



Nutrition and Physical Activity



Knowledge Bulletin

Issue 13 ♦ 19 January 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, news and upcoming events on the topics of nutrition, physical activity, weight management, noncommunicable diseases and sport and recreation in relation to health and wellbeing.

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

You can forward this bulletin to others who may be interested in receiving it. They can register and subscribe [here](#). You can also access other recent issues of the bulletin [here](#).

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If you have any queries and if you would like to submit content for inclusion in the NPA Knowledge Bulletin, please email npa@researchnz.com

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Happy new year!

Wishing you well for 2021!

Diet and nutrition

[Diet Quality Indices Used in Australian and New Zealand Adults: A Systematic Review and Critical Appraisal](#)

This review critiques the diet quality indices (DQI) that have been applied to assess the quality of New Zealand and Australian adults' nutritional epidemiology status.

They found that inconsistencies exist, such that *“Further work is needed to enhance the construction of all Australian and New Zealand DQI, especially in terms of dimension and structure, for alignment with recommended construction criteria.”*

[Aquatic Foods and Nutrition in the Pacific](#)

This study analyses the nutritional content of seafood and levels of consumption amongst Pacific peoples, with an aim to understand why diet-related ill health is so prevalent in the region.

[Food and nutrition education opportunities within Australian primary schools](#)

Published in *Health Promotion International*, this Australian study explores the opportunities school settings offer for children's extended learning about healthy eating, as well as the barriers that get in the way.

Related articles include: [Policymakers' perspectives on designing school-based health initiatives for Victorian adolescents](#) and [Co-participation in physical activity: perspectives from Australian parents of pre-schoolers](#).

[Identifying needs and uses of digital Indigenous food knowledge and practices for an Indigenous Food Wisdom Repository](#)

This Canadian study investigates the value of indigenous food sovereignty and security, as well as how to access and retain this knowledge, as a means to counteract colonial food issues faced by indigenous peoples.

[Fruit and Vegetable Knowledge and Intake within an Australian Population: The AusDiab Study](#)

This study examines the dietary knowledge in relation to recommended fruit and vegetable intake amongst Australians, in order to ascertain whether targeted messages should be sent to population sub-groups at risk of low intake.

[Child-centered food systems: Reorienting food systems towards healthy diets for children](#)

This international research provides a model and tools to identify actions required to reorientate food systems to provide and promote healthy diets for children.

Relatedly, and closer to home, Massey University School of Health Sciences senior lecturer [Geoff Kira](#) spoke late last year on the issue of food insecurity in Aotearoa. ANA also provides his slideshow, [here](#).

As reported in the [Otago Daily Times](#), ‘One in three New Zealanders suffered from malnutrition — they got enough (or too many) calories but not enough nutrients because they were eating fast food rather than nutritious fruit and vegetables.

“Obesity is usually the outcome of eating food low in nutrition rather than eating too much, and is often a result of poverty and food insecurity,” he says.’



Physical activity, sport and recreation

[Waiora: Connecting People, Well-Being, and Environment Through Waka Ama in Aotearoa New Zealand](#)

This research explores the wellbeing effects of waka ama.

Beyond physical fitness, waka ama connects the paddlers to the natural, cultural and spiritual environment around them, enhancing waiora – the health and wellbeing of the individual, community and environment.

[Outdoor Play Strategy | First Phase Evaluation](#)

The Lawson Foundation, Canada, is a philanthropic foundation that supports charitable initiatives that impact the wellbeing of children and youth.

One of their core areas of focus is [The Outdoor Play Strategy](#), which is a staged programme designed to support the healthy development of children and youth.

“Outdoor play supports multiple developmental benefits: healthier, more active children; self-regulation and resilience; social skills through interacting and negotiating with others; and learning through play. Given the critical importance to development, children from all social, ethnic and economic backgrounds require play-rich opportunities in the outdoors.”



In December 2020, the foundation released the [evaluation reports](#) of the first phase of the initiative: [The philanthropic report](#) that promotes the value of funding and building relationships across the sector; and the [outdoor play sector report](#) that provides insights for the sector to optimise its reach and success.

Obesity and weight management

[Double-blind RCT of fish oil supplementation in pregnancy and lactation to improve the metabolic health in children of mothers with overweight or obesity during pregnancy: study protocol](#)

This clinical trial will aim to assess the benefits of supplementation on outcomes for pregnant women who are overweight or obese and their offspring.

The research has Ministry of Health Ethics Committee approval to proceed.

[Anti-obesity public health messages and risk factors for disordered eating: a systematic review](#)

This research reviews the impact of Australian and international public health messaging in relation to obesity and unhealthy eating.

The paper addresses the concern that the barrage of anti-obesity or weight management messaging may well have the unintended consequence of promoting unhealthy eating disorders, such as anorexia nervosa and bulimia, as well as psychosocially detrimental impacts on those who are or perceive themselves to be overweight, due to the stigmatization of overweight persons.

Health promotion

[The failure of health promotion for marginalised populations](#)

This research looks at the factors that impede health messaging getting through to marginalised peoples in New Zealand.

