

Table H1 Consumption of foods and drinks, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Pasta, rice, pizza & other cereals						
Consumers (%) ¹	100	99	99	[96]	100	100
Mean intake (g/day) ²	47	45	50	[36]	44	49
Lower limit	45	43	46	[34]	41	44
Upper limit	50	48	55	[39]	47	55
Bread, excluding wholemeal						
Consumers (%) ¹	98	99	99	[100]	100	100
Mean intake (g/day) ²	49	52	47	[46]	42	47
Lower limit	45	48	43	[38]	37	39
Upper limit	53	56	52	[57]	48	57
Wholemeal bread						
Consumers (%) ¹	58	57	57	[55]	60	64
Mean intake (g/day) ²	8	7	8	[7]	9	8
Lower limit	7	6	6	[4]	7	6
Upper limit	10	9	11	[11]	11	11
Unsweetened breakfast cereals including muesli						
Consumers (%) ¹	83	86	83	[84]	86	93
Mean intake (g/day) ²	14	14	16	[16]	17	16
Lower limit	13	13	14	[11]	15	14
Upper limit	15	16	17	[22]	20	19
Sweetened breakfast cereals						
Consumers (%) ¹	69	70	72	[80]	63	68
Mean intake (g/day) ²	7	6	6	[7]	7	6
Lower limit	6	6	5	[6]	5	5
Upper limit	8	7	7	[9]	8	8
Biscuits, cakes & pastries						
Consumers (%) ¹	99	99	99	[100]	100	100
Mean intake (g/day) ²	34	33	35	[42]	35	36
Lower limit	31	31	31	[31]	31	31
Upper limit	37	35	39	[56]	40	42
Puddings						
Consumers (%) ¹	80	84	83	[86]	84	87
Mean intake (g/day) ²	9	10	12	[11]	10	10
Lower limit	8	9	10	[7]	9	8
Upper limit	10	11	15	[18]	12	11
Milk & cream						
Consumers (%) ¹	97	97	98	[96]	97	97
Mean intake (g/day) ²	224	231	231	[214]	207	253
Lower limit	209	215	203	[177]	183	230
Upper limit	239	248	262	[256]	233	277
Cheese						
Consumers (%) ¹	84	88	90	[91]	88	91
Mean intake (g/day) ²	11	10	9	[10]	10	11
Lower limit	10	9	7	[8]	9	10
Upper limit	11	11	10	[13]	12	13
Base (weighted)	676	505	154	46	194	98
Base (unweighted)	638	516	163	45	209	103

Table H1 continued. Consumption of foods and drinks, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Yoghurt & fromage frais						
Consumers (%) ¹	94	93	95	[94]	91	95
Mean intake (g/day) ²	71	74	64	[77]	68	69
Lower limit	65	68	56	[63]	59	51
Upper limit	78	81	73	[95]	77	92
Ice cream						
Consumers (%) ¹	88	88	94	[87]	89	90
Mean intake (g/day) ²	11	12	10	[11]	11	11
Lower limit	10	10	9	[9]	10	9
Upper limit	12	13	12	[15]	13	13
Eggs & egg dishes						
Consumers (%) ¹	76	75	80	[61]	78	84
Mean intake (g/day) ²	10	10	10	[11]	10	12
Lower limit	9	9	9	[7]	9	10
Upper limit	11	11	11	[16]	11	16
Fats & oils						
Consumers (%) ¹	91	92	94	[95]	91	90
Mean intake (g/day) ²	4	5	4	[5]	4	5
Lower limit	4	5	4	[4]	4	4
Upper limit	5	5	5	[5]	4	6
Meats & meat dishes, excluding processed meat						
Consumers (%) ¹	96	97	99	[100]	97	98
Mean intake (g/day) ²	27	28	29	[31]	27	27
Lower limit	26	26	26	[28]	25	24
Upper limit	29	29	32	[35]	30	30
Processed meat, including sausages, burgers, coated chicken						
Consumers (%) ¹	99	97	100	[100]	97	97
Mean intake (g/day) ²	29	29	29	[27]	25	23
Lower limit	26	28	25	[22]	23	20
Upper limit	31	31	34	[33]	27	27
White fish, shellfish & fish dishes						
Consumers (%) ¹	89	87	92	[90]	87	91
Mean intake (g/day) ²	13	12	13	[12]	14	14
Lower limit	12	11	11	[10]	13	12
Upper limit	14	13	15	[14]	15	15
Oily fish & dishes						
Consumers (%) ¹	38	35	40	[43]	54	48
Mean intake (g/day) ²	6	5	5	[5]	5	5
Lower limit	6	5	4	[4]	4	4
Upper limit	7	6	6	[6]	6	7
Vegetables, excluding potatoes & baked beans						
Consumers (%) ¹	95	94	94	[96]	98	98
Mean intake (g/day) ²	58	55	63	[44]	72	71
Lower limit	53	51	54	[32]	65	60
Upper limit	63	60	74	[60]	80	82
Base (weighted)	676	505	154	46	194	98
Base (unweighted)	638	516	163	45	209	103

