

Editorial

Making Sense of the Evidence

If you are like me you probably struggle to keep up to date with the latest scientific research. Even when I do have time to read research articles I often puzzle over what the research means in the context of the bigger picture, when all the evidence is considered.

The media seems increasingly interested in reporting the results of individual studies, particularly when the results appear to conflict with current recommendations. How many times have you found yourself trying to convince someone that one study does not change the collective wisdom of many decades of research?

I have often wished for a simple, easy to understand review of the existing evidence on a topic. A summary that concisely sets out what I need to know as a health promoter. Some wishes do come true.....

In 2004, with the assistance of the Ministry of Health, ANA established a Scientific Committee. The goal of the Scientific Committee is to provide New Zealand nutrition and physical activity practitioners with practical evidence summaries about issues of interest to ANA members.

ANA was fortunate to receive expressions of interest from a very high calibre of researchers and selected Associate Professor Robert Scragg, Dr Rachael Taylor and Robert Quigley for the Scientific Committee. The first three topics they have selected for review are:

- Sugary drinks and their effect on childhood obesity;
- Portion size and its effect on childhood obesity;
- TV viewing and its effect on childhood obesity.

For each topic the Scientific Committee will review the scientific literature and synthesise the different forms of evidence into a practitioner-focused summary. A user-friendly report for each topic will be made widely available via ANA networks and information channels. The reports from the first three reviews will be available in 2005.

I know this new service will make my work much easier – hopefully the result will be the same for you. Please let us know if you have any hot topics for review.

Carolyn Watts, ANA Chairperson



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Diabetes
New Zealand



NEW ZEALAND
NUTRITION
FOUNDATION



Heart
Foundation
The Heart of Our Nation



NZDA



Diabetes Projects

This year at the Northland and Wellington Forums we focused on 2 research programmes having an impact on Māori and Diabetes.



Helen Pahau, from Ngāti Porou Hauora, presented about the Ngāti and Healthy Prevention Diabetes Project, to the ANA forum in Northland. Ngāti Porou Hauora covers the East Coast area of the North Island.

The project is a collaboration between Ngāti Porou Hauora and the Edgar National Centre, for Diabetes Research, University of Otago. The programmes objective is to 'develop and evaluate a community intervention to reduce the prevalence of insulin resistance, Impaired Glucose Tolerance/IFG and type 2 diabetes in a Māori population.'

The studies design consists of three components:

1. Pre-intervention prevalence survey
2. Intervention period for 2 years
3. Post-intervention prevalence survey

The pre- and post-intervention surveys are being used by the researchers to evaluate the effectiveness of the 2-year intervention. A process evaluation is also being done throughout the intervention.

The pre-intervention survey brought up some alarming results. Of the 247 Maori randomly surveyed – 22 or 8.9% had known diabetes, however a further 11 people 4.5% were identified as having diabetes. Further more there were 11 people (4.5%) with Impaired Glucose Tolerance, and 91 people (36.8%) who were identified as insulin resistant. Out of the total 247 randomly sampled people over 50% either

were at risk of developing diabetes or already had it.

The study is now in its invention phase. The intervention focuses on the community, as well as individuals identified as being high risk. The community programme currently is being run once a month in East Coast communities of Uawa, Tokomaru Bay, Ruatoria and Matakaoa, for a 2-year period. The community programme consists of:

- ◆ Regular monitoring of Blood Pressure, Weight, Waist measurements
- ◆ Hikoī for Kai
- ◆ Nutrition information
- ◆ Exercise Programmes
- ◆ Guest Speakers
- ◆ Whanau Support

The resources used in the programme such food diaries and suggested food change sheets are constantly evaluated and changed in order to suit the communities needs.

Changes encouraged include having breakfast, changing preparation methods of 'boil up' in order to reduce the fat and increasing vegetables, increasing water consumption and reducing soft drinks.



Rural Health Nurses seconded to assist with the prevalence survey.

Pictured from left: Nurses Nga Kay and Nancy Aupouri, and participant Vicki Raroa.

2004

Whānau

As part of a structural strategy, Helen is also trying to address the environment so that healthier foods such as brown bread, are easier for people to access in remote rural communities. Exercises unique to the East Coast environment are also encouraged, such as gathering food from the sea, and bush.

Funding and support for the programme has come from a number of sources including:

- ◆ The pre-intervention prevalence survey was funded by a Bristol-Myers Squibb/Mead Johnston Unrestricted Research Grant, from the Edger National Centre for Diabetes Research and Tairāwhiti District Health Board provided laboratory resources.

