

HAUORA MANAWA HEART HEALTH

The Community Heart Study

December 2009

CHRISTCHURCH & WAIROA

Issue 5

Study Update – Suzanne Pitama

Kia Ora Koutou,
It is with great pleasure that our team presents this “Christmas Edition” newsletter. We have spent this year running the Wairoa, Hawkes Bay 2nd year follow up Clinics. This has enabled us to gather up-to-date information on all participants around changes that have happened to them physically (weight, blood pressure, blood results) and also in regards to their lifestyle (smoking status, dietary changes, exercise etc).



Suzanne Pitama and Rose Pomana at the heart clinic hosted at Nuhaka, Hawkes Bay

A huge thank you to all of those who attended these clinics, it has been encouraging to see many of you lose weight, stop smoking, change diets and increase exercise – FABULOUS!!

For our Christchurch participants, you will receive an invitation to your 2nd year follow up in March 2010. This clinic, unlike the first, is only 15 minutes long, so we hope this will make it easier for you to attend.

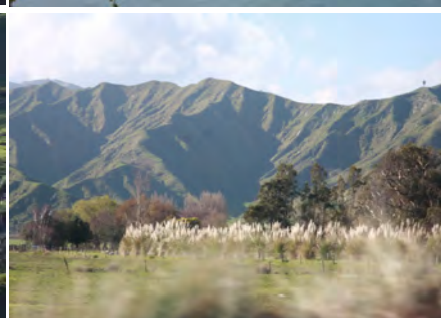
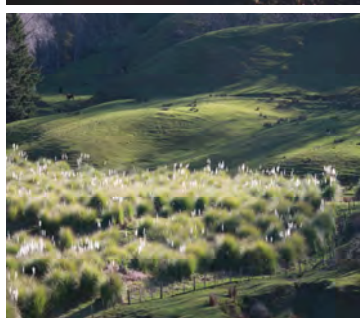
As the festive season begins, I would like to take this time to wish you all a Merry Christmas and a safe and prosperous new year. We look forward to being able to share more of the results of this research in the new year, and also to publish the findings. This month we have a lot of holiday food ideas to encourage healthy heart eating that also delivers in terms of taste and presentation. Take care and I look forward to catching up with you all in the new year!

In terms of pre-diabetic indicators, from all 3 cohorts, the following was found:

Glucose: 33% Wairoa, 11% Chch Maori, 7% Chch non-Maori.
HBA1C: 33% Wairoa, 4% Chch Maori, 2% Chch non-Maori
Insulin Levels: 30% Wairoa, 17% Chch Maori, 9% Chch non-Maori

As we wrap up our 2nd year follow up clinics in Wairoa, we'd like to say THANK YOU to all of our participants and the communities of the Wairoa District who have supported The Hauora Manawa/ Community Heart Study. A special thank you to Vickie Manson, Hilary Rimmer and all the lovely staff at Wairoa Hospital, to the Wairoa Star for their support, to Rill and Laraine Meihana and Jenny for all their hard work, and to the Church of Jesus Christ of Latter Day Saints for the use of their beautiful building at Nuhaka.

To all our Christchurch participants, if you are looking for a great place to visit these summer holidays, the Wairoa District has a lot to offer! An easy 1 ½ hr drive from Gisborne, the district boasts fantastic swimming beaches and rivers, as well as the Morere Hot Springs. There are also many fishing and surfing beaches, Black's Beach is particularly good for experienced surfers. Our favourite place to stay was the Vista Motor Lodge - they serve the BEST seafood chowder at their restaurant, The Vista. Another “must visit” is “world famous, in New Zealand” Oslers Bakery, whose scrummy food will be fondly remembered by our team.



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Nga mifi o te Kirihimete

In The News by Vicky Cameron

It's important to remember that people do not become diabetic overnight; there are slow and steady changes in the way their body handles food, especially sugar, over several years. To identify which patients are at risk of becoming fully diabetic, doctors use a classification of this pre-diabetic state, called the metabolic syndrome. To be diagnosed, a person will have at least 3 of the 5 factors – a large waistline, high blood pressure, high levels of triglycerides in their blood, low levels of “good” HDL cholesterol, and high blood sugar. With our sedentary lifestyles and increasing occurrence of obesity, it's estimated that about 25% of all adults in New Zealand have the metabolic syndrome.

