



Nutrition and Physical Activity



Knowledge Bulletin

Issue 5 ◆ 2 September, 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

[Creating Healthy Food, Building Healthy Families: An Evaluation of a Healthy Cooking Healthy Lifestyle Programme in New Zealand](#)

Stephen James Cameron's thesis, submitted to Auckland University of Technology in partial fulfilment of the requirements for the degree of Master of Public Health (MPH), evaluates the Healthy Cooking Healthy Lifestyle Programme, developed in 2009, which is a health support service for Bay of Plenty Māori communities.

The aim of the programme is to address the issue of increasing levels of obesity by instilling health culinary knowledge amongst the parents in the community.

While results indicate that the programme delivery was successful in empowering and motivating participants to apply their learnings at home and increased the use and appreciation of vegetables in their diet, the scope of such community-based programmes is limited. Therefore, to achieve greater traction in reducing the consumption of unhealthy foods more widely, the research highlights the importance of government intervention.

[The healthiness and sustainability of food based dietary guidelines](#)

This editorial discusses the recent introduction of the consideration of sustainability in relation to government-led dietary guidelines.

Looking at guidelines from 85 countries, as well as global guidelines from the World Health Organisation and the EAT-Lancet Commission, the analytic modeling predicts both health and environmental outcomes that could result if populations adhered to plant-based diets.

[Energy-dense, nutrient-poor food and beverage sales in Australia: where and when products are sold, and how sales are changing over time](#)

This study examines the sales trends of these unhealthy foods and beverages per capita over time in Australia.

The results indicate that, in spite of policy and initiatives to promote healthy eating, there have been no reductions in consumption and call for more stringent use of public policy in this area.

Physical activity, sport and recreation

[A gender-sensitised weight-loss and healthy living program for men with overweight and obesity in Australian Football League settings \(Aussie-FIT\): A pilot randomised controlled trial](#)

Sports settings are proven to be invaluable for promoting physical activity interventions, particularly for males.

This pilot evaluation assesses the feasibility of such an initiative – the Aussie-FIT weight-loss programme for men with overweight/obesity, prior to its rollout.

The six-month programme was found to be successful in increasing physical fitness and assisted with weight loss in participants. However, limitations included a skew toward the programme in primarily attracting overweight individuals whose levels of fitness were relatively high and retention issues.

[How does active travel help health and wellbeing in New Zealand communities?](#)

A timely research project co-funded by New Zealand's National Science Challenges – Ageing Well and Healthier Lives is looking at how our urban areas can be retrofitted to better support active transportation.



Led by Professor Karen Witten, the ACTIVATION project will investigate the impact of transportation and infrastructure upon community health and wellbeing.

“Physical activity promotes healthy ageing,” says Ageing Well Director, Associate Professor Louise Parr-Brownlie (Ngāti Maniapoto me Te Arawa). *“Active travel has important health and wellbeing benefits for individuals and whānau and may, in turn, generate collective community-wide benefits of safety, social connectivity and air quality.”*

“Physical activity resulting from active travel also has the potential to reduce risk factors for non-communicable diseases,” says Healthier Lives Director, Professor Jim Mann.

Obesity and weight management

[The Effects of Diets Enriched in Monounsaturated Oleic Acid on the Management and Prevention of Obesity: a Systematic Review of Human Intervention Studies](#)

This review highlights the potential for diets rich in monounsaturated oleic acid to address obesity issues, as this is an effective means of regulating body weight. An added advantage is that such diets reputedly also influence energy expenditure.

[Nutrition management of obese critically ill adults: A survey of critical care dietitians in Australia and New Zealand](#)

This research looks into the management of the diets of obese patients admitted to ICUs in New Zealand and Australian hospitals.

Most dietitians use the European Society of Parenteral and Enteral Nutrition (ESPEN) guideline recommendations, but the researchers conclude that further research is required to establish whether this is consistently applied and where and why variation exists.

[“And it snowballed from there”: The development of orthorexia nervosa from the perspective of people who self-diagnose](#)

This research explores the perspectives of those who disclose their condition as orthorexia nervosa and discuss the factors that have contributed to their anxiety in relation to food.

The discussion includes the identification of risk factors, symptoms and recovery from this condition, which, in simplistic terms, is described as an obsession with ‘healthy eating’.