- ◆ The 2-year intervention is funded by Te Kete Hauora and Public Health Directorate of Ministry of Health, the Eastern and Central Community Trust, the HB Williams Turanga Trust and the JN Williams Memorial Trust.
- ◆ The process evaluation is funded by the Hawkes Bay Medical Research Foundation and Lottery Grants Board.
- ◆ SPARC Ihi Aotearoa, and Green Prescription.

The programme also relies on the time and resources from the staff of Ngāti Porou Hauora, the University of Otago, as well as the support of the wider Ngāti Porou whānau. The recent signing of a memorandum of understanding by the University of Otago with Ngāti Porou Hauora has strengthened this link.

CHRISTINA'S CORNER



**E ngā mātāwaka o te motu,
Tena koutou katoa**

As I write this I reflect on what has been my first year in the role of national coordinator. It has been very busy and I have enjoyed most of all working with the local nutrition and physical activity networking groups to organise regional forums in each of the different areas. Towards the end of 2004 I was in Whakatane for a wonderful two-day hui, for the Bay of Plenty region, organised by local people for local people, to discuss local nutrition and physical activity issues.

I also enjoyed attending the national nutrition and physical activity hui in Tuakau in November 2004, and the national fono for Pacific People in Auckland in October 2004. It's great to see the energy and commitment Maori and Pacific Providers have to work with their communities to bring about change.

Looking ahead, this year we are planning our first ever, national nutrition and physical activity public health conference. It is in Christchurch from 23–25 May 2005. Our theme is 'Call to Action – Kawea ake te wero' and we have some very interesting national and international speakers lined up. We are also relying on you to present about your projects – so please put in an abstract for your presentation when you see the form on your desk soon. If you don't get a registration form sent to you, they will also be available on our ANA website: www.ana.org.nz.

Noho ora mai rā, Christina



Te Whai Maturanga o te Ahua Noho - Diabetes Programme

Eleanor Murphy presented to the Wellington forum, about Te Whai Maturanga o te Ahua Noho a lifestyle intervention aimed at decreasing the risk of type 2 diabetes for Māori in Otepoti (Dunedin). Based on a Clinical trial called the 'Insulin resistance study' at the Department of Human Nutrition, University of Otago, Te Whai is a community-based 12-month intervention programme based in the Otago District Health Board Lifestyle Unit.

During the initial consultation with participants their readiness for change is established along with their medical history and risk stratification. A range of blood tests and anthropometric measurements are taken in order to measure the participant's health. The participant also completes a 4-day food record. The dietary changes are encouraged both for the participant and their entire whānau. The emphasis is always on long-term gradual changes rather than short-term diet focus. Dietary changes encouraged include eating more fruit and vegetables, eating kai moana (seafood) 1-2 times a week if possible, removing fat from meat, eating 'Hippie' foods (e.g. legumes such as lentils and chickpeas) 1-2 times a week, learning about low GI food, low fat dairy

foods and aiming for heart healthy fats from as nuts and seeds.

Participants and their whānau are able to learn how to practically make these changes through monthly 'Healthy Kai sessions'. The programme offers supermarket tours and other community sessions on request.

The programme also encourages physical activity. Eleanor commented that 'If there was a pill to mimick the effect of exercise then everybody would be taking it'. The programme tailors exercise goals for each individual so that activities are offered for groups and individuals in a safe, supportive and enjoyable environment. The emphasis is always on fun for the whole whānau, performing exercise safely (intensity and type) and helping people to develop a 'habit' of physical activity for life.

The programme has had some stunning results and these are measured both clinically in terms of people's weight lost (one man went from 145kg to 109kg over the 12-month period), as well as changes in fasting glucose, and cholesterol. Eleanor emphasised that other measures are important for participants such as being able to cut your own toenails, reducing your anti-depressant medication and feeling good about yourself.

The programme has successfully completed 3 years supporting participants and their whānau to make life-long lifestyle changes. If you would like more information contact:

Eleanor Murphy:
EleanorM@healthotago.co.nz



Cecileah Win, Catherine Parker and Ruth Thomson prepare food for a healthy kai demonstration.

