

Growing Up in New Zealand: transforming ordinary into extraordinary

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www.growingup.co.nz



Overarching aim of *Growing Up in New Zealand*

To provide **robust evidence** about what shapes development and wellbeing for children growing up in New Zealand today in the context of their diverse families.

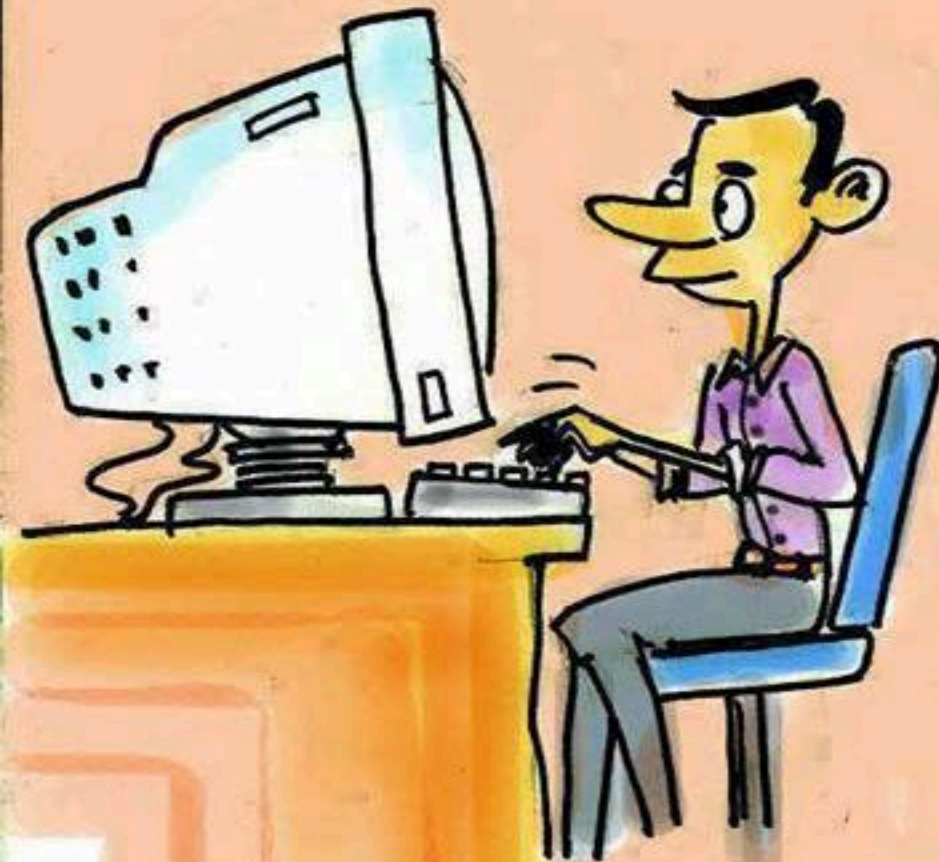


6853 children recruited before birth