Table H1 continued. Consumption of foods and drinks, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Baked beans						
Consumers (%) ¹	74	74	72	[78]	72	82
Mean intake (g/day) ²	7	8	7	[8]	6	7
Lower limit	7	7	6	[6]	5	6
Upper limit	8	9	9	[10]	7	10
Chips, fried & roast potatoes & potato products						
Consumers (%) ¹	97	97	97	[98]	97	99
Mean intake (g/day) ²	22	24	23	[25]	19	21
Lower limit	21	22	20	[20]	18	18
Upper limit	24	26	26	[30]	21	25
Other potatoes, potato salads & dishes						
Consumers (%) ¹	92	91	94	[100]	91	95
Mean intake (g/day) ²	18	20	24	[16]	22	25
Lower limit	17	18	21	[13]	20	22
Upper limit	19	22	27	[20]	24	29
Crisps & savoury snacks						
Consumers (%) ¹	96	98	97	[100]	97	94
Mean intake (g/day) ²	17	18	17	[22]	15	16
Lower limit	15	17	14	[17]	13	13
Upper limit	18	19	21	[29]	17	19
Fruits, excluding fruit juice						
Consumers (%) ¹	99	97	98	[93]	98	99
Mean intake (g/day) ²	123	123	141	139	143	143
Lower limit	115	112	115	117	127	133
Upper limit	131	134	171	165	161	154
Nuts & seeds						
Consumers (%) ¹	37	33	37	[34]	39	34
Mean intake (g/day) ²	2	2	2	[2]	2	[2]
Lower limit	2	2	2	[1]	2	[2]
Upper limit	2	3	3	[4]	3	[4]
Table sugar & preserves						
Consumers (%) ¹	82	85	84	[82]	89	88
Mean intake (g/day) ²	2	3	3	[3]	3	5
Lower limit	2	2	2	[2]	2	3
Upper limit	3	3	3	[3]	4	6
Confectionery						
Consumers (%) ¹	98	99	98	[95]	99	100
Mean intake (g/day) ²	20	19	22	[17]	15	16
Lower limit	18	18	19	[13]	13	12
Upper limit	21	21	25	[23]	17	22
Fruit juice, including smoothies						
Consumers (%) ¹	89	87	86	[82]	93	96
Mean intake (g/day) ²	58	52	54	[66]	66	53
Lower limit	53	46	48	[50]	57	45
Upper limit	64	59	62	[85]	77	63
Base (weighted)	676	505	154	46	194	98
Base (unweighted)	638	516	163	45	209	103

Table H1 continued. Consumption of foods and drinks, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Soft drinks, not diet						
Consumers (%) ¹	91	91	94	[92]	89	90
Mean intake (g/day) ²	146	156	122	[125]	117	96
Lower limit	131	136	89	[89]	96	71
Upper limit	163	178	167	[173]	141	129
Soft drinks, diet						
Consumers (%) ¹	88	90	93	[81]	86	88
Mean intake (g/day) ²	182	266	227	[271]	197	168
Lower limit	162	240	183	[186]	169	138
Upper limit	205	294	279	[389]	230	204
Tea, coffee & water						
Consumers (%) ¹	86	87	85	[89]	86	94
Mean intake (g/day) ²	207	194	226	[195]	209	283
Lower limit	189	175	186	[142]	180	210
Upper limit	227	214	274	[264]	242	378
Powdered beverages³						
Consumers (%) ¹	42	46	47	[55]	50	61
Mean intake (g/day) ²	3	3	4	[6]	4	3
Lower limit	2	3	3	[3]	3	2
Upper limit	3	4	6	[8]	5	4
Soups & sauces						
Consumers (%) ¹	98	99	99	[100]	98	100
Mean intake (g/day) ²	42	43	47	[41]	43	50
Lower limit	39	39	44	[36]	39	44
Upper limit	44	46	52	[47]	47	58
Base (weighted)	676	505	154	46	194	98
Base (unweighted)	638	516	163	45	209	103