2004 Wraop

Children's Obesity

Recent analysis of the results from the 2002 national children's nutrition survey by the School of Population Health, at the University of Auckland was presented by researchers, Robert Scragg, and David Schaaf to the Auckland Regional Nutrition and Physical Activity Forum in September 2004, and the National Tino Lelei Fono in October 2004.

The 2002 National Children's Nutrition Survey researched the nutrition, physical activity and lifestyle habits of 3,275 children aged 5–14 years, with approximately equal numbers of children participating from the following ethnicities: Māori, Pacific and NZ European and Others.

The researchers found that:

- Children who usually ate breakfast at home had a lower BMI* than children who did not eat breakfast.



Kura Matenga at the 'Tino lelei' fono

- Children who usually ate lunch had lower BMI's than children who did not eat lunch.
- Children who usually ate lunch prepared from home had a lower BMI than those who usually ate lunch bought from the school tuckshop or from a dairy.
- Children who drank soft drinks less than once a week, had lower BMIs than those who drank soft drinks at least once a day.
- Children who watch less than one hour of TV a day had lower BMI's than those who watched over 2 hours of TV a day.
- Children 11–14 years old, if they watch over 1 hour of TV a day are more likely to frequently consume soft drinks, chocolate sweets, potato crisps, hamburgers, french fries, and fried chicken.



David Schaaf

The children found to have the best nutritional status, were those between the ages of 5–6 years old, who were most likely to eat before school, take home-prepared lunches to school, eat fruit, and were active.

The challenge put by the researchers to the forum/fono was – our children enter their school years physically active and eating well – and how can we as a community maintain that good start?

* BMI is a measure of weight(kg)/square of height (m). It was used in the survey to measure levels of overweight and obesity in New Zealand children.



Tai Matenga Smith at the 'Tino lelei' fono

PUSH PLAY DAY



By the time you read this Push Play Day will have been and gone for another year. As usual, activities were many and varied throughout New Zealand.

In Auckland there were school-based activities to encourage the children to move more including a "Jump Jam" with Brett Fairweather, tabloid sports and Classroom Physical Activity Challenges with 114 schools taking part. For the "big kids" there were workplace stepometer challenges including Push Play Active Practice to encourage GPs and nurses to "walk the talk".

Further south in Gisborne, Scooter the Push Play Bunny was joined by 10 other mascots for a race downtown while in Hawkes Bay there was a Wacky Wheels and Walk Relay and Wellington had a series of lunchtime celebrity walks.

Canterbury's Sea to Sea Mainland Challenge that targeted workplaces (including medical centres) and schools finished on Push Play Day after participants had covered the equivalent of the 240km distance. Dunedin's Octagon was the setting for a team "virtual triathlon" that involved a 1km row on a rowing machine, 2km on an exercycle followed by a 1km run.

Other activities around the regions included Rest Homes Boccia (Tasman), Push Play Patrol (Buller), Aerobics Extravaganza and GRx Practice STEPS challenge (Wanganui), Round the Foreshore Relay (Taranaki) and another Stepometer Walking Challenge in Southland.

There was plenty of new signage this year building on SPARC's Obstacles to Action research learnings. One new billboard image is pictured here.



New Resources on Physical Activity

Diabetes New Zealand and SPARC have produced a pamphlet on Diabetes and Physical Activity. To order visit www.diabetes.org.nz or phone 0800 DIABETES (0800 342-238).

SPARC have produced two pamphlets with the Mental Health Foundation of NZ on, 'physical activity for mental wellbeing' and 'being active when you live with mental illness'. To order call 0800 ACTIVE 080022 84 83 or check out www.pushplay.org.nz or www.mentalhealth.org.nz.



10,000 Steps Northland

10,000 Steps Northland is New Zealand's first 'whole of Northland' health promotion physical activity project funded by SPARC through the Active Communities Scheme. This is a creative approach to the problem of inactivity.

The concept of the project is to encourage Northlanders to walk and accumulate 10,000 steps over the course of the day. If people are not very active right now, it's OK, we want to encourage people to start out slowly and gradually increase activity over time. Small increases in daily activities can have a big impact on health – small sustainable steps for life. Many people can reach 10,000 steps a day by adding a 30-minute walk to their everyday activities and walking is simply an inexpensive way to accumulate the activity you need.

Project partners:

The 10,000 Steps Northland project involves the Far North, Kaipara and Whangarei District Councils, the Northland District Health Board, Manaia Health PHO, Hauora Whanui, Northland Health, Auckland University of Technology, SPARC (Sport and Recreation New Zealand) and Sport Northland.