Context matters

1980



2013

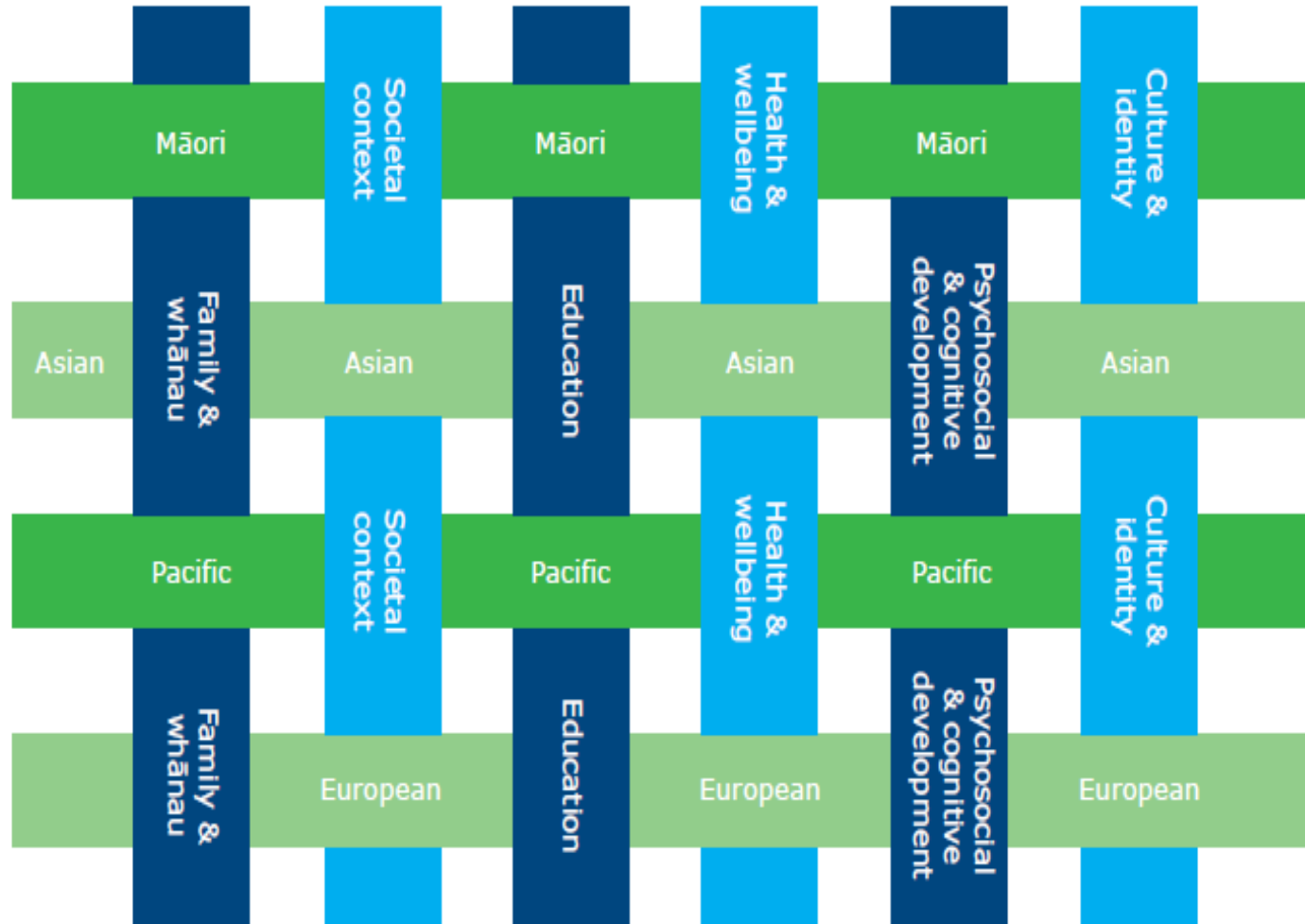


Multidisciplinary longitudinal information

Growing Up in New Zealand

Now We Are Four: Describing the preschool years

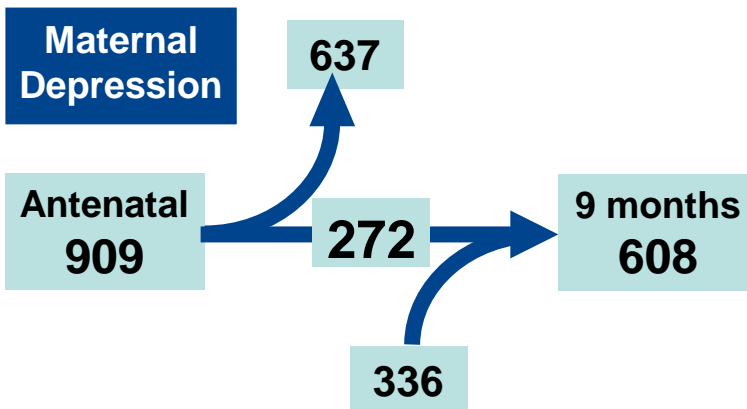
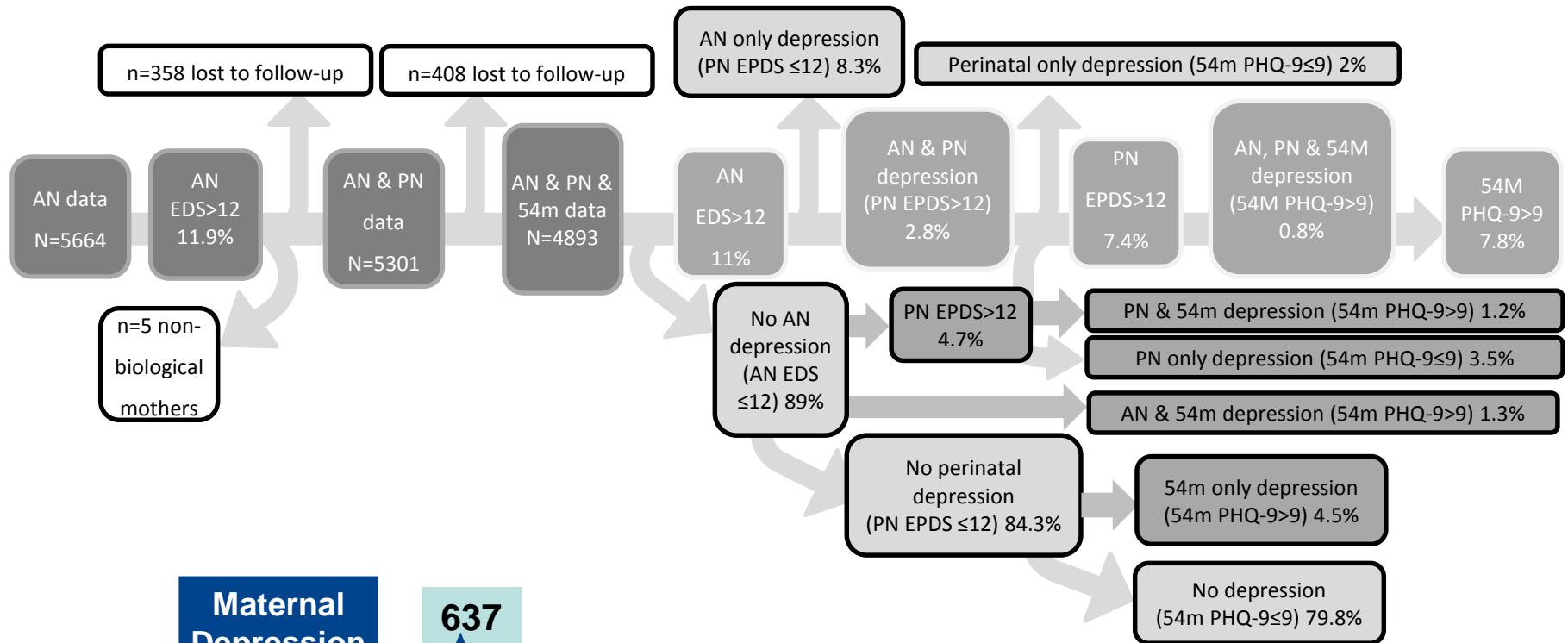
2017



“Snapshots” from Now We Are Four



CHURN – for individuals and their context



"Not just new mums: dads get the blues too"

