



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 food 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:

Health-related attitudes, perceptions and practices of young people

Alvina's Pauavaale's HAPPY study looked at teenagers' attitudes towards food with the food they eat.



Alvina 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

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



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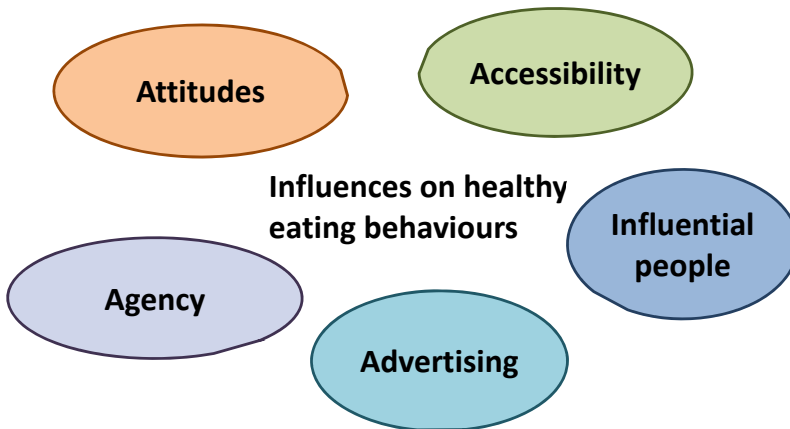
The HAPPY study was the result of my Masters in Health Science degree at the Liggins Institute.

I am now completing a PhD building on this research. I will be working closely with adolescents to explore their views on how the food environment impacts their health. This will help to inform an intervention, led by adolescents, to improve the health of the Glen Innes community."

What themes or categories do you think the speech bubbles reflect?



The HAPPY study: Health-related attitudes, perceptions and practices of young people



The **evidence** told us that most of the Year 9 students who took part in the study had **positive attitudes** towards eating healthy food.

BUT the evidence suggested that there might be factors influencing the ability of students to adopt healthy eating behaviours.



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These are some of the major themes that Alvina identified in her study.
How do these themes align with the themes identified from your class brainstorm?