

Health and Development of 7/8-year-olds

80%
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healthy'



Most 7/8-year-olds are healthy






80% described as 'very healthy' and most of the remainder (19%) had 'minor problems'



Ongoing conditions

16% of children had some kind of chronic illness, disability or other condition

Frequent foods

	Cooked veg.	55%
	Fresh fruit	70%
	Salad/raw veg.	20%
	Cakes/biscuits/ chocolate	19%
	Cheese/yogurt (full fat)	30%

Food stuffs eaten 'more than once' in the past 24 hours

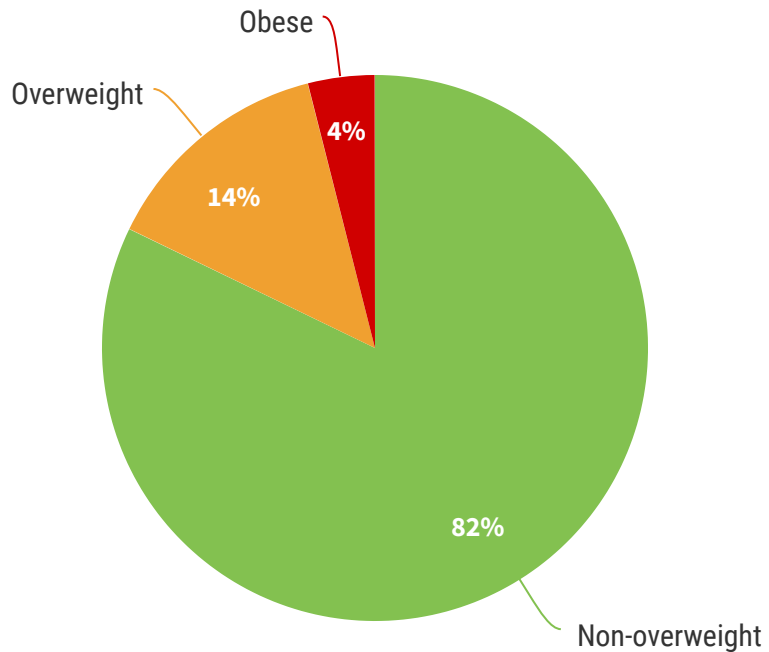
Height and weight



Average height: 129.5cm

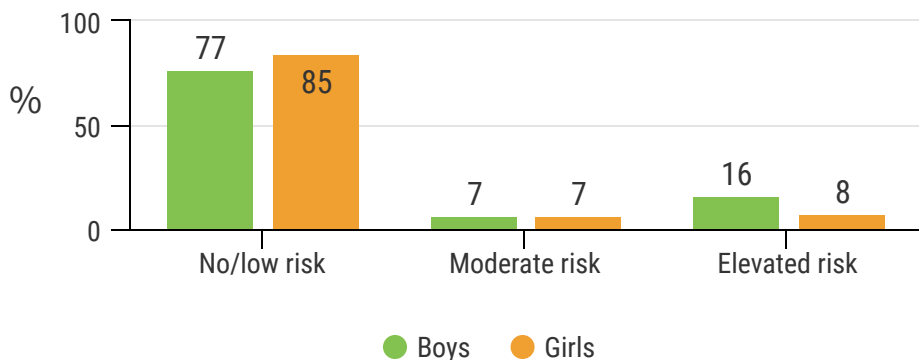


Average weight: 27.7kg



Nearly 1-in-5 children overweight or obese

Based on parent-reported height and weight measurements, 14% of 7/8-year-olds were overweight and 4% were obese



Girls at lower risk of academic or developmental problems

Based on parents' reports of concerns about the child's development, most children were doing well - but boys were more likely to have an 'elevated' risk for an academic or developmental problem