

Nutrition and Physical Activity



Knowledge Bulletin

Issue 11 ◆ 2 December 2020



Welcome to the fortnightly Nutrition and Physical Activity Bulletin (which replaces the HIIRC Weight Management website). The bulletin has a New Zealand focus and provides links to new research, evaluations, guidance, resources and upcoming events on the topics of nutrition, physical activity, obesity, sport and recreation in relation to health and wellbeing.

Key international literature and guidance from similar jurisdictions is also featured.

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Diet and nutrition

[Dietary Patterns, Their Nutrients, and Associations with Socio-Demographic and Lifestyle Factors in Older New Zealand Adults](#)

This cross-sectional analysis of the nutritional value of foods eaten by older people in New Zealand included socio-demographic and lifestyle factors taken from the Researching Eating, Activity and Cognitive Health (REACH) study.

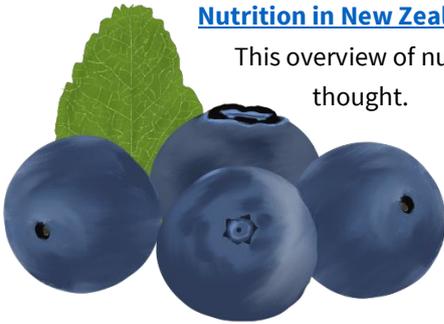
“Understanding relationships between these characteristics and dietary patterns can assist in [more targeted] health promotion.”

The analysis produced three cohorts: those adhering to a primarily Mediterranean diet; those consuming a Western diet; and those who consume what is referred to as a *‘prudent diet’*.

[Nutrition in New Zealand: Can the Past Offer Lessons for the Present and Guidance for the Future?](#)

This overview of nutrition research and the state of play in New Zealand over the last century provides food for thought.

The next steps they advocate are to “...integrate interactions between nutrition and food-related disciplines to promote national food and nutrition security and to enhance health and well-being.” And for an independent national advocacy channel to communicate nutritional science and promote policy and prioritisation.



[Investigating change in the food environment over 10 years in urban New Zealand: a longitudinal and nationwide geospatial study](#)

This study reports the geospatial food trends in urban New Zealand over the ten-year period: 2005-2015.

The change most notable is that of the reduction in distance to fast-food outlets and supermarkets in deprived areas.

Physical activity, sport and recreation

[ISPAH’s Eight Investments That Work for Physical Activity | #8Investments](#)

The International Society for Physical Activity and Health (ISPAH) provides “A call to action for everyone, everywhere, including professionals, academics, civil society and decision makers, to embed physical activity in national and subnational policies.”

The #8Investments that work for physical activity include:

- Active travel
- Healthcare
- Public education, including mass media
- Sport and recreation for all
- Workplaces
- Community-wide programmes
- Whole-of-school programmes.

The slideshow, infographic, full report and overview of each investment podcasts provide a comprehensive resource for any country - their aim: to support countries around the world to achieve global targets of reducing inactivity by 10% by 2025 and by 15% by 2030.



[Health and Wellness Impacts of Traditional Physical Activity Experiences on Indigenous Youth: A Systematic Review](#)

Focusing on indigenous youth in Canada, the United States, New Zealand and Australia, this review looks into the impact of traditional physical activities on health and wellness.

“Overall, the literature described numerous emotional, mental and spiritual benefits of traditional physical activity, and youth experiences were affected by familial and communal relationships, and systemic factors. Among Indigenous youth, this research shows the importance of including traditional physical activity in future programs and partnerships with community expertise.”

Obesity and weight management

[Challenges of making healthy lifestyle changes for families in Aotearoa/New Zealand](#)

This study presents the challenges of families with children/adolescents affected by obesity, who were referred to a multicomponent healthy lifestyle assessment and intervention programme, to make and sustain healthy lifestyle changes.

They found that the key barriers to change included the obesogenic food environment in which we live, coupled with socioeconomic inequities. The authors conclude that, in order for such initiative to achieve traction, broader socio-environmental policy changes are required.

[Child Social Media Influencers and Unhealthy Food Product Placement](#)

This article, featuring in the *American Journal of Pediatrics*, looks at the frequency with which ‘kid influencers’ subliminally promote unhealthy food and beverages on YouTube content.

Relevant to children globally, they found that, “Kid influencers generate millions of impressions for unhealthy food and drink brands through product placement.”

Their recommendation is that regulations should be imposed on YouTube product placement targeting a child audience.

[Healthier Together: Co-design of a culturally-tailored childhood obesity community prevention program for Māori & Pacific Islander children and families](#)

Guided by the Te Ara Tika: Guidelines for Māori Research Ethics to promote respect and equity, the collaborative programme design included input from Australian Māori and Pasifika communities, cultural advisors and health professionals.

The resulting obesity prevention programme, Healthier Together, succeeded in engaging and empowering the participants to tackle childhood obesity in their communities.

[Changes in the Prevalence and Correlates of Weight-Control Behaviors and Weight Perception in Adolescents in the UK, 1986-2015](#)

Conducted by the University College London, this longitudinal cohort study analyses data across 30 years in relation to adolescents’ weight-control behaviours.

They found that poor mental health is increasingly associated with weight-control and perception; and is likely an unintended consequence of the public health focus on obesity.

Their findings highlight the need for weight management campaigns to incorporate mental health messages alongside the promotion of healthy nutritional behaviour, to address the potential for disordered eating.

To read the *ScienceDaily* overview, click on [Dieting and weight worries rise in teens](#), November 16, 2020.