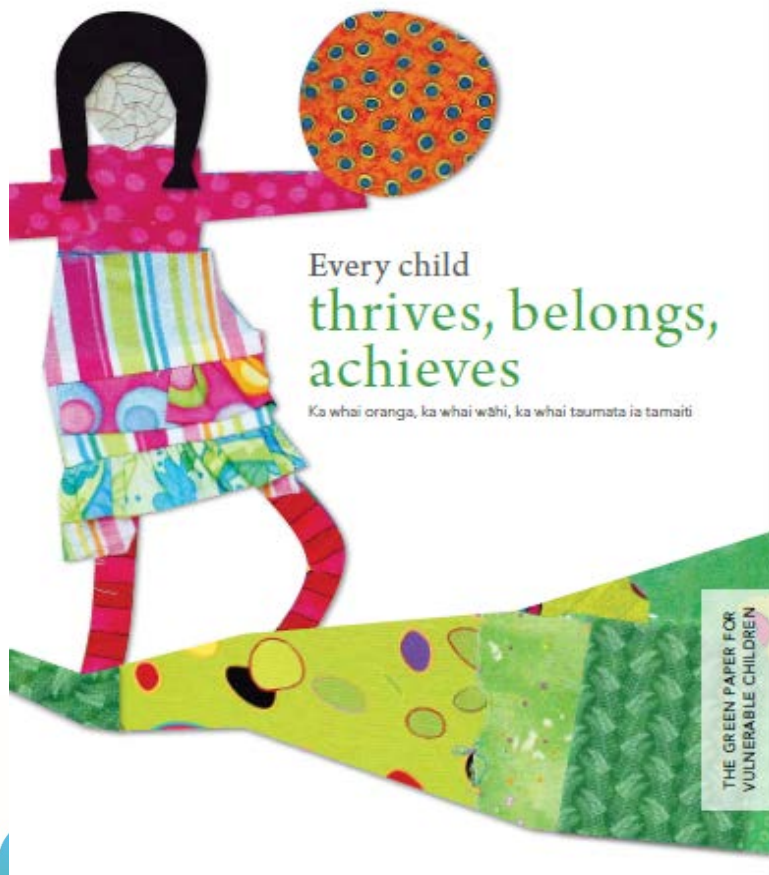
UK Express Feb 2017

Mobility – household tenure and safety

| Tenure type | Antenatal | 9 months | 2 years | 54 months |
|----------------|-----------|----------|---------|-----------|
| Family Home | 55.2 | 56.2 | 56.2 | 57.8 |
| Private rental | 38.3 | 37.8 | 38.1 | 35.8 |
| Public rental | 6.5 | 6.0 | 5.7 | 6.4 |



Focus on Vulnerable children



Proximal Family Variables

- **Maternal depression (antenatal using EPDS>12)**
- Maternal physical wellbeing (poor or fair)
- Maternal smoking in pregnancy (after first trimester)
- Maternal age (teenage pregnancy)