¹% who consume at least once a month²In consumers only³Variable not normally distributed

CI, confidence interval

Table H2 Consumption of alcoholic drinks in children aged 12-16 years, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Consumers (%) ¹	12	15	12	[10]	18	[18]
Mean intake (g/day) ²	[41]	[16]	[31]	[100]	[42]	[33]
Lower limit	[25]	[14]	[14]	- ³	[23]	[17]
Upper limit	[67]	[20]	[68]	- ³	[74]	[63]
Base (weighted)	255	181	66	15	68	29
Base (unweighted)	218	172	61	13	67	29

¹% who consume at least once a month²In consumers only³Unweighted base = 1

CI, confidence interval

Table H3 Proportion of children taking supplements, by urban/rural classification

	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
	%	%	%	%	%	%
Any supplement	17	17	13	[12]	21	15
Cod liver oil & other fish based supplements	5	7	5	[2]	5	6
Vitamin C only	1	1	2	[0]	1	4
Other vitamins, including multivitamins	10	9	6	[8]	12	6
Vitamins with minerals, including iron	3	2	3	[2]	2	1
Minerals only, including iron	<1	<1	0	[0]	0	0
Other	1	<1	0	[0]	2	0
<i>Base (weighted)</i>	676	505	154	46	194	98
<i>Base (unweighted)</i>	638	516	163	45	209	103

Table H4 Daily intake of energy and sugars, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Energy (MJ)						
Mean	7.15	7.14	7.33	[7.30]	6.82	7.10
Lower limit	6.95	6.92	7.04	[6.43]	6.51	6.57
Upper limit	7.36	7.36	7.63	[8.31]	7.15	7.69
Energy (kcal)						
Mean	1697	1694	1740	[1732]	1619	1686
Lower limit	1649	1643	1672	[1526]	1545	1559
Upper limit	1746	1747	1812	[1974]	1697	1826
% of food energy						
Total sugars						
Mean	27.4	27.3	27.3	[27.7]	27.6	26.6
Lower limit	26.9	26.8	26.6	[26.5]	26.8	25.8
Upper limit	28.0	27.8	28.1	[28.9]	28.4	27.3
Non-milk extrinsic sugars						
Mean	15.8	15.8	15.5	[16.0]	15.3	14.3
Lower limit	15.3	15.3	14.8	[14.9]	14.6	12.8
Upper limit	16.4	16.4	16.3	[17.1]	16.0	15.9
Intrinsic and milk sugars						
Mean	10.6	10.5	10.9	[10.4]	11.3	11.4
Lower limit	10.3	10.1	10.2	[9.8]	10.7	10.5
Upper limit	11.0	10.9	11.5	[11.1]	11.8	12.4
Sucrose						
Mean	13.0	12.9	12.9	[13.4]	12.7	12.3
Lower limit	12.7	12.6	12.5	[12.5]	12.2	11.6
Upper limit	13.4	13.3	13.3	[14.3]	13.3	13.1
Grams						
Total sugars						
Mean	123	122	126	[127]	118	119
Lower limit	119	117	119	[109]	112	107
Upper limit	128	126	133	[148]	124	131
Non-milk extrinsic sugars						
Mean	71	71	71	[73]	65	63
Lower limit	67	68	67	[60]	60	53
Upper limit	74	74	75	[88]	70	76
Intrinsic and milk sugars						
Mean	48	47	50	[48]	48	51
Lower limit	46	45	46	[43]	46	49
Upper limit	50	50	55	[53]	51	53
Sucrose						
Mean	58	57	59	[61]	54	54
Lower limit	55	55	56	[50]	50	47
Upper limit	60	60	62	[74]	58	62
Base (weighted)	676	505	154	46	194	98
Base (unweighted)	638	516	163	45	209	103

