



# Nutrition and Physical Activity



## Knowledge Bulletin

Issue 7 ◆ 30 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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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](mailto:npa@researchnz.com)

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*Thank you to all who shared their views about the bulletin in the subscriber survey!  
It's great to have your feedback!*

## Diet and nutrition

### [Does labelling of healthy foods on menus using symbols promote better choices at the point-of-purchase?](#)

This article, by Rajshri Roy and Deema Alassadi, from The Discipline of Nutrition and Dietetics, University of Auckland, explores how symbols identifying healthy options on a campus menu affect consumer behaviour.

They found that, over the four-week trial, the symbols increasingly influenced behaviour and, over time, may even surpass other purchasing factors, such as taste and price.

### [Disordered eating from pregnancy to the postpartum period: The role of psychosocial and mental health factors](#)

This Australian study takes a closer look at the postpartum period, known to result in women being at high-risk of developing various eating disorders.

They found that self-compassion was a psychosocial factor that should be explored when providing antenatal care and interventions.

### [Are meal kits health promoting? Nutritional analysis of meals from an Australian meal kit service](#)

With the growing demand for and supply of convenience meal kits in Australia and elsewhere, it is important to assess how well they support healthy diets, as they can influence individuals' dietary behaviour and ultimately, population health.

They found that, while meal kits tend to be on the healthy side, more could be done to align them closer to national dietary guidelines.

## Physical activity, sport and recreation

### [Healthy diet and exercise during pregnancy could lead to healthier children, study finds](#)

**King's College, London, 11 September 2020**

New research shows improving the lifestyle of women with obesity during pregnancy could mean long-term cardiovascular benefits for their children.

[The study](#), led by King's and supported by the British Heart Foundation and Tommy's charity, examined how an antenatal diet and physical activity intervention in pregnant women with obesity could positively influence the health of the women and their children three years after giving birth.

The UPBEAT trial is a randomised controlled trial which aims to improve the diet and physical activity of obese pregnant women across the UK. Women who were given a diet and exercise intervention were compared to women in a control group, who made no changes to their lifestyle during pregnancy.

*"Obesity in pregnancy is a major problem, because it can increase the risk of complications in pregnancy, as well as affecting the longer-term health of the child. This study strengthens my resolve to highlight just how important it is that we give children a healthy start in life."* – Senior author Professor Lucilla Poston, Tommy's Chair for Maternal and Fetal Health

## Obesity and weight management

### [Obesity and weight management for people with learning disabilities: guidance](#)

This publication, by Public Health England, provides detailed guidance as to how health professionals can better support people with learning disabilities manage weight-related issues.



*“It includes useful things to consider when treating a person with learning disabilities and insights into their experiences of healthcare.”*

The guidance is accompanied by an *Easy-read summary*, [Making reasonable adjustments to obesity and weight management services for people with learning disabilities](#), which is pictorial and written in easy to understand language to share with clients.

### [“We only have the one”: Mapping the prevalence of people with high body mass to aid regional emergency management planning in aotearoa New Zealand](#)

In the interests of disaster relief, this research fills a knowledge gap for emergency planning, by mapping the prevalence of people with higher body mass across the country.

The researchers call for further research to refine the geographical scale and local risk-factors, so that this can better support emergency services cope with their community’s needs in emergency situations.

### [Exploring the role of goal setting in weight loss for adults recently diagnosed with pre-diabetes](#)

This evaluation of a practice nurse-led prediabetes dietary intervention involving goal setting to assist with weight loss was conducted in two provincial cities in New Zealand over a 6-month period.

The feasibility of the programme was found to be contingent on participants’ readiness to change and their level of social support, while challenges included factors such as health issues, stress and low mood.

The evaluation supports the use of goal setting as a strategy, but emphasises that goals need to be simple and focus on those likely to have the greatest impact, from a clinical and/or personal perspective.

## Health promotion

### [Toi Te Kupu - He papakupu toiora \(Māori to English and English to Māori Dictionary\)](#)

#### **Updated free Māori Dictionary - Toi Te Kupu – hold fast to the language!**

*Toi Te Kupu* is a Māori-to-English and English-to-Māori dictionary about kai, cooking, our body and our mind. It is the result of the commitment of the Heart Foundation and Māori Health Provider, Toi Tangata, to improve the health of families and whānau in New Zealand.

The resource was developed to empower everyone in Aotearoa to have conversations with tamariki and mokopuna about the importance of food and health in te reo Māori.

*“At the Heart Foundation, we have a responsibility to teach children about the importance of healthy food, a healthy body and a healthy mind. In doing so, we ensure that future generations will continue to share this knowledge and live a lifestyle that can reduce their risk of developing heart disease,”* says Heart Foundation Chief Executive Clive Nelson.

*“Teaching these kupu (words) to children, so they grow up with the knowledge of both the te reo Māori and English translations, allows all children to develop an understanding of the history, culture and language that underpins Aotearoa,”* he says.