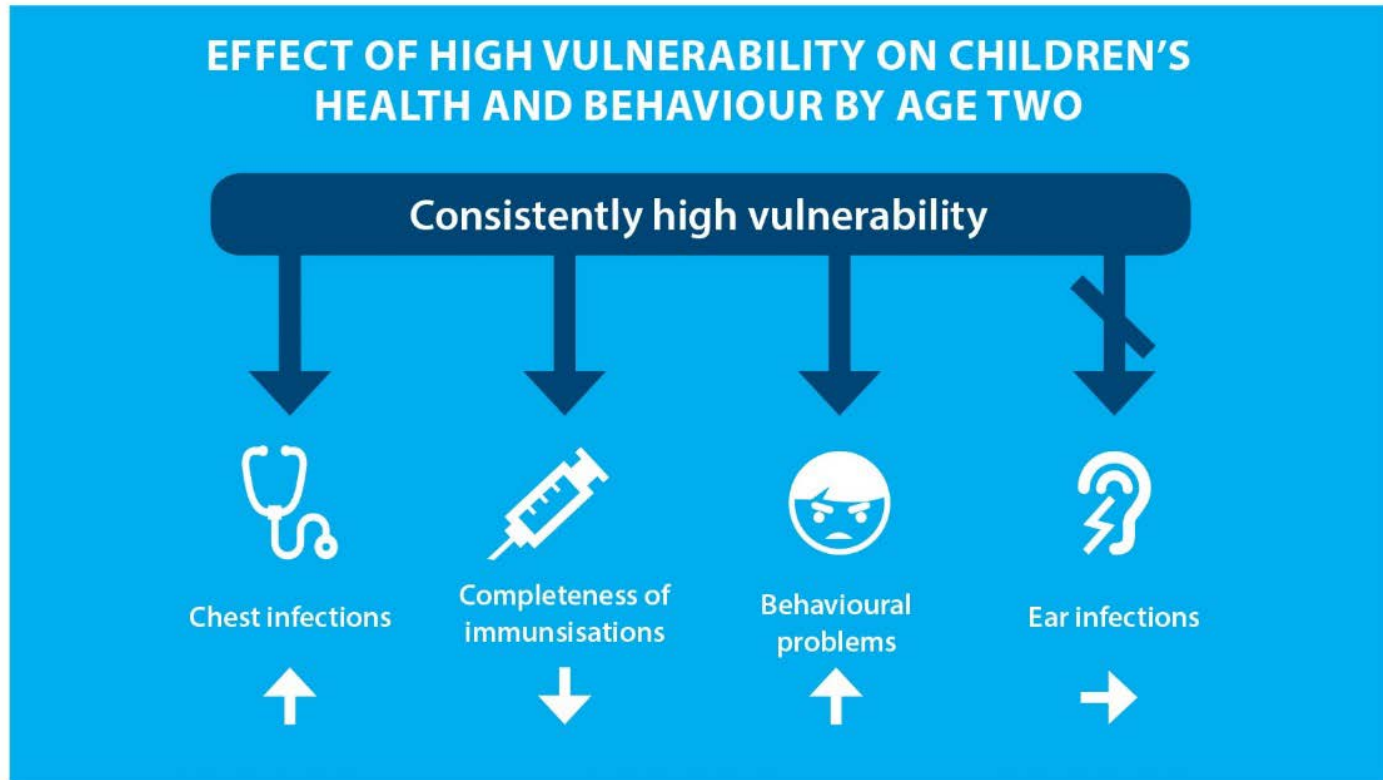
Distal Family Variables

- Relationship status (no partner/single)
- Maternal education (no secondary school qualification)
- Financial stress (regular money worries)

Home environment

- Deprivation area (NZDep2006 decile 9 or 10)