CI, confidence interval

Table H5 Daily intake of sugars (% of total sugars), by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
% of total sugars						
Non-milk extrinsic sugars						
Mean	59.1	59.5	58.2	[59.9]	57.1	55.2
Lower limit	57.8	58.1	56.2	[58.0]	55.2	50.6
Upper limit	60.4	60.9	60.2	[61.9]	59.0	59.7
Intrinsic and milk sugars						
Mean	40.7	40.3	41.6	[39.8]	42.7	44.6
Lower limit	39.4	38.9	39.6	[37.9]	40.8	40.2
Upper limit	42.0	41.7	43.6	[41.8]	44.6	49.1
Sucrose						
Mean	47.8	47.6	47.4	[48.5]	46.4	46.5
Lower limit	47.1	46.9	46.7	[46.5]	45.3	44.7
Upper limit	48.4	48.3	48.2	[50.5]	47.4	48.4
<i>Base (weighted)</i>	676	505	154	46	194	98
<i>Base (unweighted)</i>	638	516	163	45	209	103

CI, confidence interval

Table H6 Mean percentage contributions of food groups¹ to energy and sugar intake, by urban/rural classification

	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Energy						
Pasta, rice, pizza & other cereals	5	5	5	[4]	5	5
Bread excluding wholemeal	8	9	8	[8]	8	8
Biscuits, cakes & pastries	8	8	8	[10]	9	9
Milk & cream	7	7	7	[7]	7	8
Total sugars						
Biscuits, cakes & pastries	8	8	8	[9]	9	9
Milk & cream	8	9	8	[8]	8	10
Yogurt & fromage frais	7	7	6	[7]	6	7
Fruit, excluding fruit juice	14	14	16	[14]	17	17
Confectionery	8	8	9	[7]	7	7
Soft drinks, not diet	9	10	8	[8]	7	6
Non-milk extrinsic sugars						
Biscuits, cakes & pastries	12	12	12	[14]	13	14
Yogurt & fromage frais	7	7	6	[7]	6	7
Confectionery	14	13	15	[11]	11	13
Fruit juice including smoothies	6	5	5	[6]	8	7
Soft drinks, not diet	16	17	15	[14]	14	12
Intrinsic & milk sugars						
Milk & cream	20	21	20	[19]	19	20
Yogurt & fromage frais	7	7	6	[8]	6	7
Fruit, excluding fruit juice	34	33	36	[35]	37	37
Sucrose						
Biscuits, cakes & pastries	13	12	13	[14]	14	14
Yogurt & fromage frais	7	8	6	[8]	7	8
Fruit, excluding fruit juice	12	11	13	[11]	14	15
Confectionery	13	12	14	[10]	10	11
Soft drinks, not diet	10	11	9	[8]	9	7
<i>Base (weighted)</i>	676	505	154	46	194	98
<i>Base (unweighted)</i>	638	516	163	45	209	103

¹Food groups contributing ≥5% in all participants

Table H7 Daily intake of energy and NMES in relation to Dietary Reference Values and Scottish Dietary Targets in children aged 4-16 years, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Energy						
Mean intake (% of EAR) ¹	88	89	88	[96]	85	90
Lower limit (% of EAR)	85	85	83	[88]	80	79
Upper limit (% of EAR)	92	93	93	[104]	90	103
Non-milk extrinsic sugars						
Mean intake (% of population average)	145	144	140	[144]	137	130
Lower limit (% of population average)	140	139	134	[131]	131	117
Upper limit (% of population average)	151	150	147	[158]	144	144
<i>Base (weighted)</i>						
Energy	623	470	149	42	184	89
Non-milk extrinsic sugars	628	470	149	42	184	89
<i>Base (unweighted)</i>						
Energy	594	481	158	42	199	94
Non-milk extrinsic sugars	597	481	158	42	199	94

¹Calculated for each respondent using the EAR appropriate for age and sex, calculated with the median physical activity level value (SACN, 2011)

