

# HAUORA MANAWA HEART HEALTH

The Community Heart Study

May 2011

Issue 12

## Study Update – Suzanne Pitama

Tena koutou katoa,

I apologise that this newsletter, that was originally intended to be sent to you in February, is only just reaching you now. For those of you in Wairoa you will be aware that the face of Christchurch changed dramatically on February 22<sup>nd</sup>. We send our Aroha out to those of our Christchurch cohort who have lost loved ones, suffered injury, had damaged property and had huge changes to their lives. For us at MIHI our original building St Elmo Courts was badly damaged in the September 2010 quake – and with further damage in February it has now been completely demolished.



*(Pictured above our old premises before and during demolition)*

Our new premises (an old student flat!) is still out of bounds due to pending dangers of buildings next door, so our whole team are having to work from their homes. Times are definitely different for us all.

Our thoughts have also been with our Wairoa participants with the recent torrential rain and floods that have hit your area. We hope that you are all safe.

BUT one thing that hasn't changed is our commitment to keep you informed on how we are going with the study. Good News is we have had one paper accepted into a peer-reviewed journal of Australia New Zealand Journal of Public Health.

This is very exciting and hope to also publish many more in the upcoming months as we complete the analysis of the initial and follow up data.

We will continue to let you know what we are finding out from the results, and how they might apply to you and your whanau in maintaining Hauora (well-being).

We are also working to make this newsletter available electronically to you – so please let us know your email address and we will send it to you that way.

Please continue to email us your stories of successful outcomes, in regards to your health and well being.

We look forward to keeping in contact more regularly, we again thank you for supporting us in this project and will let you know what we find in regards to Heart Health.

Kia Kaha and take care.  
Suz.

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## Win \$50 Voucher

Even though we have come to the end of the clinical part of the study we'd like to keep you up to date with our findings  
SO

**To go into the draw to win \$50 voucher please update your contact details including email address by the end of this month.**

Contact us:  
Hauora Manawa  
The Community Heart  
Study  
Maori Indigenous Health  
Institute  
University of Otago,  
Christchurch  
PO Box 4345  
Christchurch

**Free Phone:**  
0800 HAUORA  
(0800 428672)

please email these to:  
[clara-ann.paul@otago.ac.nz](mailto:clara-ann.paul@otago.ac.nz)  
or  
[karen.tikaomason@otago.ac.nz](mailto:karen.tikaomason@otago.ac.nz)

## Heart to Heart...with Miriam Esteves

Miriam & Naomi (our heart study girls) with their friend Jackie - shovelling the silt.



Who would have guessed how much life could change for so many people in just a few short seconds? The February 2011 earthquake was a truly terrifying experience but I feel very lucky that all my family and friends are safe.

Like most people in Christchurch, I am slowly getting used to a "new normal" post February's earthquake. My house was "munted" And we've had to move in with my parents, which is nice but kind of strange – the last time I lived at home was when I was 18 years old!

My daughters' high school was also wrecked so she goes to school in the afternoon and gets home at 7pm, and my nursing course has been shifted out to Lincoln University! (30 minute drive further away from the city)

A heart-warming side effect of this disaster has been the human connection – neighbours supporting each other, strangers helping strangers and people from all over the country and world donating their time, skills, money and sending their thoughts and best wishes.

The help we have received has been incredible and all I can say is a big THANK YOU to everyone who has reached out to anyone in Christchurch over the last few months ... You all have made a big difference!



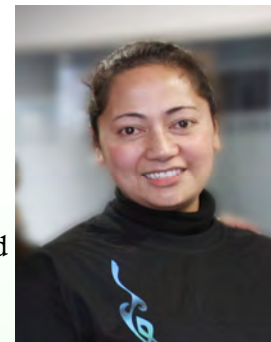


Vicky Cameron

## In The News

### Undiagnosed risk factors and Heart Disease screening

The Community Heart Study Team are concerned at the number of our participants who were found to have risk factors for heart disease that had not been picked up by their doctor. This was despite the fact that most participants (about 85%) had visited their GP in the previous 12 months.



