



# Presentation

Professor Grant Schofield: Saturday 6<sup>th</sup> June

**Title of Presentation:** The Sovereign New Zealand Wellbeing Index: Links between diet and wellbeing

**Presenter Name:** Professor Grant Schofield

## **Abstract:**

The Sovereign New Zealand Wellbeing Index (SNZWI) is a longitudinal study with the aims of a) developing an overall index of New Zealanders wellbeing, b) determining the prevalence of wellbeing among different geographic locations and various demographic groups, c) investigating the predictors and moderators of wellbeing among New Zealanders (and how these compare to internationally comparative samples), and d) assessing changes in New Zealanders wellbeing overtime.

In September 2012 a nationally representative sample of 10,009 (18+ years) individuals completed the 130 question online survey. In September 2014, another nationally representative wave of 10,016 individuals (including the same 4,402 individuals from the 2012 intake) completed the survey.

The questions and scales focused on psychological wellbeing, health and lifestyle, and socio-demographics. Questions were primarily drawn from Round 6 of the European Social Survey Personal and Social Wellbeing module, but additionally included scales such as the Flourishing Scale. Key results and findings will be presented and discussed in relation to links between diet and wellbeing.

The SNZWI is currently the largest, most detailed, and wholly representative wellbeing dataset on the New Zealand population, and captures how society is functioning as a whole, overtime, by focusing on the relationship between psychological wellbeing, and on health and lifestyle factors.

**Presenter Biography:**

Professor Grant Schofield is Professor of Public Health, and Director of the *Human Potential Centre* at AUT Millennium. His research and teaching interests range from understanding and improving lifestyle behaviours such as sleep, nutrition, and physical activity, to wellbeing epidemiology and human performance. He maintains a "multi fluency across psychology, physiology, public health, epidemiology, and human performance.