-hours medical centre in the past 12 months.

Questions

C2.42 In the past 12 months, how many times has [child's name] gone to an after-hours medical centre about his/her own health? Do not include visits to an emergency department at a public hospital.

C2.44 What were you charged for [child's name]'s last after-hours visit? \$---.---

Barriers to accessing primary health care

Unmet need for primary health care

Definition

Unmet need for primary health care is defined for children (aged 0–14 years) as having experienced one or more types of unmet need for a GP, nurse or other health care worker in the past 12 months at their usual medical centre or after-hours services because of cost, transport, or being unable to arrange childcare for other children.

Questions

C2.05 In the past 12 months, has there been a time when you wanted [child's name] to see a GP, nurse or other health care worker at your usual medical centre within the next 24 hours, but he/she was unable to be seen? *Yes / No*

C2.27 In the past 12 months, was there a time when [child's name] had a medical problem but did not visit a GP because of cost? *Yes / No*

C2.28 In the past 12 months, was there a time when [child's name] had a medical problem but did not visit a GP because you had no transport to get there? *Yes / No*

C2.29 In the past 12 months, was there a time when [child's name] had a medical problem but did not visit a GP because you could not arrange childcare for other children? *Yes / No / Doesn't apply*

C2.49 In the past 12 months, was there a time when [child's name] had a medical problem outside regular office hours but you did not take him/her to an after-hours medical centre because of cost? *Didn't have a medical problem outside regular office hours / Yes, didn't go because of cost / No*

C2.50 In the past 12 months, was there a time when [child's name] had a medical problem outside regular office hours but you did not take him/her to an after-hours medical centre because you had no transport to get there? *Yes, didn't go because had no transport to get there / No*

Unable to get an appointment at usual medical centre within 24 hours

Definition

Unable to get an appointment at usual medical centre within 24 hours is defined for children (aged 0–14 years) as having wanted to see a GP, nurse or other health care worker at their usual medical centre within the next 24 hours but they were unable to be seen, in the past 12 months.

Question

C2.05 In the past 12 months, has there been a time when you wanted [child's name] to see a GP, nurse or other health care worker at his/her usual medical centre within the next 24 hours, but he/she was unable to be seen? *Yes / No*

Unmet need for GP services due to cost

Definition

Unmet need for GP services due to cost is defined for children (aged 0–14 years) as having had a medical problem but not visiting a GP because of cost, in the past 12 months.

Question

C2.27 In the past 12 months, was there a time when [child's name] had a medical problem but did not visit a GP because of cost? *Yes / No*

Unmet need for GP services due to lack of transport

Definition

Unmet need for GP services due to lack of transport is defined for children (aged 0–14 years) as having had a medical problem but not visiting a GP due to lack of transport, in the past 12 months.

Question

C2.28 In the past 12 months, was there a time when [child's name] had a medical problem but did not visit a GP because you had no transport to get there? *Yes / No*

Unmet need for GP services due to lack of childcare

Definition

Unmet need for GP services due to lack of childcare is defined for children (aged 0–14 years) as having had a medical problem but not visiting a GP because their parents or caregivers lacked childcare for other children, in the past 12 months.

Question

C2.29 In the past 12 months, was there a time when [child's name] had a medical problem but did not visit a GP because you could not arrange childcare for other children? *Yes / No / Doesn't apply*

Unmet need for after-hours services due to cost

Definition

Unmet need for after-hours services due to cost is defined for children (aged 0–14 years) as having had a medical problem outside regular office hours but not visiting an after-hours medical centre because of cost, in the past 12 months.

Question

C2.49 In the past 12 months, was there a time when [child's name] had a medical problem outside regular office hours but you did not take him/her to an after-hours medical centre because of cost? *Didn't have a medical problem outside regular office hours / Yes, didn't go because of cost / No*

Unmet need for after-hours services due to lack of transport

Definition

Unmet need for after-hours services due to lack of transport is defined for children (aged 0–14 years) as having had a medical problem outside regular office hours but not visiting an after-hours medical centre due to lack of transport, in the past 12 months.

