

# Nutrition and Physical Activity



## Knowledge Bulletin

Issue 8 ◆ 21 October 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.

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](mailto:npa@researchnz.com)*

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## Diet and nutrition

### [Dietary Choices of New Zealand Women during Pregnancy and Lactation](#)

This study explores the dietary choices, food safety and sources of nutrition information women opt for while pregnant and breastfeeding, in order to identify the most common changes women make during this period, where they source their guidance and how reliable this is.

Given the inconsistent and often errant of advice they found women are relying on when making their dietary choices, particularly during lactation, the study highlights the need for evidence-based recommendations to be consistently and well communicated.

This article is taken from Kimberley Brown's recent thesis presented in partial fulfilment of the requirements for the degree of Master of Science in Nutrition and Dietetics at Massey University, Albany, New Zealand. To read the full thesis, click [here](#).

### [Diet Impacts on Climate and Health: New Zealand's Experience](#)

This editorial provides commentary on the research published earlier in the year, [Healthy and Climate-Friendly Eating Patterns in the New Zealand Context](#), which explores the climatic and dietary impacts of our food production system.

While meat production tops the analysis of greenhouse gas emissions, our free farming results in this being lower than other countries. The data modelling also highlights the impact of sugary processed foods and the higher energy requirements for processing rice, nuts, dried fruits and seeds.

The results of the research are in keeping with the renowned *Eat-Lancet* Commission's call for action to move to plant-based diets globally, to avert climate change and support improved public health outcomes.

### [First Nations Peoples' Participation in the Development of Population-Wide Food and Nutrition Policy in Australia: A Political Economy and Cultural Safety Analysis](#)

This research reports on the lack of input Aboriginal and Torres Strait Islander peoples have in food and nutritional policy development in Australia.

The impact of this is that self-determination and cultural safety issues remain unaddressed, calling for alternative mechanisms to be developed to incorporate the full participation of First Nations' peoples, as required by the UN Declaration on the Rights of Indigenous People to input into policy development that directly affects them.

### [Nutritional Aspects of Commercially Available Complementary Foods in New Zealand Supermarkets](#)

This research analyses the health-status of packaged foods aimed to bridge the path to infants' consuming solids.

Given the findings that many of these commercial products contain added salt and free sugars, the researchers recommend that home cooked meals should be included to provide more diversity of taste, texture and flavours, so as to marry young children's diets with the national nutritional guidelines.

## Physical activity, sport and recreation

### [Variations in the health benefit valuations of active transport modes by age and ethnicity: A case study from New Zealand](#)

This research explores how active transportation is engaged by and benefits the population differently, according to ethnicity and age.

They found that, while older people and Māori would benefit health-wise from active transportation, there are discrepancies in levels of engagement in walking and cycling amongst these groups, compared to the population generally.



Therefore, targeted initiatives that overcome such barriers to engaging in active transportation amongst subgroups within the population are warranted.

### [Exercise Regulates microRNAs to Preserve Coronary and Cardiac Function in the Diabetic Heart](#)

Led by the University of Otago and published in the prestigious journal, *Circulation Research*, one of the world's leading publications in the field of cardiovascular medicine, the study describes the impact of exercise on reducing the risk of developing diabetes, as well as diabetes leading on to heart disease.

*"We've proven that, by using exercise as a treatment, we can increase good microRNA, and reduce bad microRNA from causing damage. Exercise effectively improves regulation of microRNA to prevent the onset and progression of heart disease,"* says Associate Professor Schwenke, as reported in the [University of Otago news, 30 September 2020](#).



### [The effectiveness of sedentary behaviour interventions on sitting time and screen time in children and adults: an umbrella review of systematic reviews](#)

Given the prevalence of research looking at the adverse effects of sedentary behaviour, this review aims to synthesise the evidence-base and identify those interventions that have proven to be the most effective at targeting different age groups and settings.

They identify that further research is required to identify means of going beyond intervention periods, into the maintenance of behaviour change that afford longer-term benefits.

## **Obesity and weight management**

### [Māori experiences of bariatric surgery in South Auckland, New Zealand](#)

This kaupapa Māori research, featuring in the latest edition of *AlterNative*, explores the journey of those who undertook bariatric surgery in New Zealand's largest public service: Counties Manukau Health.

The research explores the issues of access, clinical barriers and positive experiences for Māori.

### [Settings-based approaches: grocery retail](#)

This document, produced by the Obesity Evidence Hub (Australia), provides a succinct analysis of the evidence-base reporting the gains that can be made through better positioning and promotion of healthy foods in outlets to subliminally and overtly support positive consumer choices.

### [Obesity in adults: a clinical practice guideline](#)

This clinical practice guideline highlights the negative implications associated with assessment of obesity purely on body mass index, as has traditionally been common practice.

Rather, they seek to remove the stigma contributing to negative outcomes (psychosocial impacts and reactions, such as 'comfort eating') and promote more holistic treatment for people living with obesity, with an aim to shift the focus of treatment from weight loss alone.

The guideline states, *"Primary care clinicians should promote a holistic approach to health with a focus on health behaviours in all patients and address the root causes of weight gain with care to avoid stigmatizing and overly simplistic narratives"*.

The BBC news release, [Obesity should be defined by a person's health - not just their weight, says a new Canadian clinical guideline](#), further promotes the much needed update on the primary healthcare of people living with obesity.