- Unemployment (mother not in work or on parental leave)
- **Tenure (public rental)**
- Income tested benefit (yes/no)
- Overcrowding (≥ 2 per bedroom)

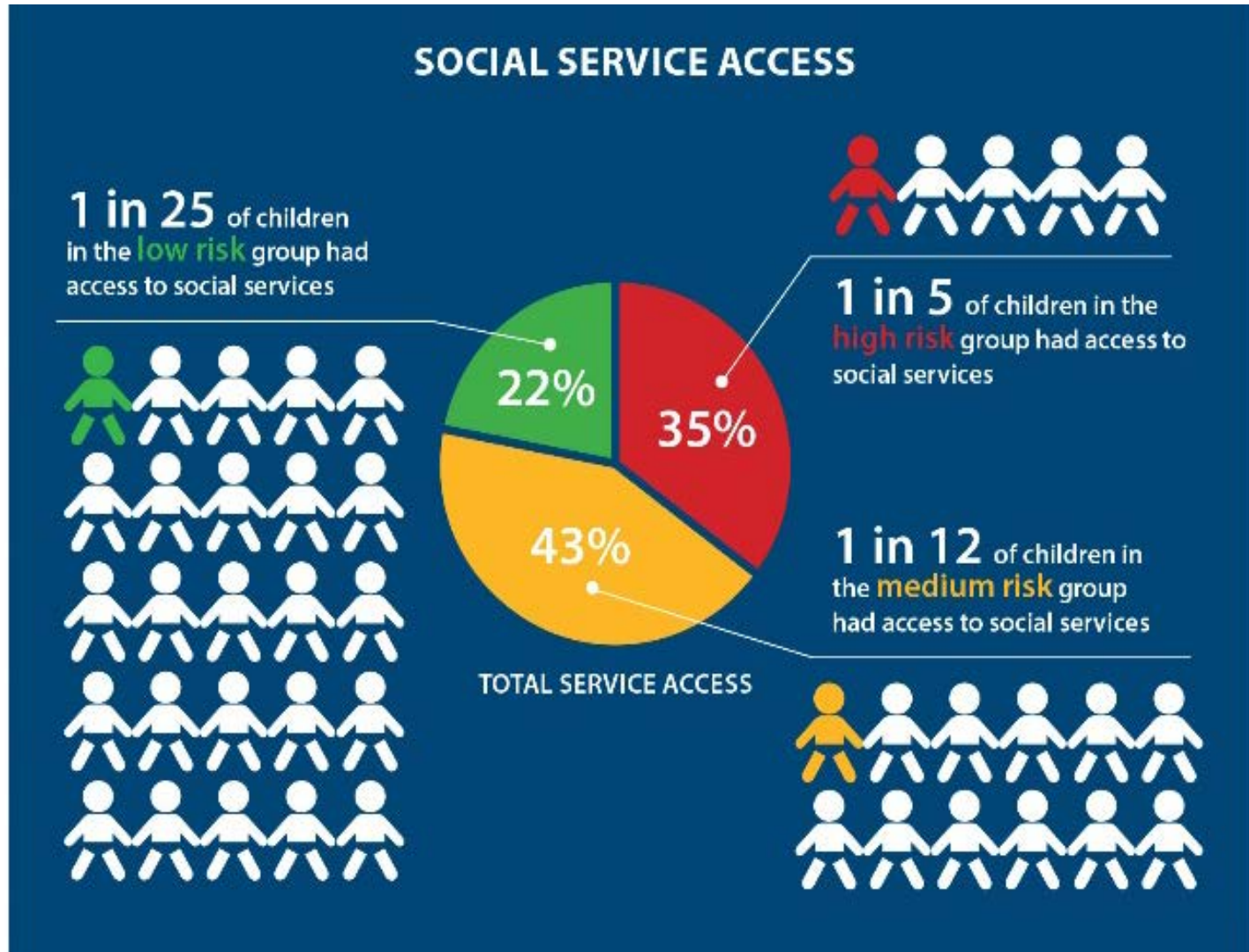
Intervention and Prevention in the first 1000 days