Health promotion

[Effects of food policy actions on Indigenous Peoples’ nutrition-related outcomes: a systematic review](#)

This review looks at the outcomes of food policy and interventions in Canada, Australia, Aotearoa/New Zealand and the USA to identify the impact these have had on indigenous peoples in terms of food security, malnutrition and obesity.

They identify the priority areas that have the greatest impact as being those that promote the availability, access and affordability of healthy foods. However, they note that further work is required to address the issue of unhealthy food advertising and marketing, particularly as this disproportionately affects indigenous communities in urban areas.

[What Healthcare Professionals Think of “Nutrition & Diet” Apps: An International Survey](#)

This international study looks at health professionals’ assessment and considerations of the many mobile apps available to support their work with patients requiring nutritional and dietary advice and support.

Interestingly, while validation of apps was relatively high on the choice-list, ease and cost were top-most.

Validation criteria included the level of accuracy of food composition databases and lack of local support, as well as the more practical barrier of patients’ lack of tech savviness and access to smartphones.

[A qualitative study of the role of Samoan Church ministers in health literacy messages and health promotion in Auckland, New Zealand](#)

Given the importance of these respected leaders in the Samoan community, they are in a position to most effectively deliver health messages to their congregations and, as this study highlights, consider it their duty to do so, as they take responsibility for the wellbeing of their people.

The research describes how elders and chiefs are instrumental in overcoming the many barriers to health messages being taken onboard by Pasifika peoples when delivered via the usual channels (e.g. media campaigns, primary caregivers).

Church-based health programmes, e.g. Enea Ola, Pacific Healthy Eating Healthy Activity (HEHA), have been successfully delivered via this strategy and, as the research shows, have proven to be effective in modifying behaviour in a number of areas, including the promotion of healthy eating and physical activity.

Non-communicable diseases

[Supporting priority actions in the food and nutrition system](#)

The Australian Prevention Partnership Centre's project: *Diet and chronic disease prevention: supporting implementation of priority actions in the food and nutrition system* commenced in May 2018, with an aim to address the nation's burden of disease resulting from poor diet and contributing to overweight and obesity, malnutrition and chronic diseases.

The strategy is to identify how to influence dietary behaviour, in order to support public policy and stakeholders to drive change in the Australian food system and address the diet-related health of the population.

They also provide a summary report on the current and future trends in chronic disease prevention research in Australia and globally: [Marks L, Howse E, Rychnick L, Wilson A. Current and future trends in chronic disease prevention: Thematic analysis of grey and scientific literature. The Australian Prevention Partnership Centre. April 2020.](#)

[Primary care improvement case study: West Coast Primary Health Organisation: Improving access to care and the journey for Māori and whānau with diabetes](#)

The Whakakotahi project developed a model of care to enhance the support the local medical centres provide for their Māori and Pacific patients with diabetes to achieve better outcomes.

While the Māori and Pacific patients make up a small proportion of those in the area with diabetes, they experience suboptimal outcomes in a number of areas.

The outcomes of the project include a series of case studies providing input into key learnings to take forward to optimise the primary care and support of vulnerable groups with diabetes.

[How do we support walking prescriptions for type 2 diabetes management? Facilitators and barriers following a 3-month prescription](#)

This research, led by Andrew Reynolds of the University of Otago Department of Medicine, Department of Human Nutrition and Edgar Diabetes and Obesity Research Centre at the university, describes the motivations and inhibitors to adhere to the initiative of prescribed physical activity routines by primary healthcare professionals.

They found the key motivators or facilitators that encourage participation in physical activity include developing routines; familial/social support; feeling the health benefits; and health professional contact. Barriers requiring practical solutions to address related to fears of nighttime outdoor activity and preferences for sedentary behaviour.

Tools and resources

[Food Bites Podcast - What is Natural?](#)

In this podcast [ALL THINGS NATURAL](#) is discussed and the following questions are answered:

- What does 'natural' mean in food?
- What are the benefits of choosing 'natural'?
- The difference between natural and organic
- What food products can claim to be 'natural'?
- Should we spend our precious money choosing 'natural' products?