Specifically, they investigate the political nature of health promotion and how and why criminal gang members and their whānau fly under the radar when it comes to health messaging and initiatives.

The researchers propose that similar dissonance is experienced by other disenfranchised parts of the community.

[Health literacy can improve inequities](#)

This research explores how health literacy facilitates access to healthcare services, overcoming barriers of institutional inequity from the perspective of Māori.

[Framing climate change and health: New Zealand's online news media](#)

This discussion focuses on the role media plays in the way they frame the call to action for the public to act to mitigate climate change in New Zealand in a bid to improve public health.

“Previous literature has suggested that certain types of framing may be more effective than others at encouraging support for climate action and policy.”

[Effects of Activity Tracker Use With Health Professional Support or Telephone Counseling on Maintenance of Physical Activity and Health Outcomes in Older Adults: Randomized Controlled Trial](#)

This Australian research looks at the potential for new technology (e.g. wearable activity trackers) to provide the ongoing support required to maintain the motivation for older people to continue engaging in lifestyle changes.

Non-communicable diseases

[Sleep for a Good Cause](#)

The American Centers for Disease Control and Prevention (CDC) provide advice for better diabetes management via improving sleep patterns.

Tools and resources

[Processed foods symposium: How to communicate about what we \(don't\) know?](#)

The EUFIC (European Food Information Council) online symposium programme and slides provides a range of perspectives on processed foods.

“The aim of the symposium was dual: to recognise the key points of scientific (dis)agreement, and to identify opportunities for and barriers to balanced, evidence-based communication around the topic.”

[PD webinars](#)

These Professional Development teacher resources, produced by Vegetables NZ and the NZ Heart Foundation, include:

- FSANZ: Food Regulation & the future of trust.
- Adaptability and cooking confidence in the kitchen.
- The cost of convenience.
- Exploring the complex world of eating patterns.

[2020 HVN Clinical Trial, Market and Regulatory Updates available](#)

High Value Nutrition's Science of Food Enabling Programme has published the latest *Scanning the Horizon* reports and factsheets, prepared by Lynley Drummond, Director at Drummond Food Science Advisory Ltd.

Resources include:

- Digestive health, Immune health, Infant health and Metabolic health factsheets.
- Clinical trial, Market and Regulatory update reports.

[Diabetes New Zealand's 2020 Annual Review published](#)

The [Diabetes NZ Annual Review](#) highlights the organisation's achievements over the past year, challenges therein and ongoing goals to support our diabetic community.

[Diabetes Action Month 2020: Love Don't Judge](#)

The 2020 Diabetes Action Month Love Don't Judge campaign in November raised awareness of the realities of living with diabetes, including diabetes distress and the effects diabetes can have on emotional and mental health. Diabetes NZ led this conversation across many communication platforms, reaching millions of New Zealanders with this key messaging.

Resources produced by Diabetes NZ to support the campaign include webinars – *Diabetes Q&A* and *Diabetes and whānau*, as well as a new [Diabetes distress resource](#).

[Active NZ Data Visualisation Tool](#)

Explore and visualise Active NZ survey data across New Zealand and in your region.

The Data Visualisation Tool provides the sector with access to relevant information from Sport NZ's [Active NZ survey](#). The survey collects participation data from ages 5-plus across New Zealand, and this tool displays the data that has been collected from 2018 and 2019.

Built on the software platform, Tableau, the tool allows you to delve into data across New Zealand and specific to your region. The dashboards will also help you drill down into targeted insights, and you can easily share the information you find via email.

News

[Healthier Lives grant to research prevention programme for diabetes](#)

Massey University news, 11 December 2020

Non-communicable diseases, such as cancer, obesity and diabetes are conditions that plague every culture and community, but it is how to prevent these that one Massey University academic is hoping to uncover.

Dr Ridvan Firestone and her research team have been successful in the latest round of funding for the National Science Challenge for Healthier Lives grant.

With the help of funding, they will work towards creating a diabetes prevention programme for Pacific communities.

“There really hasn’t been any focus on diabetes prevention, so this is a unique opportunity to be able to focus on diabetes prevention from a culturally-centred viewpoint, and this is important because people’s values and practices typically centred around family and their wider community.”

[Researchers sound alarm on sugary drinks](#)

University of Auckland news, 18 December 2020

Almost 80 percent of drinks in New Zealand supermarkets are sugary, swelling health risks and indicating industry self-regulation is failing, researchers say.

The study, [Seven-year trends in the availability, sugar content and serve size of single-serve non-alcoholic beverages in New Zealand: 2013–2019](#), published in the international journal *Public Health Nutrition*, was led by Dr Teresa Gontijo de Castro and Dr Sally Mackay from the Department of Epidemiology and Biostatistics in the School of Population Health in the Faculty of Medical and Health Sciences.

[New HVN PhD Scholarship](#)

High Value Nutrition, National Science Challenges, 18 December 2020

Georgia McLellan is a PhD student from the University of Auckland and has received funding from HVN to explore how novel Māori food / nutrition economies develop in Aotearoa New Zealand, including historical and contemporary enterprises.

“Through my PhD research, I intend to explore how novel Māori food economies are being made,” says Georgia.