“Some have compared a child’s evolving health status in the early years to the launching of a rocket, as small disruptions that occur shortly after take-off can have very large effects on its ultimate trajectory.”

Center on the Developing Child, Harvard University, 2010

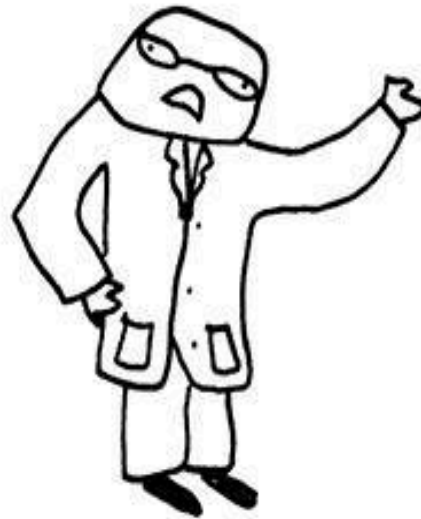
Targeting services to match need – who?



Understanding RESILIENCE - what works, why, when?

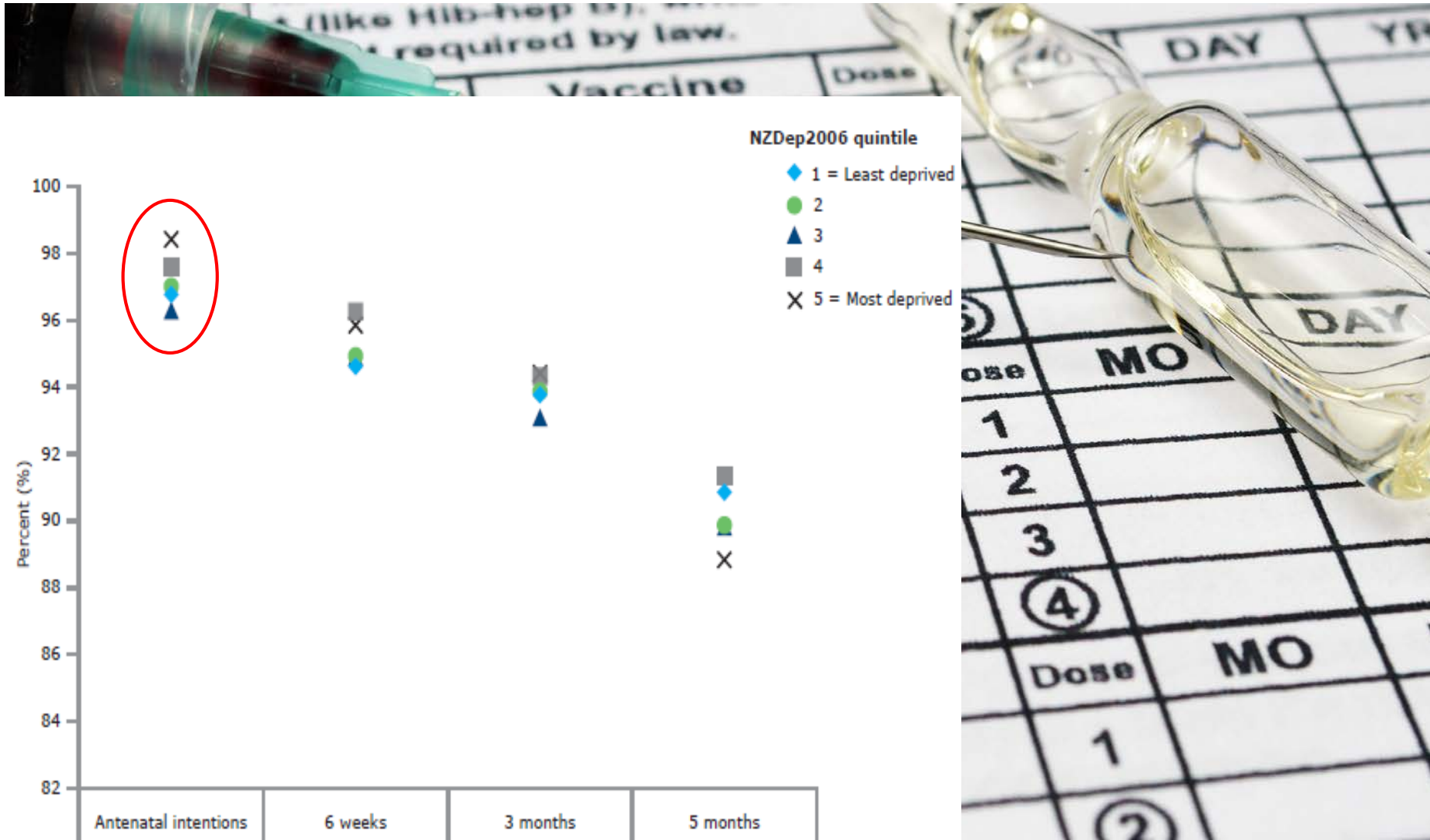
SCIENCE vs. THE PEOPLE!