CI, confidence interval

Table H8 Daily intake of other nutrients, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
% of food energy						
Total fat						
Mean	32.7	32.7	32.9	[33.0]	32.6	33.0
Lower limit	32.3	32.4	32.1	[32.1]	32.1	32.1
Upper limit	33.1	33.1	33.8	[33.9]	33.0	33.9
Saturated fatty acids						
Mean	13.1	13.2	13.2	[13.3]	13.1	13.5
Lower limit	13.0	13.0	12.8	[13.0]	12.8	13.1
Upper limit	13.3	13.3	13.7	[13.6]	13.4	13.8
Protein						
Mean	13.7	13.7	13.6	[13.4]	13.9	14.2
Lower limit	13.5	13.5	13.3	[12.8]	13.5	13.7
Upper limit	13.9	13.9	13.9	[13.9]	14.2	14.7
Grams						
Total fat						
Mean	62.7	62.7	64.9	[65.0]	59.7	63.2
Lower limit	60.6	60.7	61.8	[57.1]	56.7	59.3
Upper limit	64.8	64.9	68.2	[74.1]	62.8	67.4
Saturated fatty acids						
Mean	25.4	25.4	26.2	[26.4]	24.1	25.9
Lower limit	24.5	24.5	24.9	[23.2]	22.7	24.3
Upper limit	26.3	26.3	27.6	[30.1]	25.5	27.5
Protein						
Mean	57.6	57.4	58.7	[57.4]	55.5	59.2
Lower limit	55.9	55.4	56.1	[52.6]	52.7	56.2
Upper limit	59.2	59.6	61.3	[62.6]	58.4	62.3
Non-starch polysaccharides						
Mean	11.6	11.3	12.2	[11.7]	11.7	12.3
Lower limit	11.2	10.8	11.4	[10.1]	11.2	11.6
Upper limit	11.9	11.8	13.1	[13.6]	12.3	13.1
Milligrams						
Iron						
Mean	8.7	8.5	8.8	[8.9]	8.4	8.8
Lower limit	8.4	8.2	8.4	[7.8]	7.9	8.1
Upper limit	8.9	8.8	9.3	[10.2]	8.8	9.6
Calcium						
Mean	947	966	959	[947]	904	973
Lower limit	915	928	913	[850]	848	923
Upper limit	980	1006	1007	[1056]	964	1026
<i>Base (weighted)</i>	676	505	154	46	194	98
<i>Base (unweighted)</i>	638	516	163	45	209	103

CI, confidence interval

Table H9 Mean percentage contributions of food groups¹ to intake of other nutrients, by urban/rural classification

	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Total fat						
Biscuits, cakes & pastries	10	10	10	[12]	11	10
Milk & cream	8	8	8	[8]	8	9
Processed meat, including saus- ages, burgers, coated chicken	9	9	9	[8]	8	7
Crisps & savoury snacks	7	8	7	[9]	7	6
Saturated fatty acids						
Biscuits, cakes & pastries	11	11	11	[13]	12	11
Milk & cream	12	12	13	[12]	12	14
Cheese	5	6	5	[6]	6	7
Processed meat, including saus- ages, burgers, coated chicken	8	8	8	[7]	7	6
Confectionery	6	5	6	[5]	4	4
Protein						
Pasta, rice, pizza & other cereals	6	5	6	[4]	5	6
Bread, excluding wholemeal	8	9	8	[8]	7	8
Milk & cream	13	13	13	[12]	13	14
Meats & meat dishes, excluding processed meat	10	10	11	[13]	11	10
Processed meat, including saus- ages, burgers, coated chicken	8	8	8	[8]	7	7
Non-starch polysaccharides						
Pasta, rice, pizza & other cereals	6	6	6	[4]	5	6
Bread, excluding wholemeal	11	12	11	[11]	10	11
Biscuits, cakes & pastries	7	7	7	[9]	8	7
Vegetables, excluding potatoes & baked beans	10	9	10	[8]	12	12
Crisps & savoury snacks	5	6	5	[7]	5	5
Fruit, excluding fruit juice	16	15	17	[16]	18	17
Iron						
Bread, excluding wholemeal	11	12	11	[11]	10	11
Unsweetened breakfast cereals, including muesli	10	10	11	[11]	12	12
Biscuits, cakes & pastries	8	8	8	[10]	9	9
Calcium						
Bread, excluding wholemeal	9	10	9	[9]	9	9
Biscuits, cakes & pastries	5	5	5	[6]	6	5
Milk & cream	28	28	29	[27]	27	30
Cheese	5	6	5	[6]	6	6
Yoghurt & fromage frais	9	9	8	[9]	8	9
<i>Base (weighted)</i>	676	505	154	46	194	98
<i>Base (unweighted)</i>	638	516	163	45	209	103