Question

C2.50 In the past 12 months, was there a time when [child's name] had a medical problem outside regular office hours but you did not take him/her to an after-hours medical centre because you had no transport to get there? *Yes, didn't go because had no transport to get there / No*

Unfilled prescription due to cost

Definition

Unfilled prescription due to cost is defined for children (aged 0–14 years) as being when parents got a prescription for their child but did not collect one or more prescription items because of cost, in the past 12 months.

Question

- C2.30 In the past 12 months, was there a time when [child's name] got a prescription but you did not collect one or more prescription items from the pharmacy or chemist because of cost? *Yes / No*

Definite confidence and trust in GP

Definition

Definite confidence and trust in GP is defined for children (aged 0–14 years) as parents having visited a GP with their child in the last three months and having definite confidence and trust in the GP their children saw (answered as 'Yes, definitely' to question C2.22 below).

Questions

- C2.13 When was the last time [child's name] saw a GP about his/her own health? *Within the last month / More than 1 month ago and less than 3 months / More than 3 months ago and less than 6 months / More than 6 months ago and less than 12 months ago*
- C2.22 Did you have confidence and trust in the GP [child's name] saw? *Yes, definitely / Yes, to some extent / No, not at all*

GP was very good or good at explaining health conditions and treatments

Definition

GP was very good or good at explaining health conditions and treatments is defined for children (aged 0–14 years) as parents having visited a GP with their child in the last three months, and answering 'very good' or 'good' to question C2.19 below.

Questions

- C2.13 When was the last time [child's name] saw a GP about his/her own health? *Within the last month / More than 1 month ago and less than 3 months / More than 3 months ago and less than 6 months / More than 6 months ago and less than 12 months ago*
- C2.19 Thinking about [child's name] last visit to a GP, how good was the doctor at explaining [child's name]'s health conditions and treatments in a way that you could understand? *Very good / Good / Neither good or bad / Poor / Very poor / Doesn't apply*

Oral health

Dental health care worker visit

Definition

Dental health care worker visit is defined for children (aged 1–14 years) as having visited a dental health care worker in the past 12 months.

Question

C2.80 How long has it been since [child's name] last visited a dental health care worker, for any reason? *Within the past year / Within the past 2 years / Within the past 5 years / Five or more years ago / Has never seen a dental health care worker*

Teeth removed due to decay in past 12 months

Definition

Teeth removed due to decay in past 12 months is defined for children (aged 1–14 years) as having had one or more of their teeth removed in the past 12 months, due to decay, an abscess or infection.

Questions

C1.17* Have any of [child's name] teeth been removed by a dental health care worker because of tooth decay, an abscess or infection? Do not include teeth lost for other reasons such as injury, crowded mouth or orthodontics. *Yes / No*

C1.18 Were any of these teeth removed in the last 12 months? *Yes / No*

* Note: This question was worded slightly differently in 2006/07. See the 2006/07 questionnaire at www.health.govt.nz/publication/portrait-health-key-results-2006-07-new-zealand-health-survey.

Teeth removed due to decay in lifetime

Definition

Teeth removed due to decay in lifetime is defined for children (aged 1–14 years) as having had one or more of their teeth removed in their lifetime, due to decay, an abscess or infection.

Question

C1.17* Have any of [child's name] teeth been removed by a dental health care worker because of tooth decay, an abscess or infection? Do not include teeth lost for other reasons such as injury, crowded mouth or orthodontics. *Yes / No*

* Note: This question was worded slightly differently in 2006/07. See the 2006/07 questionnaire at www.health.govt.nz/publication/portrait-health-key-results-2006-07-new-zealand-health-survey.