Health promotion

[Health literacy](#)

Health Navigator NZ provides a solid overview of health literacy, its importance in empowering people to make informed decisions about their health and wellbeing and take appropriate actions to improve their health outcomes, as well as the risks associated with low health literacy.

“Health literacy is about improving understanding of health information so that health messages can be understood and, hopefully, acted upon.”

They also reference the Ministry of Health’s [Kōrero Mārama - Health Literacy and Māori - Results from the 2006 Adult Literacy and Life Skills Survey](#) and [A Framework for Health Literacy](#), as guiding papers for health practitioners.

Effects of health literacy, screening, and participant choice on action plans for reducing unhealthy snacking in Australia: A randomised controlled trial

Increasing health literacy alongside interventions as a universal precaution to encourage healthy outcomes is the subject of this evaluation’s dual aims: *to evaluate the impact of health literacy and action plan type on unhealthy snacking for people who have high BMI or type 2 diabetes (Aim 1) and the most effective method of action plan allocation (Aim 2).*

While the study found no statistically significant results in the outcome measures, and proved to be relatively more costly to implement on a universal basis, the researchers conclude that targeting just those with low health literacy may be a way forward to cost-effectively include health literacy in such interventions; i.e. to be ‘*literacy-sensitive*’.

Non-communicable diseases

Motivation and Barriers to Maintaining Lifestyle Changes in Patients with Type 2 Diabetes after an Intensive Lifestyle Intervention (The U-TURN Trial): A Longitudinal Qualitative Study

This longitudinal study, published in the *International Journal of Environmental Research and Public Health*, belongs to a Special Issue: [Research into Obesity and Diabetes Prevention and Effectiveness](#).

Patients were interviewed at various points during their involvement in the U-TURN trial, a one-year, intensive lifestyle intervention for type 2 diabetes patients.

Five themes emerged that are key to maintaining lifestyle changes and diabetes self-management:

1. Social support and relatedness.
2. Achievement of results.
3. Support from healthcare professionals.
4. Identification with and acceptance of the new lifestyle.
5. Coping with ongoing challenges.

“For sustainable progress after an intensive intervention, the changes must be adopted and endorsed by patients and co-opted into their social setting.”

‘I don’t accept the status quo’: Dr Matire Harwood on achieving health equity in Aotearoa

This article features in *MiNDFOOD*, October 2020.

‘As a GP, university lecturer and clinical researcher, Dr Matire Harwood is committed to finding effective ways to achieve equity in health outcomes for everyone in New Zealand.’

This article details the work of Dr Matire Harwood to support and enhance health outcomes for Māori and Pasifika.

“A lot of the research to date in the area of indigenous health has been recording inequities and access to and through the health system. My research tends to focus on developing and testing interventions that might actually achieve equity,” she explains.

Tools and resources

[ANZAED practice and training standards for mental health professionals providing eating disorder treatment](#)

This article details the principles and clinical guidelines recently developed by the Australia & New Zealand Academy for Eating Disorders (ANZAED) to be used by treatment providers.

The guidelines outline the minimal standards required for clinical work in this area, as well as inform requisites for training providers.

The practice and training standards include:

- The foundations of eating disorder treatment.
- Assessment, diagnosis and intervention.
- Monitoring and evaluation.

[Credentialing for eating disorder clinicians: a pathway for implementation of clinical practice standards](#)

This article calls for the credentialing of the above discussed clinical practice standards, so as to ensure people with eating disorders receive consistently safe and effective treatment.

“Drivers for credentialing include the imperative to provide safe and effective care, promotion of workforce development in eating disorder practice and, importantly, readily available and transparent information for referrers, consumers and carers, to identify health professionals credentialed to provide eating disorder treatment.”

News

[Researcher says Hawke's Bay uniquely poised to do free school lunches right](#)

Hawke's Bay Today, 23 September 2020

Pippa McKelvie-Sebileau is the project co-ordinator of Nourishing Hawke's Bay: He wairua tō te kai, a collaborative project between EIT and the University of Auckland, which aims to improve food environments for children in the Hawke's Bay.



There are currently 21 Hawke's Bay schools participating in the Government's free and healthy school lunch programme and an additional 44 have been signed up.

The programme is targeted at schools where students are facing the 25 per cent highest level of disadvantage and socio-economic barriers.

[School zoning could increase adolescent exercise rates, Otago researcher](#)

Otago University, 12 October 2020

In a recently-published paper, Associate Professor Michael Keall from the University of Otago's Department of Public Health, Wellington led a team of international researchers to examine how school choice influences how adolescents travel to school.

Ministry of Health guidelines for adolescents call for an accumulation of at least one hour a day of moderate to vigorous physical activity.

“Parents need to consider their choice of school from the point of view of opportunities to use active travel to school, which has important benefits for health and wellbeing of the child both now and into the future, as this establishes habits and norms for adulthood.”

The lack of school zoning typically means a proportion of students have to travel further to school, and this journey is more likely to become motorised as the distance from home to their school increases, he says.

“This greater distance then deprives students of important opportunities for physical activity they would otherwise get from walking or cycling to school.”

“Policy makers need to consider the public health considerations of this research when deciding on school zoning policies.”

Upcoming events

[Courses offered at the Public Health Summer School](#)

University of Otago, Wellington

The 2021 Public Health Summer School will offer 24 short courses (1–2 days long) presented by an outstanding faculty of public health academics and practitioners. There are 12 new courses as well as 12 of our most popular core courses. Courses vary from small group computer lab classes to interactive workshops and multi-speaker symposiums.

You are invited to register in a single course or create a programme based on your interests.

