

HAUORA MANAWA HEART HEALTH

The Community Heart Study

Oct/Nov 2012

Issue 17

Study Update – Suzanne Pitama

Kia ora Koutou

It is so nice to know that winter is almost over! This year has flown by and we are thankful that there have been a lot less disruptions from earthquakes for the Christchurch community. Since our last newsletter (June 2012) you will have received a package from us containing a questionnaire, a prepaid return envelope and a blood test request form for the 5-year follow up of the Community Heart study.

Firstly, I want to thank those who have already completed their 5-year follow up questionnaires and bloods tests. We hope that your summary of blood tests over the last 5-years encourages you to make and/or maintain positive, heart-healthy lifestyle changes. *Secondly*, I want to encourage those who have not yet completed the 5-year follow-up questionnaire and blood tests, to do it soon (see Competition below). If you have moved out of the Wairoa or Christchurch districts we are still keen to have you involved and can organise for you to have your blood tests done anywhere in the world.

There are two parts to completing the 5-year follow-up.

1. **Questionnaire** – There are several options for you to complete the questionnaire, either by returning your questionnaire in the prepaid return envelope or calling the free-phone number (0800 428672) or filling out the on-line questionnaire (see more details below).
2. **Blood tests** - if you require a copy of the blood test request form to take with you to the blood test centre (Wairoa hospital labs, Canterbury Health labs or at your doctors for those living outside these areas) please do not hesitate to ring (0800 428672) or email Clara-ann or Karen Tikao-Mason (see details in the next column) and we will gladly send you one.

Your participation is key to the success of this research project. Once again we appreciate all you have done to support this research and look forward to telling you more results next year.

Be In to Win \$50 Petrol Voucher - All who have completed the 5th Year Blood test and Questionnaire by the 30th November 2012 will automatically be entered into a draw to win a \$50.00 petrol voucher. There will be two draws, one draw for Christchurch and the other for Wairoa participants.

To complete the questionnaire on line please take note of the following:

- Please enter the website address beginning with **https (not http)** this will ensure that the information entered into this website will be secure and that it records all your information correctly. The full address is:
<https://www.surveymonkey.com/s/communityheartstudy>
- You will be asked to enter your study number, which is located above your name and address on the questionnaire.
- Enter your information and follow the prompts.
- Please give us a call if you have any problems or queries on 0800428672.

1 Study Update with Suzanne -reminder to complete bloods & Questionnaires.

2 In the News-kick start your day with breakfast. Great Recipe

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.

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please email these to:
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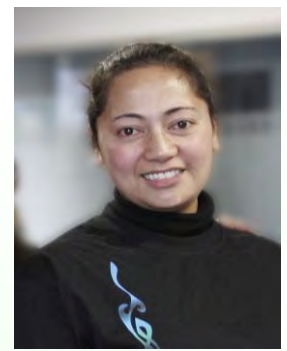




Vicky Cameron

In The News...

Kick Start Your Day With Breakfast



Allamanda Faatoese

We know that eating breakfast is important, but a recent survey reported that nearly half of all Kiwis' skip breakfast because of busy lifestyles. Studies have shown that adults who skip breakfast are more likely to eat foods that are high in fat and sugar, to snack throughout the day and are more likely to be overweight or obese compared to those who regularly eat a healthy breakfast.

Skipping breakfast not only affects adults but also children. A national survey found that NZ children who skipped breakfast had higher rates of obesity and poorer nutrition (lower intake of vitamins and minerals such as calcium and iron and less fibre) than children who regularly ate healthy breakfasts. Parents/caregivers are the best role models for children. When parents/caregivers eat breakfast, children are more likely also to eat breakfast.

Eating healthy breakfasts is associated with many benefits such as improved performance at work and school, less snacking, more likely to eat 5+ a day fruit and vegetables and lower rates of overweight and obesity. Eating a healthy breakfast each day is one tool that the whole whanau/family can do towards healthy living.

Here are some quick, easy and cheap ideas for breakfast which are found on this website:

<http://www.breakfast-eaters.org.nz/>

- **Wheat biscuits and milk** – Topping ideas: fresh, canned or dried fruit
- **Porridge** – Topping ideas: fresh, canned or dried fruit
- **Monkey rolls** – spread one piece of wholegrain (brown) bread with peanut butter and place a banana in the middle and roll the banana in the bread.
- **Left over roast potato / kumara** – Heat leftover potatoes or kumara from last night's dinner in the microwave (about 1 minute on high power depending on your microwave)
- **Smoothies** – 1 Cup skim milk blended with banana or fruit of your choice. Delicious and filling.
- **Toast** – Wholemeal bread - with baked beans or poached eggs.



.....SPRING is in the Air.....

That means warmth, sunshine, barbeques, salads, swimming and exercise

It's a great time to spring clean our health, throw out any bad habits that have caused us problems over winter and look for new ways to be healthy
Spring is all about New Beginnings
our Attitude Determines our Actions
so act now and let's reap the rewards



Mini Beef Rissoles

- | | |
|--|------------------------------|
| ½ medium onion, grated | ½ medium carrot, grated |
| 500g lean beef mince | 2 tbs fresh parsley, chopped |
| 2 tbs barbeque sauce | 1 tbs Worcestershire sauce |
| 2 slices of white bread
made into breadcrumbs | 1/3 c skim milk |
| 200g tomato based salsa | 1 tbs olive oil |

Place onion, carrot, mince, parsley, barbeque sauce, Worcestershire sauce, breadcrumbs and milk in a large bowl. Season to taste with salt and pepper. Use hands to combine mixture. Roll heaped tablespoons of mixture into balls and place on tray lined with non-stick baking paper, repeat until you have 30 meatballs. Heat oil in a large non-stick fry pan over medium-high heat. Cook meatballs in 2 separate batches for approximately 10 minutes, or until cooked through. Cover meatballs with foil to keep warm. Serve meatballs with tomato salsa.