The book includes stories of the Atua and the foods of Tāne, Tangaroa, Haumia and Rongo. Words (kupu) for vegetables, nuts, fruits, legumes and pulses, breads and cereals, meat and eggs, dairy products, drinks and beverages and types of snacks are also included. It explains the digestive system, cooking and preparation methods and the kupu for cooking equipment.

The Heart Foundation is calling for more resources to tackle heart disease in the Māori community and it hopes this book can help start the conversation about how our kai and daily activity plays a role in preventing heart disease.

First published in 2014, the 2020 revision is funded by the One Foundation.

*This content was provided by Nickie Hursthouse of the Heart Foundation to include in the bulletin. Thank you!*

### [Creating Health Literate Consumer Resources: Insights from a Professional Development Program](#)

This evaluation assesses how well the Rauemi Atawhai Programme, delivered at Counties Manukau Health by Health Literacy New Zealand, is working toward enabling it to be a 'health literate organisation'.

The researchers explored the enablers and barriers to health professionals' ability to develop culturally appropriate education, resources and systems to increase the health literacy of their clients.

### [Cardiorespiratory effects of project energize: a whole-of region primary school nutrition and physical activity programme in New Zealand in 2011 and 2015](#)

Project Energize is a nutrition and physical activity programme delivered to primary schools by Sport Waikato since 2004.

This paper compares the rates of cardiovascular fitness scores of children as recorded in the evaluations conducted in 2011 and 2015.

The researchers conclude that the programme's outcomes are a success, with children having been assessed as being fitter in 2015 than in 2011. This was particularly so for children from lower SES schools and for Māori children.

The study supports the continuation of Energize, but notes that further effort is required to focus on girls and other ethnicities, as New Zealand becomes increasingly multicultural.

### [Digital Health Generation? Young people's use of 'healthy lifestyle' technologies](#)

This Project Report describes the research process and findings of a three-stage project exploring how health promoting digital technology is accessed and used by young people.

The key findings, recommendations and associated discussion provide guidance as to how to optimise digital health interventions, so that they achieve the desired uptake and outcomes for youth.

## **Non-communicable diseases**

### [An atlas on risk factors for type 2 diabetes: a wide-angled Mendelian randomisation study](#)

This study identifies and quantifies diabetes risk-factors using Mendelian randomisation. As well as verifying known risk factors, they revealed insomnia as a novel potential risk-factor.

Their analysis provides a list of 19 causal risk-factors and 15 protective factors or exposures associated with decreased risk, as well as 21 suggestive risk-factors and protective factors, to support clinicians to explore type 2 diabetes from multiple perspectives, including taking into account: obesity, mental health, sleep quality, education level, birthweight and smoking.

### [Intake and metabolism of omega-3 and omega-6 polyunsaturated fatty acids: nutritional implications for cardiometabolic diseases](#)

This research explores the history of and debate surrounding the use of long-chain omega-3 polyunsaturated fatty acids (PUFAs) in the treatment of cardiometabolic diseases.

The authors conclude with a discussion of the clinical and health implications of this gene-diet intervention.

### [Ethnic differences in cardiovascular risk profiles among 475,241 adults in primary care in Aotearoa, New Zealand](#)

This cross-sectional analysis, published in the NZ Medical Journal, found that the most significant differences to be the higher risk of cardiovascular disease amongst Māori and Pasifika, and the higher incidence of diabetes and coronary disease amongst Indians.

These findings call for a determined effort to drive government to commit to and support multi-sectoral interventions to address these issues.

### [A rising tide of type 2 diabetes in younger people: what can primary care do?](#)

This article features in the *Special Commemorative Edition of Best Practice Journal 2020*.

The article highlights key clinical practice points to consider in assessing children and young people to prevent or delay the onset of the rising tide of type 2 diabetes in New Zealand youth, in particular, the higher risk of Māori, Pasifika and South Asian young people contracting the disease.

## Tools and resources

### [Prevent Type 2 Diabetes in Kids](#)

This information is provided by the American Centers for Disease Control and Prevention (CDC).

In the context of increasing incidence of children contracting diabetes globally, the CDC provide information about risk-factors and how to take charge, make healthy changes and help prevent diabetes in children.

### [How mindfulness supports wellbeing](#)

To support its resources, Health Navigator NZ has included a new Mindfulness collection, including factsheets, developed by the Centre for Clinical Interventions, Australia, and other resources to assist with the journey to wellbeing.

### [Making habits stick](#)

This blog, by Dr Jenny Brockis of the Australasian Society of Lifestyle Medicine, discusses the challenges people face in changing habits and sticking to them.

She provides a list of 10 factors that instil behaviour change and support new habits becoming part of everyday life.

### [Here's how you shape your life in the first 1,000 days](#)

From the day you were born until you are two-and-a-half years, how much of your life, health and future can be influenced?

