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13 February 2025

J Bruning

By email: [fyi-request-29768-19e5a33c@requests.fyi.org.nz](mailto:fyi-request-29768-19e5a33c@requests.fyi.org.nz)

Ref: H2025059327

Tēnā koe J Bruning

### **Response to your request for official information**

Thank you for your request under the Official Information Act 1982 (the Act) to the Ministry of Health – Manatū Hauora (the Ministry) on 16 January 2025 for information regarding nutritional advice. Please find a response to each part of your request below.

*1. Please direct me to the best practice Ministry of Health/Te Whatu Ora dietary and nutritional advice for clinicians/GPs for prevention and treatment of the following conditions:*

- a. Respiratory conditions including asthma*
- b. Childhood skin infections*
- c. Fibromyalgia*
- d. Chronic fatigue*
- e. Epstein-Barr virus/mononucleosis*
- f. Elevated HbA1c and triglyceride-rich lipoproteins (associated with neurological, ophthalmological and renal complications, as well as incident dementia, osteoporosis, peripheral vascular disease, ischemic heart disease, atrial fibrillation and heart failure).*
- g. Respiratory virus replication in lower/upper respiratory tract (influenza, Respiratory syncytial virus (RSV), common cold, COVID-19, pneumonia etc).*
- h. Depression and anxiety.*

The Ministry does not have specific nutritional advice for clinicians beyond the eating and activity guidelines, which are publicly available at: [www.tewhatauora.govt.nz/health-services-and-programmes/nutrition/eating-and-activity-guidelines](http://www.tewhatauora.govt.nz/health-services-and-programmes/nutrition/eating-and-activity-guidelines). Therefore, this part of your request is refused under section 18(g)(i) of the Act.

*2. Please forward all memos/advice/documentation advising GPs on use and dosage of B group vitamins, vitamin C, D, selenium and zinc by age group; or weight; and dosage as general advice*

The Ministry has identified two documents in scope of this part of your request, both of which are publicly available and therefore refused under section 18(d) of the Act:

- Consensus Statement on Vitamin D and Sun Exposure in New Zealand:  
[www.health.govt.nz/publications/consensus-statement-on-vitamin-d-and-sun-exposure-in-new-zealand](http://www.health.govt.nz/publications/consensus-statement-on-vitamin-d-and-sun-exposure-in-new-zealand)

- Companion Statement on Vitamin D and Sun Exposure in Pregnancy and Infancy in New Zealand: [www.tewhatauora.govt.nz/publications/companion-statement-on-vitamin-d-and-sun-exposure-in-pregnancy-and-infancy-in-new-zealand](http://www.tewhatauora.govt.nz/publications/companion-statement-on-vitamin-d-and-sun-exposure-in-pregnancy-and-infancy-in-new-zealand)

*3. Please advise the name of the departments, and the head of that departments within the Ministry of Health and Health New Zealand who are collectively responsible for nutrition strategy and updating nutrition standards for New Zealand.*

The Public Health Agency within the Ministry of Health is responsible for nutrition strategy and updating nutrition standards for Aotearoa New Zealand. As the Deputy Director-General of the Public Health Agency, Dr Andrew Old is the head of this department.

If you wish to discuss any aspect of your request with us, including this decision, please feel free to contact the OIA Services Team on: [oiagr@health.govt.nz](mailto:oiagr@health.govt.nz).

Under section 28(3) of the Act, you have the right to ask the Ombudsman to review any decisions made under this request. The Ombudsman may be contacted by email at: [info@ombudsman.parliament.nz](mailto:info@ombudsman.parliament.nz) or by calling 0800 802 602.

Please note that this response, with your personal details removed, may be published on the Manatū Hauora website at: [www.health.govt.nz/about-ministry/information-releases/responses-official-information-act-requests](http://www.health.govt.nz/about-ministry/information-releases/responses-official-information-act-requests).

Nāku noa, nā



Michelle Mako  
**Director, Māori Public Health**  
**Public Health Agency | Te Pou Hauora Tūmatanui**