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Appendix: International Obesity Taskforce child BMI cut-offs for thinness, healthy weight, overweight, obese class 1, obese class 2 and obese class 3, by age

Age	BMI 18.50		BMI 25.00		BMI 30.00		BMI 35.00		BMI 40.00	
	Males	Females								
2	15.24	14.96	18.36	18.09	19.99	19.81	21.20	21.13	22.12	22.16
2.5	15.02	14.77	18.09	17.84	19.73	19.57	20.95	20.90	21.89	21.96
3	14.83	14.60	17.85	17.64	19.50	19.38	20.75	20.74	21.72	21.83
3.5	14.66	14.44	17.66	17.48	19.33	19.25	20.61	20.65	21.62	21.78
4	14.51	14.30	17.52	17.35	19.23	19.16	20.56	20.61	21.61	21.81
4.5	14.38	14.16	17.43	17.27	19.20	19.14	20.60	20.67	21.73	21.94
5	14.26	14.04	17.39	17.23	19.27	19.20	20.79	20.84	22.03	22.23
5.5	14.15	13.93	17.42	17.25	19.46	19.36	21.15	21.16	22.57	22.70
6	14.06	13.85	17.52	17.33	19.76	19.61	21.69	21.61	23.35	23.37
6.5	14.00	13.81	17.67	17.48	20.15	19.96	22.35	22.19	24.32	24.21
7	14.00	13.83	17.88	17.69	20.59	20.39	23.08	22.88	25.38	25.19
7.5	14.05	13.90	18.12	17.96	21.06	20.89	23.83	23.65	26.44	26.28
8	14.13	14.00	18.41	18.28	21.56	21.44	24.61	24.50	27.55	27.49
8.5	14.24	14.12	18.73	18.63	22.11	22.04	25.45	25.42	28.76	28.80
9	14.36	14.26	19.07	18.99	22.71	22.66	26.40	26.39	30.14	30.21
9.5	14.49	14.40	19.43	19.38	23.34	23.31	27.39	27.38	31.61	31.65
10	14.63	14.58	19.80	19.78	23.96	23.97	28.35	28.36	33.04	33.05
10.5	14.79	14.78	20.15	20.21	24.54	24.62	29.22	29.28	34.29	34.31
11	14.96	15.03	20.51	20.66	25.07	25.25	29.97	30.14	35.32	35.42
11.5	15.15	15.30	20.85	21.12	25.56	25.87	30.63	30.93	36.16	36.39
12	15.36	15.59	21.20	21.59	26.02	26.47	31.21	31.66	36.86	37.24
12.5	15.59	15.91	21.54	22.05	26.45	27.05	31.73	32.33	37.46	37.99
13	15.84	16.23	21.89	22.49	26.87	27.57	32.19	32.91	37.95	38.62
13.5	16.11	16.55	22.24	22.90	27.26	28.03	32.60	33.39	38.35	39.08
14	16.39	16.86	22.60	23.27	27.64	28.42	32.97	33.78	38.65	39.43
14.5	16.68	17.16	22.95	23.60	28.00	28.74	33.30	34.07	38.89	39.65
15	16.98	17.43	23.28	23.89	28.32	29.01	33.56	34.28	39.03	39.78
15.5	17.26	17.68	23.59	24.13	28.61	29.22	33.78	34.43	39.12	39.83
16	17.53	17.90	23.89	24.34	28.89	29.40	33.98	34.54	39.20	39.84
16.5	17.79	18.08	24.18	24.53	29.15	29.55	34.19	34.64	39.30	39.85
17	18.04	18.24	24.46	24.70	29.43	29.70	34.43	34.75	39.48	39.89
17.5	18.28	18.38	24.73	24.85	29.71	29.85	34.70	34.87	39.72	39.95
18	18.50	18.50	25.00	25.00	30.00	30.00	35.00	35.00	40.00	40.04

Source: www.worldobesity.org/resources/child-obesity/newchildcutoffs