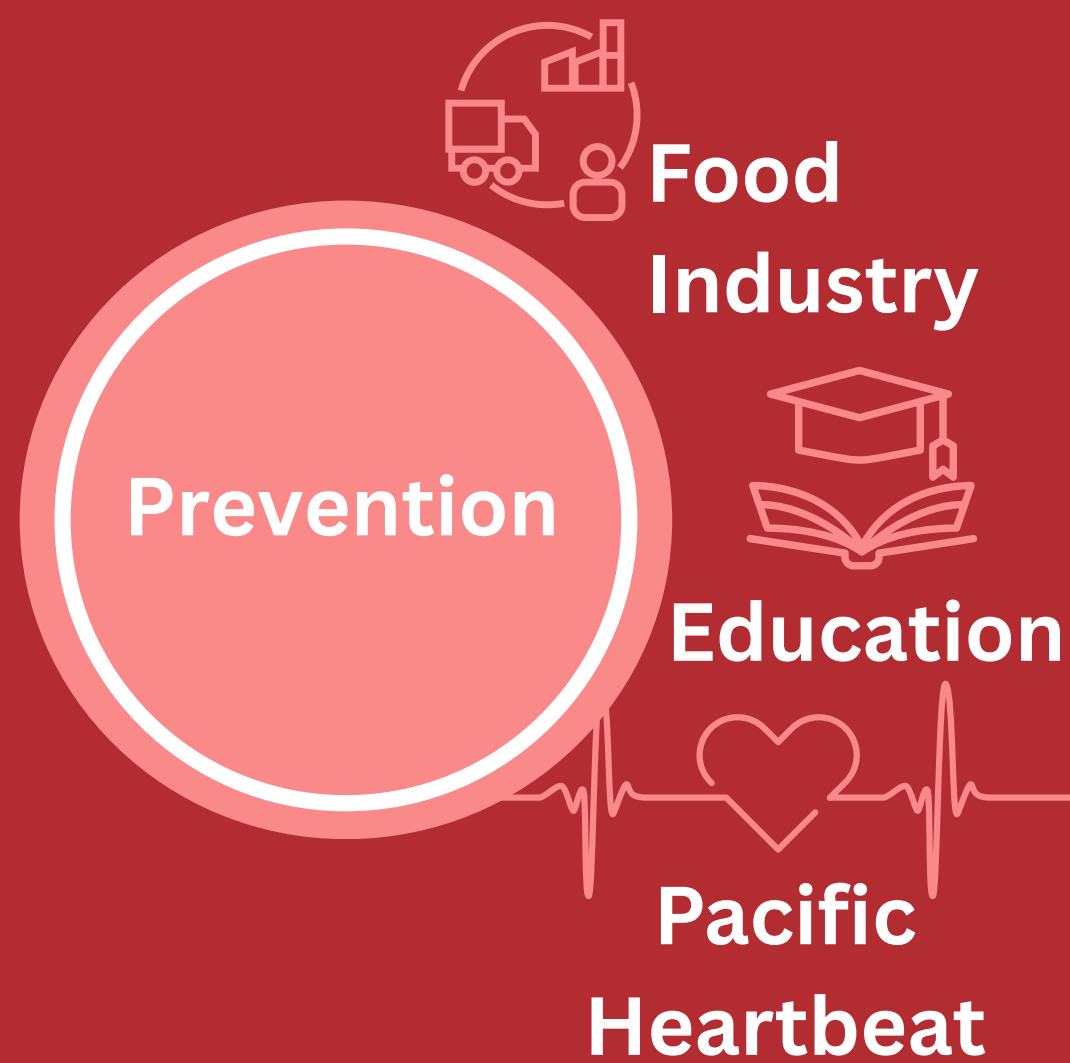




THE HEART FOUNDATION

The Heart Foundation is a non-profit organisation fighting heart disease in Aotearoa. Mission Statement: “to stop all people in New Zealand from dying prematurely from heart disease and enable people with heart disease to live full lives.”

DIETITIANS & NUTRITION ADVISORS



Deb Sue: Food Industry Manager

Involved in food reformulation projects, including engaging with food companies to promote their positive efforts in improving the nutritional quality of the food supply.

Community

Connection to vulnerable and non-vulnerable communities

Training

\$1.5m of donations/year funds leading-edge research

Education

With children and communities through prevention programmes

Reformulation

Public health campaigns/initiatives for voluntary reformulation

2024



150 Schools

1,100 Early Learning Services

>50,000
Preschool children

2024



Spoke with >10,000 New Zealanders about Heart Health

The Heart Foundations school roll consists of >50% Māori and Pacifica children



Capability

Connection

Prevention

Support

Research

THE TUCK SHOP PROJECT

METHODS

Review of the current literature
Survey creation
Data collection
Data analysis

OBJECTIVES

Explore the barriers to healthy food purchases by high school students.



Findings from MyMahi surveys

Nutrition knowledge was not reflected in food literacy. Regardless of knowledge, there was a lack of agency

Traditionally unhealthy food items were purchased most, on-site and off-site. Examples include pies/sausage rolls, hot chips, baked goods, sugar-sweetened beverages and energy drinks.

Cost was identified as a major barrier to consuming healthier options (average budget of \$0-\$10/week).

Suggestions for School Tuck Shops

- Reduce the price of healthy food/drink items.
- Reformulate products such as baked goods (reduce sugar, fat and sodium).
- Choose healthier brands/flavours within a product category.

These recommendations are directed at reshaping the school tuck shop environment to steer adolescents toward making more nutritious on-site choices rather than opting for less healthy off-campus alternatives.



Scan for our report



Heart
Foundation™

By Karyse Tomlin & Grace Thelning