

## QUESTIONS TO THINK AND TALK ABOUT

### A career in science research:

- What **qualifications** has Alvina gained that enable her to do this work?
- What advice would you give to a year nine student to help them on a pathway like Alvina's?
- What are the **findings** of Alvina's Masters research?
- What questions would you like to ask Alvina about her career or research?

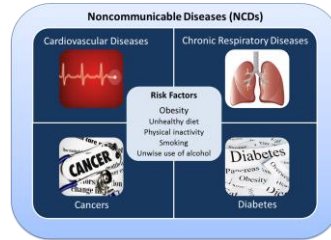
### Science knowledge:

The food stores around each school contribute to the **'built food environment'** of the community.

- Look up a definition for **'built food environment'**

What are **NCDs**?

- Do NCDs impact your family? If so, how?
- How can you help?



### Reflecting on your actions:

Talk with your group about the food/drink you consumed today and yesterday.

If you had to give yourself a health rating from 1 –really unhealthy to 5 – really healthy food/drink passed my lips – what would your rating be?

- Now discuss your rating with your group.
- We know we should be eating healthy food. What different things might stop us from eating a healthy diet or make it harder to eat healthy food?
- What do you think "eat healthy food regularly" means?

### From evidence to action:

Do you think that **built food environment** might influence the **type** of food that Year 9 students in each community are eating? **Justify your answer.**

Use the QR code to choose from sentence starters to present your argument:



**Compare and contrast** the findings for Tāmaki College and Tonga High School.

- make a list of **similarities and differences** in the data from each school community
- suggest possible reasons** for the similarities and differences

**How** could you use the evidence and information from this study to:

- explore the built food environment around your school
- explore **how** the built food environment **might influence** YOUR food choices
- improve** the built food environment for students in **YOUR** school

What other research questions about the built food environment could be useful to explore?



Google Earth Pro is the **mapping tool** that Alvina used to plot the food stores near each school on a Google map.



Thank you to the students who participated in this research. If you have any questions please email Alvina Pauuvale at: [a.pauuvale@auckland.ac.nz](mailto:a.pauuvale@auckland.ac.nz)



# We are what we eat?



We all know the importance of a healthy diet – but we don't eat healthy food all of the time.



What factors influence our food choices?

A scientist from the Liggins Institute looked into this question.



Alvina Pauuvale's research looked at young peoples' food choices and the environment around them.

- Meet Alvina: *"I went to Tamaki College in Glen Innes, Auckland. I enjoyed science at school and I was involved in a programme developed by the Liggins Institute to encourage more Maori and Pacific students with a passion for science to pursue a career in science."*
- I completed a Bachelor of Science degree at the University of Auckland. However, I realised that science alone wasn't really my calling. Being a young female Tongan, I knew I wanted to do something that helped my Pasifika people.*
- Once I had completed my degree I began work as a Research Assistant on the Pacific Science for Health Literacy Project (PSHLP) at the Liggins Institute. My passion became evident in the work I was a part of and that is why I went on to pursue my Masters degree so that I can continue to help my people in the fight against non-communicable diseases.*
- The HAPPY study was the result of my Masters in Health Science degree at the Liggins Institute.*
- I am now completing a PhD, building on this research. I will be working closely with adolescents from the Glen Innes community to explore their views on how the food environment impacts their health.*

Find out more about Alvina and her career journey here:



Find out more about Alvina's study





# The HAPPY study:

Health-related attitudes, perceptions and practices of young people

Alvina's HAPPY study compared teenagers' attitudes towards food with the food they eat.



Alvina and her research team compared attitudes towards food and diets of Year 9 students in Auckland with Year 9 students in Tonga.

## Tamaki College: We listened and this is what YOU had to say!

In 2017 we asked 100 Year 9 Tāmaki College students:  
"How much does it matter what you eat?"

66% said, "It mattered a lot"

37% reported regularly eating healthy foods



## Tonga High School: We listened and this is what YOU had to say!

In 2016 we asked 81 Year 9 Tonga High School students:  
"How much does it matter what you eat?"

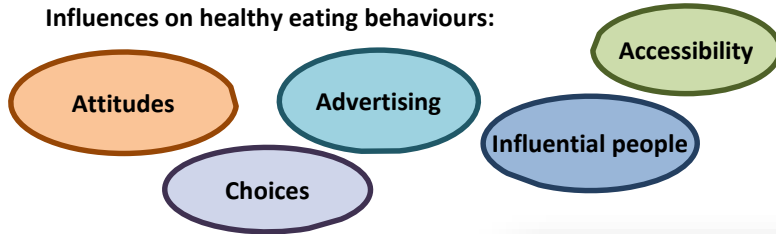
63% said, "It mattered a lot"

44% reported regularly eating healthy foods



This **evidence** told us that most of the Year 9 students who took part in the study had **positive attitudes** towards eating healthy food.  
**BUT** suggested that there might be factors influencing the ability of students to adopt healthy eating behaviours.

### Influences on healthy eating behaviours:



### We asked the students "What influences the food you eat?" They said.....



### Alvina and her research team MAPPED the food stores surrounding Tāmaki College

Quality of food in food-stores	Distance from Tamaki College (radius)				Total
	250m	500m	800m	1000m	
Very unhealthy	3	4	5	24	36
Unhealthy	0	0	0	10	10
OK	0	0	0	4	4
Healthy	0	0	0	2	2
<b>Total</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>40</b>	<b>52</b>
<b>Cumulative Total</b>	<b>3</b>	<b>7</b>	<b>12</b>	<b>52</b>	

Number of food-stores in each food-store category in the area surrounding Tamaki College



Food stores within 1km of Tāmaki College  
 - Outline of school, - 250m, - 500m, 800m and - 1km  
 ● Very Unhealthy ● Unhealthy ● OK ● Healthy

Note: Not all icons (circles) are visible due to overlapping

### Alvina and her research team MAPPED the food stores surrounding Tonga High School

Quality of food in food-stores	Distance from Tonga High School (radius)				Total
	250m	500m	250m	500m	
Very unhealthy	12	41	76	18	147
Unhealthy	0	0	1	0	1
OK	0	0	0	0	0
Healthy	0	0	1	1	2
<b>Total</b>	<b>12</b>	<b>41</b>	<b>78</b>	<b>19</b>	<b>150</b>
<b>Cumulative Total</b>	<b>12</b>	<b>53</b>	<b>131</b>	<b>150</b>	

Number of food-stores in each food-store category in the area surrounding Tonga High School



Food stores within 1km of Tāmaki College  
 - Outline of school, - 250m, - 500m, 800m and - 1km  
 ● Very Unhealthy ● Unhealthy ● OK ● Healthy

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