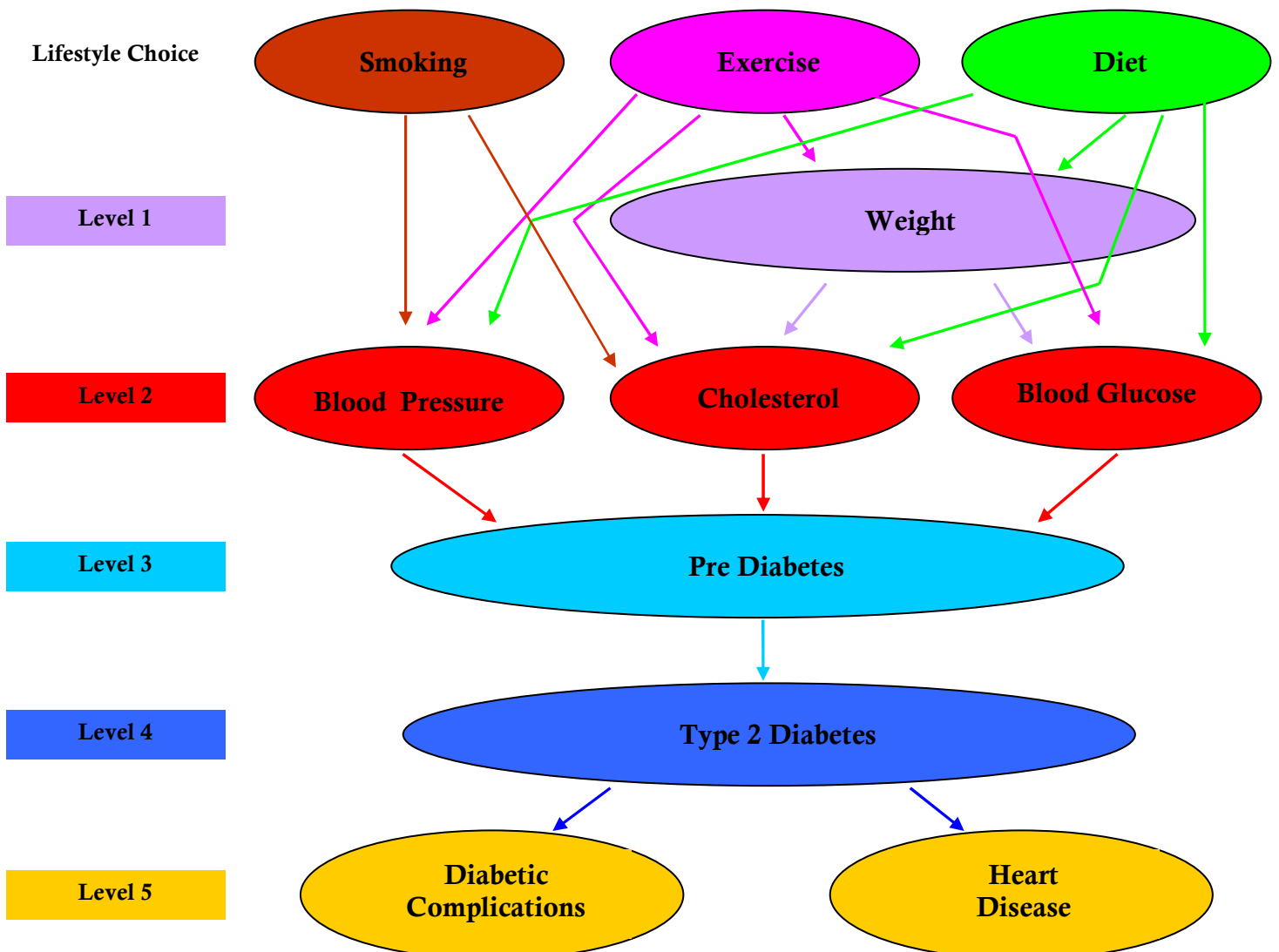


Patients with the metabolic syndrome become increasingly resistant to insulin, which is a hormone that regulates how our bodies use up the fat, sugar and protein that we eat. The end result of insulin resistance is

that food that should have been converted to energy is stored as fat instead. What causes insulin resistance in the first place? The simple answer is overload, due to a diet with consistently too much sugar and carbohydrates. If this process continues, type 2 diabetes may develop.

What can you do to avoid or reverse the metabolic syndrome? Plenty! Aim to keep you BMI below 25. Watch your waistline. A brisk 30 minute walk 6 days a week is enough to trim waistlines and cut the risk of metabolic syndrome. Eat low-fat, high-fibre foods, non-starchy veges, and lean meat, chicken or fish. Visit your doctor regularly so that you can monitor your health and make the appropriate changes to your lifestyle.

How do lifestyle choices put you at risk for Diabetes and Heart Disease?



Heart To Heart

Recently we were able to catch up with two of our participants, Ann Mattock and Alumine Kennedy. We are very pleased to be able to share their stories, and we hope you enjoy reading them!



Anne Mattock, of Wairoa, with some of our team at a recent 2nd year follow up clinic

One of the main reasons why Anne, 64, decided to participate in the Hauora Manawa study was her health. Anne's grandmother and mother both died young at 55 yrs. Since attending the first clinic, Ann has made adjustments to her exercise and diet which have seen her lose close to 20 kg! She says

that being involved in the study has helped her to learn more about herself and she is now able to appreciate the health benefits of making better lifestyle choices.

When we saw Anne at our follow up clinic, the softly spoken mother of two, and grandmother of three, was undergoing treatment for cancer. Despite her illness, Anne's attitude and approach to life remain positive and strong, even though coping with the effects of chemotherapy can be extremely difficult at times. "I get frustrated because I can't do all the things I used to do, just yet'. Before her illness Anne was a machinist, but she has had to give up sewing while she recovers. In the meantime she fills much of her spare time doing Family History and researching her Whakapapa. She likes to keep herself busy and believes it's important to make the best of any situation that life throws at you. At clinic, Anne shared her motto with us: "the Lord carries me 99% of the time, and with the 1% that's left, I have to give it my all!"

