

Study Update – Suzanne Pitama

Kia ora Koutou

Well for those of us here in Canterbury we have had early snow falls and I hear Wairoa has had a lot more rain than usual, let's hope the rest of winter brings more sunshine!

It is with great pleasure that our team brings you this newsletter. You will note in this newsletter we detail how District Health Boards are performing against national health targets. You will note that of great concern is how poorly DHBs are performing in terms of cardiovascular screening. The push now within our health environment is to ensure that everyone over 45 years of age (over the age of 35 for Maori and Pacific men) has a cardiovascular screen. As participants in this study you have now been screened twice to establish your cardiovascular disease risk. Next month you we invite you to be screened for a third time. The reason for this is that cardiovascular disease risk is usually calculated based on a 5 year time span. This year is the 5th year of the heart study, and we are keen to measure how close to the mark the initial screening predicted your heart health 5 years on. This will involve you completing a questionnaire (we have three different ways for you to do this – including an online option) and having one more blood test (this will be of no cost to you). We will then send you all the results of 5 years of heart health information we have collected on you, this will allow you to have your own cardiovascular risk map. Please let us know if we can assist you to complete this 5th year follow up request. Also know that if once you get your 5th year results from us we are happy to talk you through what they mean (through our 0800 number). We will also send a copy of these results to your GP. As in previous years your GP will also be asked to complete a form about your cardiovascular health.

We are very grateful for the time you give in continuing to support this project, and we in turn hope that the information we are able to give you supports your health and well-being. Please keep sending in your stories, we have been so inspired by them, we know how difficult it is to keep an eye on what we eat and keeping up the exercise regime – but all the evidence shows us this makes a huge difference to our cardiovascular health.

May you all keep warm over the coming few months, and we look forward to working alongside you on this 5th year follow up.

Do you think you will be using the online option to complete the questionnaire?
If so please take note of the following:

- Please enter the website address beginning with **https** (not **http**) this will ensure that the information entered into this website will be secure and that it records all your information correctly. The full address is:
<https://www.surveymonkey.com/s/communityheartstudy>
- You will be asked to enter your study number, which is located above your name and address on the questionnaire.
- Enter your information and follow the prompts.
- Don't hesitate to give us a call if you have any problems or queries on 0800428672

1

Study Update

2

In the News
Great Recipe

We would like to keep you all up to date with our findings from the study. So if you need to update your details including email address please contact us.

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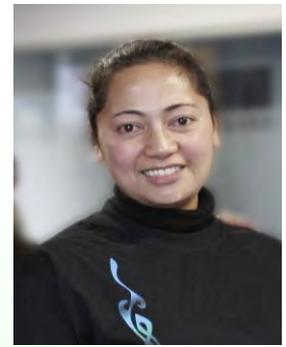




Vicky Cameron

In The News...

Comparisons between the performance of Hawkes Bay and Canterbury District Health Boards



Allamanda Faatoese

Some of our readers may have noticed a half-page advertisement in the Christchurch Press on 29 May 2012, with the title "How is my DHB performing?" This advert was placed by the Ministry of Health to inform the population around NZ how well their local DHB is meeting six health targets.

These targets are:

- Shorter stays in emergency departments
- Improved access to elective surgery
- Shorter waits for cancer treatment
- Increased immunization
- Better help for smokers to quit
- More heart and diabetes checks

The two areas where our Hauora Manawa/Community Heart Study participants live are served by the Hawkes Bay DHB (Wairoa) and Canterbury DHB (Christchurch).

Let's see how they compared over January-March 2012 for some of these targets.

For shorter stays in hospital Emergency departments (the target being 95% of patients being admitted, discharged, or transferred from the ED within 6 hours), the two districts were neck-and-neck, with both reaching this target 95% of the time.

For improved access to elective surgery (the target is to increase the volume of elective surgery by an average of 4,000 discharges per year). Hawkes Bay DHB reached 106% and Canterbury DHB reached 101% of the target.

For shorter waits for cancer treatment (the target is all patients who are ready for treatment to wait less than four weeks for radiotherapy), both DHBs reached the target 100% of the time.

The National Immunisation target is for 95% of two year olds to be fully immunised by July 2012. Hawkes Bay DHB reached 96% and Canterbury DHB reached 93% of the target. So far so good.....

The next target is that 95% of **hospitalised smokers will be provided with advice and help to quit** by July 2012. Hawkes Bay DHB reached 93%, while Canterbury DHB reached 83% of the target.

The last target is where the wheels fall off! This target is that, by July 2012, **60% of the eligible population will have had their cardiovascular risk assessed** in the last five years. This target will increase in stages each year to 90% by July 2014. Hawkes Bay DHB reached only 51% of this target while Canterbury DHB was the lowest at a miserable 18% of the target.

This highlights that the population of both districts, but especially Christchurch, are not receiving anywhere near the recommended level of screening for heart disease and diabetes.

Study participants who get involved in the 5yr follow up will get these heart disease and diabetes checks for free. We encourage you to support older members of your family/whanau to ask their doctor to have these checks done at the next visit.

Simple Beef Casserole

Serves 4

recipe taken from Simply too good to be true

750g lean Stewing Steak
 ¼ cup plain flour
 Cooking spray
 1 tsp crushed garlic
 1 large onion sliced
 1½ c carrots sliced
 ¾ cup parsnip diced
 ¾ cup swede diced
 1 cup celery sliced
 2 cups water
 2 tablespoons Worcestershire sauce
 4 tsp salt-reduced chicken stock powder
 4 dried bay leaves
 ¾ tsp dried rosemary
 ¾ tsp dried thyme
 1 x 400g no added salt chopped tomatoes
 1/3 cup tomato chutney (in jar)
 Pepper
 3 tablespoons Gravox lite supreme
 ¼ cup water



Preheat oven 180°C fan forced

In a large bowl coat steak with flour. Place pieces of steak into a large non-stick frypan that has been generously coated with cooking spray and brown. Using a large casserole dish, place meat and all other ingredients into dish (except Gravox and ¼ cup water) Combine well, place lid on top, cook 1hr 15 min, then combine Gravox powder with ¼ cup of water and mix into casserole. Place back into oven for a further 15 minutes or until vegetables are cooked.

Variations: Replace steak with 750g raw lean leg steaks, skinless chicken breast or 400g tofu diced