Upcoming events, activities and notifications

[Advisor, Nutrition and Physical Activity | Wellington](#)

The Ministry of Health has an exciting job opportunity!

We are looking for a motivated Advisor to join the Nutrition and Physical Activity team in the Public Health Group for a fixed term until June 2023.

This role offers you challenging opportunities to demonstrate your specialist skills as you develop operational policy and provide technical advice on nutrition and physical activity at a population level for New Zealanders.

Please click on the link above for a full job description. Applications close on 24 January, so be quick!

[Healthy Start Professional Development programmes](#)

Registration is open for both the Healthy Start Early-life Science programme and Healthy Conversation Skills training.

- The early-life science online programme explores the science around why good nutrition and physical activity are so important for lifelong health, especially in the crucial first 1000 days.
- The Healthy Conversation Skills workshop provides practical skills and tools to help you support clients or patients to make lasting health-related lifestyle behaviour changes.

[Fundamentals of Obesity Treatment Virtual Course](#)

Gain the tools you need to start treating obesity more effectively at the Fundamentals of Obesity Treatment Course!

Attend the 1.5-day course in 2021 and learn how to begin developing and implementing comprehensive, evidence-based treatment plans for your patients with obesity.

Course dates:

- **February 26-27**
- **June 25-26**
- **November 12-13**

[Obesity Medicine 2021 Conference, April 21-25](#)

Learn how to treat obesity and implement new approaches in your practice at the [Obesity Medicine Association](#) conference!

The disease of obesity is associated with hundreds of serious chronic conditions, but those complications can be addressed efficiently and effectively when you *Treat Obesity First*. Treating obesity at the root will help you better manage your patients' obesity-related conditions, and it will help your patients improve their overall health for life.

The Obesity Medicine 2021 Conference is the leading medical obesity conference providing clinical obesity treatment education for physicians, nurse practitioners, physician assistants, nurses, dietitians and nutritionists, pharmacists, psychologists, allied healthcare providers, residents, and medical students. With the theme of *Treat Obesity First*, the conference will equip you with practical strategies to address obesity on the front lines and assess, diagnose, counsel, and treat your patients with obesity more effectively.

[ACNEM Conference in June](#)

The decade of 2020-2030 has been declared *the Decade of Healthy Ageing*, endorsed by the 73rd World Health Assembly.

Populations around the world are ageing at a faster pace than in the past and already there are more than 1 billion people aged 60 years or older worldwide. The impact of this demographical transition will be felt in all aspects of society globally.

In the 2021 ACNEM Healthy Ageing Conference, we explore what healthy ageing is, what factors contribute to it and conversely, what might hinder it, through the lenses of ACNEM's Four Pillars of Health and the WHO's dimensions of functional ability.

Join us for two days of presentations and workshops on **19-20th June in Melbourne** featuring some of the world's leading thinkers in the arena of healthy ageing.

Register your expression of interest and be first to be notified when conference tickets go on sale.

[Tohu Manawa Ora – the Heart Foundation programme supporting early learning services](#)

Tuesday, 26 January 2021, 12 – 12.45PM, ONLINE

The Heart Foundation has delivered the Tohu Manawa Ora (Healthy Heart Award) in early learning services since 2002. It is an established, innovative and credible programme that helps early learning services build an environment that promotes healthy eating and physical activity.

The award emphasises the impact of early childhood nutrition and physical activity on children's health and development, both now and in their future and is offered free of charge.

In this webinar, hear more about how the Heart Foundation has evolved the programme to meet the complex needs of children and the support offered by its team of 21 nutrition advisors across Aotearoa.

[The food curriculum project – Investing in the life skills of NZ children](#)

Thursday 4 February 2021, 12 – 12.45PM, ONLINE

The New Zealand school curriculum states; 'it is expected that all children will have had the opportunity to learn practical cooking skills by the end of Year 8'.

Research conducted by Massey University dietetic students in 2016 explored food programmes being taught in Year 8. The research found discrepancies in what was being taught, the foods being made, the length of the course and the skills taught.

Over the past two years, vegetables.co.nz and the Heart Foundation have produced resources and launched a Year 8 Unit plan to assist teachers to deliver the curriculum. In 2020, Massey University students repeated this research to see what had changed.

A summary of the findings will be presented at the webinar.

[Growing Up in New Zealand study: Nutrition-related findings](#)

Tuesday, 2 March 2021 12 – 12.45PM, ONLINE

Presenters: Dr Sarah Gerritsen and Professor Clare Wall

Growing Up in New Zealand is a cohort study following more than 6,000 children born in the Auckland, Counties Manukau, and Waikato District Health Board areas in 2009/10. Participating children and their families generously give their time to the study, with face-to-face data collection waves taking place every two-to-three years.

The research is focused on what works to optimise child development and wellbeing, and has released interesting findings about what young children in Aotearoa are eating and how policy makers and practitioners can support good nutrition in the early years.

In this webinar, Sarah and Clare will present selected key results from the first ten years of the study, covering the topics of maternal diet in pregnancy, infant feeding, family eating behaviours, food in education environments and food insecurity.