Alumine Kennedy was glad of the chance to participate in the Community Heart Study because "it was something that could benefit the wider community and eventually my children in the future". An added bonus was that the in depth health checks, including an Echocardiogram, were offered free. She says that although attending the initial clinic was pretty intense, it was all worth it and that "the 2-3 hours I gave were nothing, really". She was also pleased that her Echo results showed that her heart is in great condition, which has given her peace of mind as her father's side of the family has heart problems. Bubbly, articulate and creative by nature, Alumine is a photographer and fabric artist. She is also a wife and mum to

4 children; 11 yr old twins, a 9yr old and a 6 yr old. Although her family is very active and both she and her husband love to run, Alumine says she has found it much easier to make exercise apart of her daily routine since her youngest has started school. Living on the hills in Clifton means that she can get a great workout just by walking - she often parks her car at the foot of the hill, walks up and then back down again when it's time to collect the kids from the bus stop. After clinic last year, Alumine discovered that her blood glucose levels were a little high. Having suffered gestational diabetes while pregnant, and also having an Auntie with diabetes has made Alumine extra certain that she "does not want to go down that road". She says she



Alumine Kennedy, of Christchurch

would rather make the changes needed in her lifestyle now so that she can be active and healthy when she's older.

Congratulations to: John Jones of Christchurch, and **Jo Sturmey** of Wairoa, who have both won \$100 worth of grocery vouchers! **You can win too!** If you'd like to go in next month's draw, simply contact us and let us know you'd like to be entered (and remember to update your details if they've changed). You can also email holiday photos of you and/or your family and friends enjoying a heart healthy holiday... if we use your photo in our newsletter, we will send you a \$20 petrol voucher!

Heart Healthy Christmas Tips

For many people in New Zealand, Christmas Day is traditionally a time spent celebrating with family and friends, whilst over indulging in food, drink, and treats! If you've made some positive lifestyle changes over the last year, here are a few tips that will help you keep them up, while still allowing you to relax and enjoy the holidays!

- Plan to have "Christmas Dinner" in the middle of the day - this will mean that you will have more time to work it off afterwards
- Eat a normal healthy breakfast and morning tea on Christmas Day - don't starve yourself in order to "save room" for Christmas Dinner as this is more likely to lead to over eating.
- Plan some physical activities that your family can enjoy together before and after the main meal - backyard games like cricket, races, or bowls are old favourites, or a long leisurely walk on the beach collecting "treasures" can be fun for all ages.
- If you are having a roast, don't add any extra oil. You can add a little water in the bottom of the dish if you are worried about the meat drying out. Make gravy in a pot instead of directly in the roasting dish - use only a tiny amount of the drippings from the roasting dish (1 -2 tablespoons), and then add water and liquid meat or vegetable stock.
- Make sure you drink plenty of water, and limit your intake of alcohol and fizzy juices. Filling nice water jars and adding a few slices of lemon or mint leaves, then chilling in the fridge can make water look more festive and nicer to drink with your Christmas meal.
- Try to provide plenty of fresh, healthy alternatives to the more traditional stodgy Christmas fare. Because our Christmas falls in Summer, it makes sense to use the beautiful, colourful, seasonal vegetables and fruit we have available at this time of year. Try our two recipes in Kai Ora... they aren't just heart healthy, they look and taste great too!



Funtastic Fruit Kebabs

These are a sure fire winner with adults and children alike. Not only are they delicious and healthy, they look spectacular as well. They will need to be made up shortly before serving, but will store for a couple of hours if well wrapped and kept in the fridge. They are quick and easy – just chop the fruit into bite sized pieces and then skewer them onto bamboo sticks. **All you need is fruit, marshmallows, and bamboo skewers!**

For our test batch, we used pink and white marshmallows, strawberries, banana, grapes, apple, and pineapple – they were gone in a flash! You could use any fruit you like, the more colourful the better.

Chicken and Roasted Kumara Salad

This delicious salad is a little more substantial than the average green salad ... it's perfect for a lunch or light meal and yet it's special enough to grace the Christmas table.

- *500g boneless, skinless chicken breast, sliced
- * ¼ cup sweet chilli , or apricot sauce
- * 1 sliced avocado
- * 2 sliced, roasted capsicum
- *500g diced roasted Kumara
- *Salad greens, eg lettuce, baby spinach, water cress etc
- *Lemon juice to toss

Pan fry chicken breast until cooked and golden, stir through sweet chilli or apricot sauce and cook for a further 1 minute. Remove from heat and allow to cool before tossing through with rest of ingredients.

Contact Us

Have you moved or changed your phone number recently? It is important that we have your current contact details so please let us know of any changes by calling or dropping us a line. Also if you would prefer to have the newsletter sent via e-mail you can request this by sending a message to:
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