

# HAUORA MANAWA HEART HEALTH

The Community Heart Study

October 2009

CHRISTCHURCH

Issue 4

## Study Update – Suzanne Pitama

### Kia Ora Koutou,

I love driving down Deans Ave and seeing the beautiful blossoms on the trees and the spring flowers, it makes you really appreciate the beauty of living in a city that is very seasonal. I am also hoping it marks a continuation of great temperatures (but I don't know if I'm fully convinced of that just yet!). This month the newsletter focuses on BMI, and with all this fabulous weather I am hoping the spring air encourages us all to get out and increase our exercise levels.

Please keep in touch with us and let us know if you move address – even if it is out of Christchurch. We'd also love to hear from you if you have a success story that you'd like to share. If we recommended that you go to your GP, but are having difficulties making the visit, please contact us as soon as you can.

Finally, we'd especially like to thank Tim Mason who was featured in the newsletter last month, and Fane Gallagher of Wairoa for sharing his story with us this month.

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**Did you know...** Early analysis of the information collected at our Heart Clinics suggest that: Of the people we tested in **Wairoa**, 22% had BMI's in the optimal range, 30% were in the overweight range and 48% had BMI's that put them into the obese range. In the **Christchurch Maori** cohort, slightly more people had BMI's within the optimal range (29%), about the same number of people were in the overweight range (33%) and slightly less people were in the obese range (38%). In the **Christchurch Non-Maori** cohort, a greater number of people had BMI's within the optimal range (45%), slightly more people were in the overweight range (38%) and significantly less people had BMI's within the obese range.

It is great to see that so many people in our study are enjoying the health benefits of exercise. Recent large studies have shown regular exercise has health-promoting effects, which go way beyond its effect on weight control. Those individuals who maintain an active and fit way of life live longer and healthier lives than those who do not.

There is clear scientific evidence that regular physical activity helps prevent diabetes, hypertension, cancer (particularly breast and colon cancer), depression, osteoporosis and dementia. Exercise can be seen almost as a vaccine to

## Fitness vs Fatness



By Vicky Cameron

help prevent chronic disease and premature death. If you are currently overweight, it is important to know that obesity has less effect on your health if you are fit. This is particularly true for heart disease risk. Muscle contractions improve your insulin sensitivity, cholesterol levels,

blood pressure, and level of inflammation.

Reduced risk is observed with as little as 30 min of moderate intensity activity per day for 5 or more days per week. However there is a dose-response effect of exercise and a larger amount of exercise or exercise of high intensity will provide further protection against chronic diseases and premature mortality. The message is that everyone can gain the beneficial effects of being physically active – regardless of whether they are fat or lean. Exercise is very important to a person's health, whether or not they lose weight.

## Healthy Heart

BMI

\* Your BMI, or Body Mass Index is a screening tool that is used to compare your weight against your height in order to determine how much of your body is made up of fat.

\* Your BMI value will fall into one of 4 categories: Underweight, Optimal, Overweight, or Obese.

\*The BMI ranges for these categories are:  
Underweight: less than 18.5

Optimal: 18.5 – 24

Overweight: 25 – 29

Obese: over 30

\*If your BMI puts you outside of the Optimal range it is an indication that you may be at higher risk of developing health problems.

\*To lower BMI, it's important to lower body fat, not just lose weight. This is best achieved through regular exercise and sensible eating.

## Heart To Heart... with Fane Gallagher

Looking at Fane Gallagher, 27, you'd never guess that he has a heart condition that means he will be on medication for the rest of his life. In fact, Fane only discovered this himself after attending our clinic 2 years ago. Fane's mother filled out the forms in order to get him signed up into the study, as there was a history of heart disease in the family. "All the men on my Mum's side have died of heart attacks – my cousin had a heart attack at 31, and my Mum's brother lasted the longest but he had a heart attack and died at 59".

Fane says he has always lived a healthy lifestyle, but since find-



*Fane Gallagher with partner Marie Little*

ing out about his heart condition, he has been more focussed on his health and well being. With the medication

keeping his condition under control, Fane is living life to the fullest and keeping himself fit and healthy. He gave up a stressful job and now works as a shepherd on a large station, where he lives with his equestrian partner Marie, and their 3 year old daughter.

As well as working hard and enjoying spending time with his family, Fane is a keen pig hunter so his heart condition does very little to hold him back.

Fane says that best thing about being involved in the study is that "It's made me aware of this condition that I have and helped me to get it treated".

### Kai Ora Heart Food



Now that the weather is warming up, it's a good time to put aside the stodgy food that has kept us warm over winter, and say *HELLO* to the fresher lighter flavours of summer! This low-fat Potato Salad is delicious and is the perfect summertime side dish!

- \*6 large potatoes, peeled, cubed and boiled
- \*1 cup celery, finely chopped
- \*2 stalks spring onion, sliced or ½ Cup chopped chives
- \*2 tablespoons chopped parsley
- \*1 cup low-fat cottage cheese
- \*¾ cup of skim milk
- \*3 tablespoons lemon juice
- \*2 tablespoons cider vinegar
- \*½ teaspoon celery salt
- \*½ tsp dry mustard
- \*½ tsp pepper

Place potatoes, celery, green onion (or chives), and parsley in a large bowl.

In a blender, mix together cottage cheese, milk, lemon juice, vinegar, celery salt, mustard, and pepper until smooth.

Pour cottage cheese mixture over the potatoes and mix well.

Chill for at least 30 minutes before serving.

### CONGRATULATIONS TO:

#### Monique Lloyd

who has won this month's prize draw of \$120 worth of New World Vouchers

#### WIN

This issue we have another **\$100 grocery voucher** to give away. As always, anyone who submits a question, comment or updates their contact details with us can enter. Please be sure to tell us that you wish to be entered into the draw when speaking with us.

You can send emails about the newsletter to:

[miriam.esteves@otago.ac.nz](mailto:miriam.esteves@otago.ac.nz)

Or you can post letters to the address listed under Contact Us.

### 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:

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