Professor Craig Pennell, chair of Obstetrics and Gynaecology at the University of Newcastle, spoke with Kia Handley, ABC Newcastle, about what can happen in the first 1,000 days of life that can shape future health outcomes.

## News

### [Medsafe warns consumers not to consume coffee product marketed for weight loss](#)

#### **Ministry of Health media release, 17 September 2020**

Medsafe has published a privileged statement issued by the Director-General of Health under section 98 of the Medicines Act 1981.

This statement is issued as an alert to warn consumers of the dangers of consuming a product marketed for weight loss, weight management or to improve mood, under the branding Elevacity Elevate Smart Coffee (Version 3) (powder in a tub). The product has been tested by Medsafe and found to contain phenethylamine, a controlled drug under the Misuse of Drugs Act 1975.

The warning is published on the [Medsafe website](#).

Consumers should not consume the product and should return it to the supplier or dispose of it safely.

Elevacity Elevate Smart Coffee (Version 3) has been sold for weight loss/weight management and is claimed to improve mood and focus.

### [Christchurch cardiac research group wins University's premier award](#)

#### **Otago University news release, 17 September 2020**

A Christchurch research group whose work has changed the way clinicians around the globe diagnose and treat heart conditions has won the University of Otago 2020 Research Group Award.

The Christchurch Heart Institute (CHI) is a group of biomedical scientists and clinicians who have been finding ways to improve outcomes for cardiac patients for more than 25 years. They are based at the University of Otago, Christchurch.

University of Otago deputy vice-chancellor, research and enterprise, Professor Richard Blaikie says the award demonstrates the enduring quality of the university's research effort in Ōtautahi.

*"The CHI has been at the peak of discovery research and translation of research into real benefits for people and communities for several decades. The results of their work are used daily in emergency departments and hospital wards around the world for diagnosis and treatment of heart diseases, saving millions of lives annually,"* he says.

### [Kiwis want to know what's in their food](#)

#### **Plant & Food Research, 17 September 2020**

Navigating the way to good food choices in the shopping aisle can be a challenge. Detailed information about the nutritional value of New Zealand foods, beyond what is available on a food label, has not always been easy to find.

Making this simpler, the new and improved New Zealand Food Composition Database (NZFCD) is increasingly becoming a go-to resource for professionals, educators and consumers looking for a reliable source of up-to-date nutrient data for New Zealand foods...

The NZFCD is the most comprehensive collection of nutrition data for over 2,700 commonly-consumed New Zealand foods and provides reliable data on macronutrients (like carbohydrates, protein, fat and dietary fibre) and micronutrients (like vitamins and minerals).

Last year (in collaboration with Otago University) free and added sugar data was added to the NZFCD. A healthy eating pattern with a diet that is low in added sugars contributes to a lower risk of excess body weight and related non-communicable diseases. The Ministry of Health recommends choosing or preparing foods and drinks with little or no added sugar.

*"Being able to find out how much sugar has been added during processing is really important for guiding good food choices,"* says Dr Carolyn Lister, Team Leader Food & Health Information at Plant & Food Research.

### [Calls for tougher regulation to fight obesity](#)

#### **The NewsRoom, 7 September 2020**

The head of UNICEF NZ is calling for more government control of the food and beverage industry following the publication of shocking new obesity statistics, Laura Walters reports

The head of UNICEF NZ says children's health cannot be left to the market, and is urging the government to step in and enact new regulations to help fight the country's obesity problem...

The calls for tougher regulation comes as [UNICEF's annual Innocenti Report Card](#) has named New Zealand adolescents as some of the most overweight and obese in the rich world.

Out of 41 OECD and EU countries, New Zealand ranked second-to-worst for childhood obesity.

## Upcoming events

### Communication Matters

**Free ANA webinar series with Niki Bezzant**

**Tuesday lunchtimes 12noon - 12.40pm**

Want to improve your written and spoken communication skills?

Join nutrition and science communicator Niki Bezzant for a series of webinars designed to be simple and practical with tips you can put to immediate use in your work.

13 Oct - Great Writing: How to get complicated messages across in simple ways

[Register for Great Writing](#)

20 Oct - Great Speaking: How to grab an audience from the first moment

[Register for Great Speaking](#)

27 Oct - Great Media: How to use the media to tell your story

[Register for Great Media](#)

3 Nov - Great Social Media: How to use social media smartly

[Register for Great Social Media](#)

### Niki Bezzant

Niki Bezzant is a multi-award-winning writer, journalist, speaker, thinker and commentator. She's made her career from a passion for food, health, nutrition, food culture, marketing and policy. Niki was founding editor of [Healthy Food Guide](#) magazine and is a frequent contributor to print and broadcast media. She is a board member for the NZ Nutrition Foundation and a past President of Food Writers NZ.