Allamanda Faatoese

Here are some of the statistics:

High Blood Pressure	Wairoa	Chch Maori	Chch non-Maori
Participants previously told by a doctor they had high BP	25%	15%	11%
The Heart Study found an additional % of each group had high BP at our screening	22%	24%	18%

High Cholesterol levels	Wairoa	Chch Maori	Chch non-Maori
Participants previously told by a doctor they had high blood cholesterol levels	14%	7%	3%
The Heart Study found an additional % of each group had high cholesterol at our screening.	42%	54%	42%

Type-2 Diabetes	Wairoa	Chch Maori	Chch non-Maori
Previously diagnosed with Type-2 diabetes	11%	3.7%	2.3%
The Heart Study found blood levels of the diabetes markers, fasting glucose (blood sugar), HBA1c and fasting insulin were higher than they should have been in 5 to 8% of participants overall			

We encourage all our participants and their whanau to remind their GP to screen them for heart disease risk factors every five years from the age of 35 yrs for men and 45yrs for women who are Maori, or 45yrs for men and 55yrs for women who are non-Maori. This should be done as often as every 2 yrs if you are at especially high risk, such as having diabetes or already having had some heart trouble, or if you have immediate family who have had some form of heart disease at a young age (father or brother 55 years or younger, mother or sister 65 years or younger).

### The GP should measure:

- Your average blood pressure of two measurements while sitting
- Your pulse
- Your BMI (body mass index) and waist circumference
- Your cholesterol profile in a fasting blood sample
- Your glucose (blood sugar) in a fasting blood sample

Also, if your doctor is already treating you for high blood pressure or high cholesterol, ask them to check if your levels are now normal with the medication you are taking. If not, you might need a different type of tablet or higher dose. We found over half of those with previously diagnosed heart disease risk factors were still above recommended targets even though they were taking medication.

### Spicy Apricot Lamb Casserole

Serves 4



500g lean lamb leg steaks  
 1/4 cup plain flour  
 1 cup onion diced  
 1 cup carrots sliced  
 2 tsp salt reduced chicken stock powder  
 1 x 300ml jar medium salsa (Masterfoods)  
 1 tsp curry powder

1/2 cup dried apricots  
 cooking spray  
 1 cup celery sliced  
 2 cups apricots nectar  
 1 cup water

Preheat oven to 180°C fan forced. Cut lamb into large cubes. Cut dried apricots in half. Coat lamb in flour and place in a non stick frypan that has been coated with cooking spray, toss meat in pan until browned on the outside, this will seal in the juices. In a large casserole dish (that has a lid) place all ingredients, stirring together until combined. Place lid on casserole dish and cook in oven for 1 1/2 hours or until vegetables are cooked to your liking.

**Variations:** replace lamb with 500g skinless chicken breasts diced or 500g lean rump diced.

*A hearty casserole that's low on fat, serve with loads of steamed vegetables.*

### Wicked Chocolate Cake – low fat

Serves 10

1 1/4 cups self raising flour  
 1/2 tsp bicarb soda  
 3/4 c castor sugar  
 4 level tblsp low fat margarine (flora light)

1/4 c cocoa  
 2 egg whites  
 3/4 c boiled water

#### Icing:

3/4 c Icing sugar  
 1-1 1/2 level tblsp skim milk  
 1 level tblsp cocoa

In a medium size mixing bowl completely dissolve sugar and margarine in boiled water. Sift flour bicarb soda and cocoa into bowl in one go, using an electric beater beat together 1 minute, add egg whites and beat 30 seconds more. Coat cake tin with cooking spray. Bake in fan forced oven 180°C for approximately 30 minutes.

Once cake has cooled, place all icing ingredients into a small mixing bowl and combine well. Spread icing evenly over top.

