



## INTERNATIONAL SEMINAR IN EPIDEMIOLOGY



### **Aotearoa NZ: The alarming rates of childhood obesity, the unhealthiness of food environments and, the lack of national data on children`s diet quality**

In this talk, Dr Castro will provide context about Aotearoa New Zealand. She will then present the research pieces she has been leading (working alongside researchers and postgraduate students from New Zealand and Brazil) that have direct and relevant implications for health equity through improved population nutrition. Child excess adiposity currently affects 1/3 of 2–24-year-olds in Aotearoa. Despite this scenario, the country has limited national information on children`s diets and feeding practices. Information on population diets is crucial to examine if a country is on track to achieving the children`s global nutrition targets and to develop policies and interventions that ensure that we meet these targets equitably across generations. Dr Castro will present the work she is involved in to help fill, partially, some of these gaps of knowledge. She will also present some research findings on the healthiness of the NZ food environments.



**Dr. Teresa Gontijo de Castro**  
**Visiting Professor at UNIFESP**  
**CAPES-Print**

Dietician and has worked as a Senior Research Fellow for the University of Auckland since 2015. She was previously employed as an Adjunct Professor at the Federal University of Minas Gerais (2009-2015) and at the Federal University of Rio Grande do Sul (2006-2009), Brazil. She has expertise in nutritional epidemiology and monitoring of population nutrition and food environments. Her current main research interests are in leveraging the use of datasets to help fill, partially, national gaps of information on indicators of children`s diets and nutrition; examining the impact of diet quality in early life on health and wellbeing outcomes throughout the life course and; monitoring the healthiness of food environments.

01/10 | 12h - 13h30, evento híbrido  
Presencial anfiteatro José Wasserman

### **Integrated dataset on growth indicators for children and young people in Aotearoa: Findings from a scoping study**

Measures of growth are important recognised indicators for monitoring progress on this goal, nationally and for vulnerable subgroups. However, New Zealand currently lacks subpopulation information on prevalence, trends, and determinants of healthy growth for 0–19-year-olds. Such information is imperative to enable equitable improvements in the health of children and young people. In this talk, Dr Teresa G Castro will present findings of a scoping study she led in New Zealand which assessed the potential for creating an integrated national dataset containing historical data on growth indicators for 0–19-year-olds and adolescents disaggregated by calendar year, sex, age group, and key sociodemographic characteristics (ethnicity, socioeconomic deprivation, and rurality). The study consisted of mapping potential existing data sources to contribute to a national dataset (from 2002-2022); assessing their characteristics, comparability, and suitability for inclusion in the national dataset in the future (intended to be made available to end-users); and describing the requirements that would need to be met to create such an integrated resource for New Zealand.

10/10 | 12h - 14h, evento híbrido  
Presencial anfiteatro José Wasserman

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