correlation is
not causation!



i dunno what
those are but
i disagree
and i vote!

“Mind the gap” – intentions and realities



Reality gap – Parental Perception

- 1 in 3 NZ children (aged 2-14) are overweight or obese
- 14% of the cohort are overweight or obese by 4 years of age (9% at 2 years)



Underweight

10%



Normal weight

85%



Overweight

5%

Perception

0%

86%

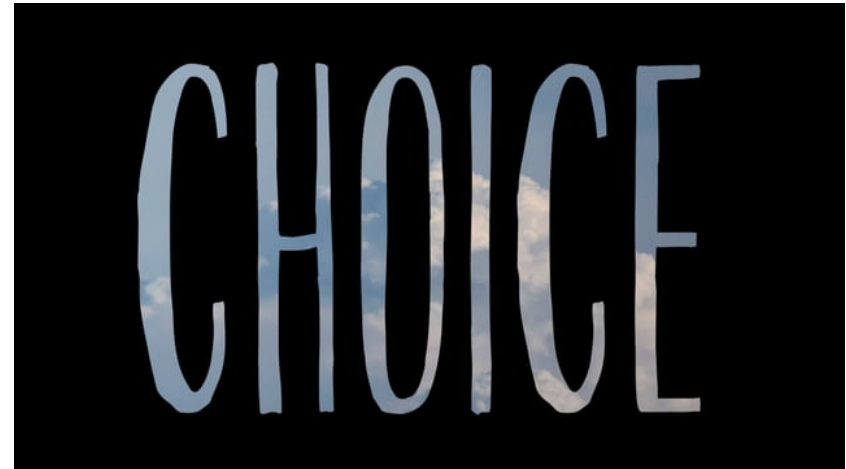
14%

Reality

Ready for school?



“Extraordinary things emerge from following ordinary people’s lives”
Helen Pearson (Nature, 2015)



CHURN

That they feel like that they are part of a ethnically diverse country and part of a community, e.g. school, neighbourhood, friends. Freedom to comfortably come and go as they please

We want our child to be happy and healthy, and to finish school. Education is extremely important – as long as she gets an education she can make her own decisions

Voice

I hope my child will grow up in a safe neighbourhood, with people who care about them

When I grow up I

will be a....

Benjamin

Museum Worker

Janisha

Ballet teacher

Ocean

Lego maker

Emily

Mermaid

Cooper

Vet

Hearing the children's voices at 8 years

Translation – from family table to the policy table



Acknowledgements

- **Children and their families**
- *UoA Growing Up* team
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- Policy Forum
- Advisory and Stakeholder groups
- All funders (government)



Dame Whina Cooper