The Launch of 10,000 Steps Northland:

The project was launched during the week of Monday 22 November–Friday 26 November 2004 in five areas throughout Northland (Kaitiaki, Kerikeri, Kaikohe, Dargaville and Whangarei) with over 1,000 people turning up to the launches over the course of the week. All launches were held at 10.00am and with the concept of 10,000 steps explained followed by an easy 900–1,500-step walk, with everyone who participated then receiving a ticket to go into the spot prize draw. It was good to give people an indication on what they could do during a break or while they are waiting for someone as these launch strolls did not take a lot of time.

Resources/Website:

Some resources have been produced for the project including stickers, posters, t-shirts, drink bottles, hats PLUS we have a website (www.10000stepsnorthland.co.nz) where people can download maps, newsletters, physical activity tips, step logs, order pedometers on line, ask questions, access walking club contacts, up and coming fun run and walking events. Every second month we will be introducing some new strands to the project to keep the awareness and interest high.

Branded footpaths & walkways:

Working with all of Northland's three District Councils, there are now branded streets with footprints and we will soon start on some of our most popular walkways indicating how many steps have been taken.

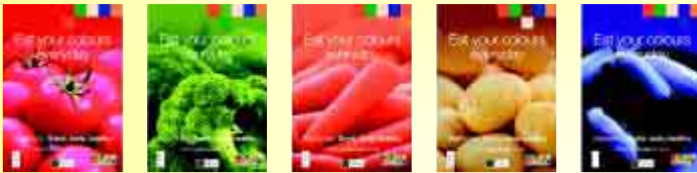


New Nutrition Resources from



1. Colour Way Series Posters and Leaflets

The new colour way poster and leaflet resources have been produced to support both the Cancer Society and the 5+ A Day message. On the back of each of the leaflets there are tips on how to get colour in your day. These are available free of charge in whatever quantities you require.



2. Colour Way Bannereacts

If you are organizing a special event promoting vegetables we have the five posters of the colour way series produced as banners – each approximately 1 x 2 metres. These stunning stands are easy to erect and make a very impressive statement. They are suitable for indoor events only and are available, on loan, free of charge. Certain conditions apply. Please contact information@vegfed.co.nz for further information.

3. Fresh Vegetables for Health Promotion Activities/Events

We have introduced a retrospective funding arrangement where, with prior agreement, we will reimburse some or all of your costs of fresh vegetables used in health promotion activities or events. An application form, including details of aims, outcomes, target audience, numbers involved and media exposure needs to be completed.

4. Tips on Chips

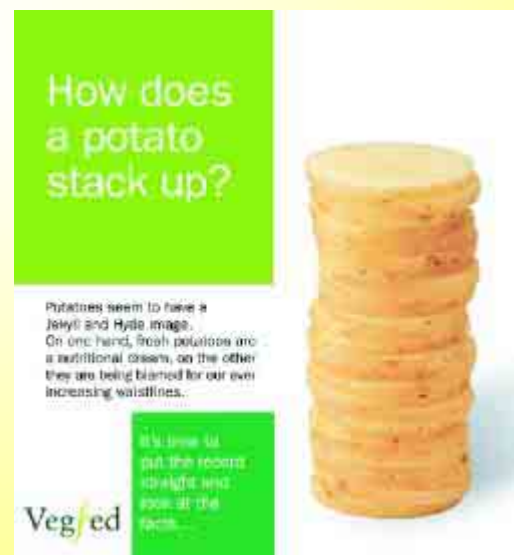
The Tips on Chips poster series has been developed in conjunction with the Heart Foundation and other industry groups. The overall aim is to decrease the fat content of chips by 20%. These posters educate operators and consumers on better cooking techniques. Our industry partners are distributing these posters to takeaway outlets. Seminars are being run in conjunction with the Heart

Foundation to teach the concepts, and more, outlined in the posters.



5. Potato Resources

This resource was written to dispel any myths about potatoes and to cover both nutritional issues and cooking and variety information.



Vegfed is committed to continue our work of producing high quality resources that give practical tips and suggestions on how to achieve the Ministry of Health Guidelines of at least three serves of vegetables per day.

If you require these resources please order online at www.vegetables.co.nz.

**“Call to Action – Kawea ake te wero”
National Nutrition & Physical Activity
Public Health Conference
Christchurch, 23–25 May 2005
Registration forms available at www.ana.org.nz**

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