¹Food groups contributing ≥5% in all participants

Table H10 Daily intake of other nutrients in relation to Dietary Reference Values and Scottish Dietary Targets in children aged 4-16 years, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Total fat						
Mean intake (% of population average)	93	94	94	[95]	93	94
Lower limit (% of population average)	92	93	92	[92]	92	92
Upper limit (% of population average)	95	95	97	[97]	95	97
Saturated fatty acids						
Mean intake (% of population average)	119	120	120	[121]	119	123
Lower limit (% of population average)	117	118	116	[118]	116	119
Upper limit (% of population average)	121	121	124	[125]	121	126
Protein						
Mean intake (% of RNI) ¹	174	178	175	[188]	172	190
Lower limit (% of RNI)	166	168	164	[178]	157	166
Upper limit (% of RNI)	182	190	187	[198]	187	217
Iron						
Mean intake (% of RNI) ¹	91	90	90	[99]	87	95
Lower limit (% of RNI)	87	85	83	[88]	81	82
Upper limit (% of RNI)	95	96	97	[111]	94	111
Calcium						
Mean intake (% of RNI) ¹	139	146	141	[154]	138	151
Lower limit (% of RNI)	133	138	132	[145]	126	135
Upper limit (% of RNI)	146	155	150	[163]	151	169
<i>Base (weighted)</i>	628	470	149	42	184	89
<i>Base (unweighted)</i>	597	481	158	42	199	94

¹Calculated for each respondent using the RNI appropriate for age group and sex

CI, confidence interval

Table H11 Mean height, weight, BMI and BMI z-score, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Height (cm)						
Mean	139.2	139.2	142.8	[137.0]	140.0	137.4
Lower limit	137.3	137.1	139.0	[128.0]	136.3	134.7
Upper limit	141.1	141.4	146.6	[145.9]	143.7	140.0
Weight (kg)						
Mean	34.8	34.3	36.6	[32.8]	35.2	33.6
Lower limit	33.5	32.9	33.9	[26.8]	32.5	31.0
Upper limit	36.1	35.8	39.5	[40.2]	38.0	36.4
BMI (kg/m²)						
Mean	18.3	18.0	18.3	[17.8]	18.3	18.0
Lower limit	18.1	17.8	17.7	[16.5]	17.7	17.3
Upper limit	18.6	18.3	18.9	[19.3]	18.8	18.6
BMI z-score						
Mean	0.59	0.46	0.51	[0.41]	0.50	0.54
Lower limit	0.50	0.37	0.35	[-0.03]	0.34	0.32
Upper limit	0.68	0.56	0.67	[0.84]	0.66	0.76
<i>Base (weighted)</i>						
Height	722	559	165	42	220	112
Weight	717	563	164	42	221	114
BMI & BMI z-score	714	559	163	42	220	112
<i>Base (unweighted)</i>						
Height	684	564	172	44	239	122
Weight	680	567	172	44	241	123
BMI & BMI z-score	677	563	171	44	239	122

CI, confidence interval

Table H12 Prevalence of underweight, overweight and obesity in 2010, by urban/rural classification

BMI classification	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
	%	%	%	%	%	%
5 group classification						
Underweight	2.3	2.7	2.2	[4.7]	1.5	2.3
Lower limit ¹	1.3	1.5	1.0	[1.8]	0.6	0.8
Upper limit ¹	4.1	4.8	4.8	[11.6]	3.5	6.7
Healthy weight	64.2	68.3	65.8	[71.1]	68.5	64.7
Lower limit ¹	59.9	63.8	59.3	[51.2]	62.3	58.3
Upper limit ¹	68.3	72.5	71.8	[85.2]	74.1	70.6
Overweight but not obese	16.2	11.9	14.0	[8.9]	16.0	17.2
Lower limit ¹	13.5	9.8	9.6	[2.0]	12.7	11.6
Upper limit ¹	19.2	14.5	19.8	[31.6]	20.0	24.6
Obese but not severely obese	7.2	7.6	7.8	[8.4]	5.4	7.1
Lower limit ¹	5.7	5.7	4.7	[3.1]	3.2	4.1
Upper limit ¹	9.0	10.2	12.7	[20.9]	8.9	11.8
Severely obese	10.1	9.5	10.2	[6.9]	8.6	8.8
Lower limit ¹	8.0	7.2	6.8	[2.2]	5.0	4.7
Upper limit ¹	12.7	12.4	15.0	[19.5]	14.6	15.7
2 group classification						
Neither overweight nor obese ²	66.6	71.0	68.0	[75.8]	69.9	67.0
Lower limit ¹	62.8	66.8	61.8	[55.1]	64.0	60.1
Upper limit ¹	70.2	74.9	73.7	[88.9]	75.3	73.2
Overweight including obese	33.4	29.0	32.0	[24.2]	30.1	33.0
Lower limit ¹	29.8	25.1	26.3	[11.1]	24.7	26.8
Upper limit ¹	37.3	33.3	38.3	[44.9]	36.1	39.9
Base (weighted)	714	559	163	42	220	112
Base (unweighted)	677	563	171	44	239	122

