

# HAUORA MANAWA HEART HEALTH

The Community Heart Study

March 2012

Issue 15

## Study Update – Suzanne Pitama

Kia ora koutou. I hope this new year finds you and your whanau well. The focus of this newsletter is to promote the importance of lifestyle changes. We have recently begun analysing the 2<sup>nd</sup> year follow up data and Vicky and Allamanda present some of the preliminary findings to you over the page.

A special thank you to Jeff Clark for sharing his fabulous story of persistence with us, and sharing with us his tips to how he lost 30.3 kg, Jeff you are definitely a great role model about how making different decisions can change health outcomes. If you also have made significant changes since 2007/2008 since we first met you please share your story with us.

This year our team is especially excited because due to continued funding support from the Health Research Council of NZ we are able to follow up with you all again this year. In the next 4 weeks you will receive some further information from us via mail. Please email or ring us if you have changed your contact details so we can keep you involved in this 5 year follow up. It will involve a brief questionnaire and a further blood test (we are keen to measure your cholesterol and check other markers of heart health). We hope this information will help us further understand how as a community we can improve heart health. Thanks again for your continued support.

## Heart to Heart with Jeff Clark

Recently we caught up again with one of our Heart Study participants. We first met Jeff in 2008 at one of our clinics. He had started to lose weight in an effort to improve his health (in 2007 at his heaviest he weighed 105kg). Both of his parents had high cholesterol and his father had just survived a serious heart attack, so Jeff wasn't surprised when the results from our clinic showed he had high cholesterol. This gave Jeff the extra motivation to try even harder to lose weight and lower his cholesterol levels and have a better quality of life.

In November 2011 Jeff reached his goal of 74.7kg, feeling healthier and having a decrease in cholesterol levels, we asked him how he achieved such great results. He began to increase his exercise levels (initially Jeff could only manage 3mins on the rowing machine but now he does 1 hr a day) but soon realised it wasn't enough and had to take a good look at what he was eating. At first he struggled to give up his favourite foods, but as time went on it became easier to eat healthy. Another motivation for Jeff was to weigh himself everyday, this encouraged him to eat healthy, exercise and watch the numbers go down. Now feeling a lot fitter and stronger physically and mentally he is better able to fight the temptation to eat the foods he loved.

Some important things Jeff has learnt on his way to better health is to take control, eat well, get active, and persist, "its a long journey, keep going don't give up, I couldn't successfully achieve my goal without combining a healthy eating plan and exercise. I find I am able to enjoy my life more fully.

You're an inspiration to all of us Jeff, all the best on your continued journey.

Jeff in 2007, 105kg



Jeff in 2010, 80.2kg



Jeff at his goal weight



1 Study Update  
Heart to Heart

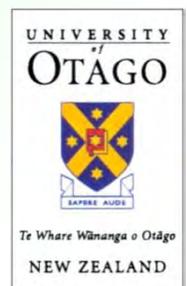
2 In the News  
Great Recipes

**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.**

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

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

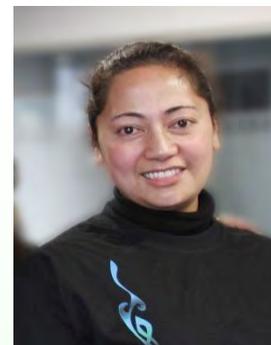
please email these to:  
[clara-ann.paul@otago.ac.nz](mailto:clara-ann.paul@otago.ac.nz)  
or  
[karen.tikaomason@otago.ac.nz](mailto:karen.tikaomason@otago.ac.nz)



## In The News



Vicky Cameron



Allamanda Faatoese

# Lifestyle changes are for LIFE

Many studies have shown that adapting positive lifestyle changes are the key to lowering your risk of cardiovascular disease and its associated risk factors such as, high blood pressure, high cholesterol and type 2 diabetes.

In 2009 and 2010, The Community Heart Study team caught up with many of you to see how well your heart health was 2 years after the first screening clinic. Here are some changes in risk factors that occurred:

**Wairoa Maori** – The average weight decreased from 86kg (2007) to 85kg (2009). The most striking change was seen in obesity rates dropping from 46% to 38%. Average blood pressure readings were 130/83 mmHg (2007) to 133/86 mmHg (2009). Smoking rates also dropped from 40% to 34%.

**Christchurch Maori** - The average weight (82kg) remained the same in 2008 and 2010. Average blood pressures were slightly lower (128/86 mmHg in 2008 versus 123/79 mmHg in 2010) and the smoking rates dropped from 26% to 22%.

**Christchurch non-Maori** – The average weight increased from 76kg to 80kg over the last 2 years. Average blood pressure levels were lower (124/83 mmHg in 2008 versus 123/80mmHg in 2010). Smoking rates dropped from 9% to 7%.

These changes, in particular lower smoking rates, are greatly encouraging. It is important to make changes that you can commit to over your lifetime.

We will be in contact later this year about the 5-year follow-up of The Community Heart Study.

In the meantime, we recommend:

- Reduce or maintain your weight
- Eat a healthy diet that includes fresh fruit and vegetables
- Exercise regularly
- If you are a smoker, STOP smoking
- If you drink alcohol, be moderate with alcohol intake
- Take any medications that your doctor has prescribed for you

## BEEF TORTILLA STACK

(SERVES 8)

Cooking spray  
600g very lean beef mince  
1 cup onion finely diced  
1 tsp crushed garlic  
½ cup corn kernels  
1 cup diced capsicum  
1 x 415g can no added salt crushed tomatoes  
3 Tbsps no added salt tomato paste  
1½ cups water  
1 tsp salt reduced chicken-style stock powder  
2 Tbsps salt reduced taco seasoning  
5 Tortilla sheets  
½ cup 25% reduced-fat grated tasty cheese

Preheat oven to 180°C fan forced

In a large saucepan coated with cooking spray sauté mince. When cooked drain and place in bowl, leave to one side. Add all the remaining ingredients to saucepan except the tortilla sheets and cheese. Bring mixture to boil, simmer 10 minutes. Remove 1 cup of the tomato sauce and leave to one side (this will go on the top). Add the mince back into the remaining sauce and bring to boil. Coat a quiche or pie plate with cooking spray and lay 1 tortilla sheet on base and spread 1½ cups of mince sauce over sheet, repeat this 3 times. Top with last tortilla sheet and cover with reserved tomato sauce, sprinkle cheese over top. Bake for 30 minutes or until cheese has browned. Variation: replace beef mince with 600g very lean chicken mince. Suitable to be frozen.

