

# Trend Task: Being Healthy

Approach: One to one  
 Focus: Understanding health  
 Resources: Recording book

Year: 4 & 8

## Questions / instructions:

People often talk about being healthy and having good health or hauora pai.

1. What do you think makes a person healthy? Think of as many things as you can and I will write them down for you.

**Record answers then read back to student when recorded.**

2. Is there anything you would like to add to or change on your list?

**Make any changes as requested.**

		% response 2006 ('02)	
		year 4	year 8
<b>Food and diet:</b>	<b>3 or more ideas</b>	50 (66)	47 (27)
	<b>2 ideas</b>	32 (25)	31 (31)
	<b>1 idea</b>	17 (9)	21 (41)
<b>Physical activity:</b>	<b>2 or more ideas</b>	39 (25)	37 (21)
	<b>1 idea</b>	38 (42)	58 (61)
<b>Personal hygiene:</b>	<b>1 or more ideas</b>	7 (26)	18 (47)
<b>Accident/illness prevention:</b>	<b>1 or more ideas</b>	8 (16)	12 (18)
<b>Socialisation and relationships:</b>	<b>1 or more ideas</b>	2 (6)	10 (16)
<b>Intellectual/emotional/spiritual needs:</b>	<b>1 or more ideas</b>	2 (7)	12 (27)
<b>Balanced lifestyle:</b> <i>(balance of sleep/work/leisure, etc.)</i>	<b>1 or more ideas</b>	9 (20)	24 (29)
<b>Drugs/alcohol/tobacco abuse:</b>	<b>1 or more ideas</b>	3 (7)	12 (26)

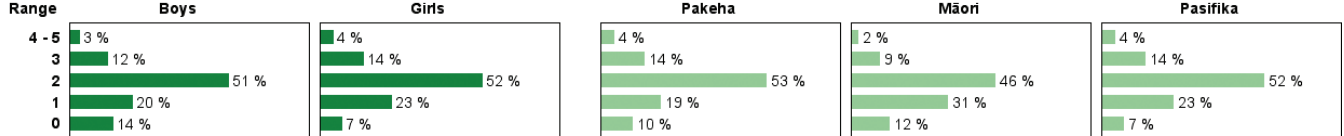
## Captured the needs of a healthy person:

		% response 2006 ('02)	
		year 4	year 8
	<b>very well</b>	1 (3)	4 (13)
	<b>well</b>	12 (21)	33 (38)
	<b>moderately well</b>	70 (57)	56 (46)
	<b>poorly</b>	17 (19)	7 (3)
<b>3. Which of these things is probably the most important?</b>			
	<b>food and diet</b>	77 (68)	66 (46)
	<b>physical activity</b>	17 (9)	24 (15)
	<b>personal hygiene</b>	1 (2)	3 (13)
	<b>accident/illness prevention</b>	1 (6)	0 (3)
	<b>socialisation and relationships</b>	0 (1)	1 (1)
	<b>intellectual/emotional/spiritual needs</b>	0 (1)	2 (8)
	<b>balanced lifestyle</b>	1 (8)	1 (7)
	<b>drugs, alcohol, tobacco abuse</b>	1 (2)	1 (7)
	<b>any other response</b>	2 (3)	1 (0)
<b>4. Why do you think that is probably the most important?</b>			
	<b>Strength of justification:</b>		
	<b>strong</b>	7 (4)	15 (12)
	<b>moderate</b>	67 (62)	71 (76)
	<b>weak</b>	26 (34)	14 (12)
	<b>Total score:</b>		
	<b>4-5</b>	4 (5)	12 (17)
	<b>3</b>	13 (16)	27 (29)
	<b>2</b>	51 (45)	47 (46)
	<b>1</b>	22 (19)	9 (6)
	<b>0</b>	10 (15)	5 (2)

## Subgroup Analyses:

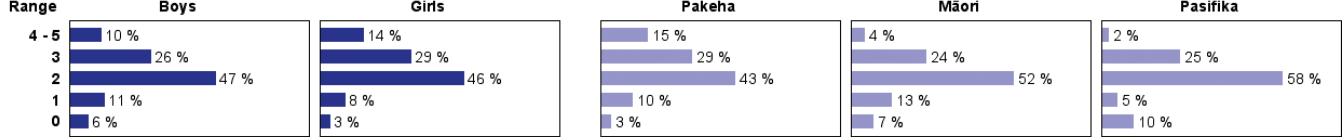
### Year 4

#### Score Range



### Year 8

#### Score Range



## Commentary:

Most students associated health with nutrition choices and physical activity, with much less attention to social, emotional or spiritual issues. There were only slight differences between boys, girls, Pakeha, Māori and Pasifika students. There was little change from 2002 to 2006.