

HAUORA MANAWA HEART HEALTH

The Community Heart Study

July/Aug 2011

Issue 13

Study Update – Suzanne Pitama

Kia ora Koutou,

I hope this newsletter finds you well and warm.

Christchurch had an unusually heavy snowfall recently and it was great excitement that my brother told me there was also snow in the Wairoa district also (now when it snows in northern Hawkes Bay we know the weather patterns are unusual!).

With the cold often comes the temptation to eat chocolate and pies and reduce our physical activity.

This quarter's newsletter encourages that even through the winter monitoring our diet and maintaining physical exercise is the best way to ensure we continue our journey towards good health. Vicky and Allamanda discuss some of their findings from the genetic analysis and its relationship to Type 2 diabetes and encourage us that the best way to reduce our risk of diabetes is through lifestyle intervention.

Our research has also been granted a three year extension by the Health Research Council of New Zealand. This is really exciting for our team, and we look forward to continuing to work alongside you to further understand cardiovascular risk. In the next newsletter we will outline what the next three years of the research will look like.

Our thoughts are with our participants in Christchurch as we continue as a community to work through how we continue to live in a city as it recovers, if you are changing address please let us know so we can keep in touch.

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Congratulations

to

**Donna Horne -Wairoa
Paul Moore - Chch
for winning the \$50
vouchers.**

**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.**

Heart to Heart... with Anne Mattock

Recently we caught up with Anne one of our Wairoa participants to see how things have been since our last follow up visit with her.



Anne, a mother and grandmother knows the importance of research. Having a history of heart disease in her whanau, her participation in the Heart Study has given her more knowledge about the importance of making healthy lifestyle choices and the effect it has been on her own health and wellbeing.

Despite her own health challenges including diabetes, Anne's approach is to stay positive and strong and to continue making the effort to think about what goes into her body. "I no longer buy chocolate biscuits; I buy seaweed rice crackers, it's all the little changes that can make the difference. It's all about what I put into my mouth and have learnt that moderation is the key. I am forever correcting myself but with persistence and support from whanau I am now appreciating the benefits of making better lifestyle choices and like to share what I've learnt with whanau and friends.

Anne likes to keep busy with her church and community work, and exercises as much as her health permits.

Ka Rawe Anne ! Keep up the good work.

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
or
karen.tikaomason@otago.ac.nz

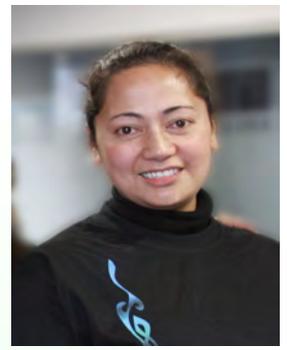


In The News



Vicky Cameron

Sweet As! Or is it? -Type 2 Diabetes-



Allamanda Faatoese

New Zealand recently featured on the news as one of the top four high-income earning countries with high rates of diagnosed Type 2 diabetes.

Type 2 diabetes is often linked with unhealthy lifestyle practices (eg. bad eating habits and lack of exercise), but our genetic makeup also plays a part in the development of Type 2 diabetes. Having a first degree family history is strongly linked with Type 2 diabetes because families have similar eating and exercise habits, but they also share inherited genetic factors.

Across all our participants, 43% Wairoa Maori, 31% Christchurch Maori and 21% Christchurch non-Maori had a first degree relative (father, mother, brother or sister) with Type 2 diabetes.

International studies identified several genetic regions that increased the risk of Type 2 diabetes in large European diabetes patient groups.

We investigated nine of these genetic variants and found that among Wairoa and Christchurch Maori, three of the nine genetic factors correlated with higher HBA1c levels (average blood sugar levels over the past 6 weeks). This may suggest a possible genetic link in having higher blood sugar levels and therefore increasing the risk of Type 2 diabetes. However, these early findings need to be confirmed in larger samples of Maori and non-Maori, with and without Type 2 diabetes.

Whether you have a first degree family history of Type 2 diabetes or not, the best way to delay or prevent diabetes is to develop good lifestyle practices

If you do have Type 2 diabetes, it is important to maintain a healthy lifestyle, have your free annual diabetes check (Diabetes Get Checked programme) and take any prescribed medication.

Here are a few tips to help you avoid or control diabetes:

Easy Meatloaf

Serves 4-5



1 pkt Onion Soup Mix

¼ c hot water

¼ c Tomato or BBQ sauce

450g lowfat minced beef or lamb

1 egg

¾ c rolled oats

Put soup mix in a bowl, add the hot water and stir with a fork to mix. Add the sauce and the egg and mix again, then add the minced meat and the rolled oats. Mix well together.

Using damp hands form the mixture into an oval shape about 20cm long and place on baking tray (use baking paper or cooking spray to prevent sticking). If desired mix 1Tbsp tomato paste and 1Tbsp water together and coat over the top of meat.

Bake uncovered 180° for 1 hour using fanbake or 1¼ hour without fan. Serve with your favourite vegetables.

Variations: add grated carrot or grated zucchini to the mix.

(recipe taken from diabetes.nz.)

1. Enjoy a wide variety of nutritious foods.
2. Eat healthy breads, cereals, vegetables and fruits.
3. Eat a diet low in fat, in particular low in saturated fats.
4. Maintain healthy body weight by balancing physical activity with food intake.
5. Limit intake of alcohol.
6. Choose low-salt foods and use salt sparingly.
7. Healthy eating + regular exercise = healthy body and mind.