¹95% confidence interval for prevalence

²Includes underweight and healthy weight

Table H13 Mean waist circumference and waist circumference z-score, by urban/rural classification

Mean and 95% CI	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
Waist circumference (cm)						
Mean	63.2	62.4	63.9	[61.7]	62.4	61.5
Lower limit	62.2	61.4	62.1	[58.3]	60.9	59.9
Upper limit	64.2	63.3	65.7	[65.6]	64.0	63.3
Waist circumference z-score						
Mean	1.09	1.00	1.10	[1.04]	1.01	0.96
Lower limit	0.98	0.89	0.96	[0.71]	0.86	0.78
Upper limit	1.20	1.10	1.24	[1.38]	1.15	1.15
Base (weighted)	712	557	161	42	221	111
Base (unweighted)	675	562	168	44	241	120

CI, confidence interval

Table H14 Percentage of children in each waist circumference category, by urban/rural classification

Waist circumference classification	Large urban areas %	Other urban areas %	Accessible small towns %	Remote small towns %	Accessible rural %	Remote rural %
4 group classification						
<85 th percentile	50.5	53.7	49.2	[48.2]	53.6	58.4
Lower limit ¹	45.8	49.4	42.6	[28.3]	46.4	50.4
Upper limit ¹	55.2	58.1	55.7	[68.7]	60.7	66.0
≥85 th and <95 th percentile	17.2	18.5	19.7	[27.0]	16.5	15.1
Lower limit ¹	14.6	15.4	14.4	[15.8]	11.7	9.2
Upper limit ¹	20.3	22.1	26.3	[42.2]	22.8	23.8
≥95 th and <98 th percentile	10.5	7.4	7.6	[4.3]	9.1	6.8
Lower limit ¹	8.4	5.4	4.9	[1.6]	6.0	3.9
Upper limit ¹	13.2	9.9	11.5	[11.3]	13.5	11.6
≥98 th percentile	21.8	20.4	23.6	[20.5]	20.8	19.7
Lower limit ¹	18.5	17.4	19.0	[10.2]	16.0	12.0
Upper limit ¹	25.5	23.8	29.0	[36.9]	26.5	30.7
2 group classification						
<85 th percentile	50.5	53.7	49.2	[48.2]	53.6	58.4
Lower limit ¹	45.8	49.4	42.6	[28.3]	46.4	50.4
Upper limit ¹	55.2	58.1	55.7	[68.7]	60.7	66.0
≥85 th percentile	49.5	46.3	50.8	[51.8]	46.4	41.6
Lower limit ¹	44.8	41.9	44.3	[31.3]	39.3	34.0
Upper limit ¹	54.2	50.7	57.4	[71.7]	53.6	49.6
Base (weighted)	712	557	161	42	221	111
Base (unweighted)	675	562	168	44	241	120

¹95% confidence interval for prevalence

Table H15 Proportion of children meeting physical activity recommendations¹, by urban/rural classification and BMI classification

BMI classification	Large urban areas	Other urban areas	Accessible small towns	Remote small towns	Accessible rural	Remote rural
	%	%	%	%	%	%
Neither overweight nor obese	85	90	90	[83]	87	88
Overweight including obese	86	87	85	[80]	84	[83]
<i>P-value</i> ²	<i>NS</i>	<i>NS</i>	<i>NS</i>	-	<i>NS</i>	-
<i>Base (weighted)</i>						
Neither overweight nor obese	475	395	111	32	154	75
Overweight including obese	238	162	52	10	66	37
<i>Base (unweighted)</i>						
Neither overweight nor obese	453	404	117	33	168	82
Overweight including obese	222	158	54	11	71	40

¹At least 60 minutes or more on all 7 days

²Association between the proportion meeting physical activity recommendations and whether overweight including obese; not presented if unweighted base contains fewer than 50 observations

NS, non-significant