



Healthy Kids Queensland Survey

In 2006 Queensland Health conducted a survey of the nutritional health of children across the state. They were looking for trends in overweight and obesity, dietary patterns and physical activity. The survey involved 3691 grade 1, 5 and 10 children in 72 schools and was conducted by the Children's Nutrition Research Centre of University of Queensland. Measurements of body mass index and waist circumference were taken, alongside detailed nutritional and physical activity surveys. Amongst the results, was an increasing trend to overweight, and a sub-optimal vegetable intake. One of the key recommendations was to conduct further research into the nutritional status of indigenous Queensland children, as this population was undersampled....and so we thought we would make a start with an urban Brisbane cohort.



Healthy Indigenous Kids Study

Inala Indigenous Health Service, Brisbane

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Background – Closing the Gap

Poor nutrition is a strong risk factor for chronic diseases such as diabetes and ischaemic heart disease that are highly prevalent in indigenous communities. One way to target the 17 year life expectancy gap between indigenous and non-indigenous Australians is to identify the modifiable risk factors in childhood, and create effective interventions.

Aims

To develop a better understanding of the nutritional status of urban indigenous children and how this compares with the general state population.

To identify eating habits in this cohort and use the information to develop culturally appropriate health promotion.

Method

Opportunistic Indigenous Child Health Check (Medicare Item number 708) conducted by child health nurses and completed by doctor

Research assessment

- Body Mass index
- Waist Circumference
- Food frequency questionnaire (parents)

Recruit 50+ children 5 – 14 years

Further questions to explore

- Which nutrition questions will be included in our ongoing health checks?
- Do eating patterns predict increased incidence of medical conditions? (such as tooth decay, otitis media, recurrent chest infection)
- Does socioeconomic status correlate with eating patterns and/or body measurements?
- What further research needs to be done? For example conducting a multi-centre urban nutritional study of indigenous children or developing indigenous specific body measurement charts.

Timeline 2008

Feb-April: Literature review, Develop tool (health check and nutrition survey)

April-May: Piloting

May-Aug: Data collected

Sept-Oct: Data analysis

Nov-Dec: Write up