[Diabetes in schools](#)

The National Child and Youth Clinical Diabetes Network, in consultation and collaboration with consumer representatives, has undertaken significant work looking at available school diabetes health resources across New Zealand, identifying educational gaps and determining specific resources required to support the safe care of children and youth with diabetes in schools.

One of the primary outcomes of this work is the development of a collection of [diabetes action and management plans](#). This collection of documents is intended to provide a formal guide for the consistent care and management of children and young people with diabetes in schools and early childcare organisations.

The diabetes action and management plans are the original work of collaboration between Diabetes Victoria, The Royal Children's Hospital and Monash Children's Hospital, Melbourne, Australia. They have been adapted in consultation with the Paediatric Society of New Zealand and the National Clinical Diabetes Network for use in New Zealand. They are based on current best practice evidence for diabetes care for young people with type 1 diabetes (ISPAD 2014, APEG 2011).

[9 food and heart health myths, busted](#)

The Australian Heart Foundation provides the facts behind some common myths about food choices and heart health.

Key takeaways

- There are lots of myths out there around food and heart health
- It's important to be able to separate fact from myth to eat well for your heart
- Heart healthy eating is the holistic combination of food you eat over time
- No single nutrient or food will cause or prevent heart disease on its own.

The Heart Foundation also provides guidance about what [foods to eat to lower blood pressure](#).

Also of value are The American Heart Association's recommendations regarding cardiac-healthy foods: [The American Heart Association Diet and Lifestyle Recommendations](#).

News

[Sport NZ's new \\$68 million community fund](#)

24 August 2020

Applications are now open for Sport NZ's new fund – Tū Manawa Active Aotearoa – for community-based programmes and projects targeting those tamariki and rangatahi (young people aged 5 to 18) at most risk of missing out or being less active.

"We really want Tū Manawa to make a difference for those missing out, and that means ensuring this funding is supporting programmes and projects operating in local communities, based on the needs of those communities," says Sport NZ CEO Peter Miskimmin.

[Primary care improvement case study: The Hutt Union and Community Health Service diabetes improvement project](#)

Health Quality & Safety Commission New Zealand, 13 August 2020

This project, initiated by the Hutt Union and Community Service in response to the first national Whakakotahi Primary Care Quality Improvement Challenge, was designed to reduce blood glucose levels amongst its largely low decile Māori and Pacific community.

The key drivers for change were patient empowerment and better processes to manage diabetes. The process maps, change ideas and tools they used developed a novel and effective way of identifying and managing diabetes care pathways, care plans and medication information that has now largely been incorporated into the services' usual practice.

To read the full case study, click [here](#).

[The health benefits of community gardening](#)

Kerry Ruck, Kai Tiaki Nursing New Zealand, Vol 26(6), July 2020

Community gardens can provide many benefits – improved health literacy and nutrition, physical exercise and social connection. Primary health care nurses are well placed to champion such initiatives.

The key benefit of community gardening is improving the health literacy of patients, which inherently results in improved and sustainable outcomes.

“Health literacy is becoming an increasing focus for organisations wishing to instigate change and improvements in the health of their patient communities.”

Upcoming events

[16th World Congress on Public Health](#)

[Public health for the future of humanity: analysis, advocacy, and action](#)

Rome, online 12 October 2020

The theme of the Congress, Public health for the future of humanity: analysis, advocacy, and action, shows the commitment by global public health community in responding to new challenges of climate change, poverty and inequalities that are leading to mass migration and conflict. These new circumstances are also a threat to health. We, as a global public health community, must challenge and hold to account those with the power to make a difference. And we must act, making real our commitment to health in all policies.

For FAQs and registration, click [here](#).

[Disorders of the digestive tract and probiotic use- Dispelling myths](#)

The microbiome of the gut is currently the topic of intense research for many gastrointestinal disorders. There are consistent discoveries of the links between the microbiome and diseases of the digestive tract.

During the webinar (21 October-31 December 2020), speaker, [Dr Mani Naghibi](#) will explore the overlapping terminologies, evidence for changes to the microbiome due to modern life and evidence of links between the microbiome and irritable bowel syndrome, antibiotic associated diarrhoea and clostridium difficile (C. Diff). There will also be a review of the evidence supporting and discounting the use of probiotics in the treatment of these digestive disorders. Along the way Dr Naghibi will look to dispel myths that have developed around this topic, with helpful hints for everyday use.



