

Ka Pai Kaiti Kai survey results: Waitangi Day 2008

Gender:

Male	Female
67 40%	100 60%

Ethnicity:

NZ Eur	Maori	Samoan	Cook Isl	Tongan	Niuean	Chinese	Indian	Other	Total
28 16%	143 83%	7 4%	1 1%	4 2%	2 1%	2 1%	5 3%	4 2%	196 113%

Age range:

16-30	31-45	46-60	61 +	Total
85 52%	34 21%	36 22%	9 5%	164 100%

1. How often do you usually eat a serve of fruit?

I don't	Less than 1 serving per day	1 serving per day	2 servings per day	3 servings per day	4 or more per day
4%	15%	16%	24%	17%	20%

2. How often do you usually eat a serve of vegetables?

I don't	Less than 1 serving per day	1 serving per day	2 servings per day	3 servings per day	4 or more per day
5%	12%	19%	29%	25%	8.6%

3. How many times a week do you have breakfast?

I don't	Less than once a week	Once or twice a week	3 – 5 times per week	6 or more per week
13%	6%	22%	23%	35%

4. How do you spread your butter/margarine on bread?

I don't	Thinly	Medium	Thickly
11%	40%	36%	10%

5. How many times do you eat deep fried food in batter?

I don't	Less than once a week	Once or twice a week	3 – 5 times per week	6 or more per week
12%	34%	44%	5.8%	1.7%

6. How many times a week do you eat sausages, meat pies, sausage rolls, luncheon sausage, tinned corned beef, bacon or mutton flaps?

I don't	Less than once a week	Once or twice a week	3 – 5 times per week	6 or more per week
7.5%	32%	42%	14%	2.3%

7. How many times a week do you eat hot chips or fries?

I don't	Less than once a week	Once or twice a week	3 – 5 times per week	6 or more per week
7.5%	37%	43%	8.6%	1.7%

8. How many times a week do you drink fizzy drinks, cordials, energy or sports drinks?

I don't	Less than once a week	Once or twice a week	3 – 5 times per week	6 or more per week
12%	25%	29%	21%	8.6%

9. How many fruit trees on your property?

0	1	2	3	4	5+
20%	11%	22%	16%	9.8%	18%

10. Do you grow your own vegetables?

Yes	No
52.6%	47.3%

11. Are you interested in improving the eating habits of your whanau?

Yes	No
34.5%	65.5%