## Health promotion

### [Co-creating health: navigating a design for health collaboration](#)

Auckland University of Technology multidisciplinary teams have developed a method by which health designers can work more collaboratively to reduce the current challenges and tensions that are both systemic and based on sometimes conflicting transdisciplinary views.

The study concludes that three core processes are at the heart of successful collaboration in the health sector: understanding psychosocial contexts and building capability and capacity.

### [Championing Health Promoting Schools: A secondary school case study from Victoria, Australia](#)

Using the World Health Organization Health Promoting School (HPS) framework, these school-based interventions are designed to improve children and young people's health and wellbeing.

This research explores the facilitators and barriers to their successful implementation in secondary schools, as well as the potential for taking onboard learnings for the optimisation and transferability of the initiative across school settings.



### [Digital Health Generation?: Young People's Use of 'Healthy Lifestyle' Technologies – Project report](#)

This report, led by researchers from the University of Bath, Salford and Canberra, is based on the findings of a two-year research study, *'The Digital Health Generation: the impact of "healthy lifestyle" technologies on young people's learning, identities and health practices'*, funded by The Wellcome Trust (UK).

The report describes young people's use of digital health technologies and how they can be better engaged and supported to traverse the digital tide of health information and technological options.

## Non-communicable diseases

### [Under the lens: diabetic retinopathy](#)

This article, in the *Lancet Diabetes & Endocrinology*, celebrates World Sight day, by highlighting the increased risk of vision loss in people with diabetes.

With increasing numbers of people with diabetes globally, the researchers report that, currently, diabetic retinopathy is the leading cause of preventable blindness in adults, with approximately one third of people living with diabetes having some degree of the disease.

They recommend increasing national screening efforts to detect and treat diabetic retinopathy early on, as well as managing risk factors and prevention initiatives to reduce the rate of diabetes generally.

### [Position Statement – Diet and Cancer, the Cancer Society](#)

This document outlines the NZ Cancer Society's stance in relation to the impact diet has on the risk of developing many cancers.

The Position Statement provides the society's recommendations and the role they play in nutrition-related cancer prevention.



## Tools and resources

### [Kids in the Kitchen - Cookbook](#)

The NZ Heart Foundation has put together a collection of fun recipes designed to get children interested in food and helping out in the kitchen with the measuring, grating, stirring, cutting, mixing, pouring, shaping, mashing and tasting.

The cookbook and other resources to help engage and educate children about cooking and nutrition are free to download.

### [Growing and Learning with 5+ a Day eBooks](#)

Fredge is the star of six new eBooks, along with his friends at 5+ A Day HQ - Juno, Liam, Phoenix, Katie, and his dog Hazel. Each audio-assisted title explores a new topic, such as growing plants from seed, clever composting, and companion planting.

Included with each book are interactive activities to support exploration of key points in the topic.

These eBooks can be experienced on tablets, computers, or with the whole class using a data projector. Each title is designed to be used as part of one of the lessons, as an introduction, or to help reinforce key ideas through small group or independent use. The accompanying audio follows the text sentence-by-sentence to provide support and engagement. The sound can be muted if required.

Following the reading of the audio, students can explore the interactive activities, which focus on one aspect of the book and link to the lesson.

More information about using these eBooks is contained in our guide: [Getting the Best from the 5-A-Day eBooks](#).

### [Fussy eaters](#)

Health Navigator NZ offers advice to parents concerned about their young children's eating behaviour.

*Being a fussy eater is normal in young children but can be worrying and frustrating for parents. As long as your child is growing and developing healthily, they're eating enough.*

However, they remind parents to talk with their GP if they are worried about their child's eating or growth.

### [Satiety: how does it work?](#)

The Sugar Resource Centre NZ provides a detailed guide about satiety and how the body tells us when we've eaten enough and what can go wrong.

## News

### [Heart Foundation research grants top \\$78 million on World Heart Day](#)

#### **NZ Heart Foundation media release, 29 September 2020**

The Heart Foundation announced \$4.2 million dollars of funding for heart research and specialist training for New Zealand cardiologists, bringing the total awarded by the charity since its formation in 1968, to more than \$78 million dollars.

*"We have a long and proud record of research investment, which has improved the heart health of all New Zealanders for more than 50 years, but we still have much more work to do,"* says Heart Foundation Medical Director, Dr Gerry Devlin.

*"Heart disease is New Zealand's single biggest killer. With our ongoing commitment to supporting research, we can keep saving lives and improve the quality of life for the 170,000 New Zealanders living with heart disease."*

This year, the Heart Foundation has awarded research grants across the bench-to-bedside spectrum, including new treatments, structural interventions and prevention.

## [Kaupapa Māori action research to reduce nutrition inequities](#)

### **NZ Heart Foundation media release, 29 September 2020**

The Heart Foundation has announced funding for a kaupapa Māori action research project to support Māori communities to lead nutrition initiatives to support healthy hearts.

Erina Korohina has been awarded a Heart Foundation Māori Cardiovascular Research Fellowship, and will use kaupapa Māori approaches to support whānau and communities to develop an approach to eating well that works for them in their environment and with resources that are easily accessible. This approach is intended to have a positive effect on persistent heart health inequities that impact Māori.

*"We are seeking to co-create and co-design a nutrition platform for Māori heart health that is responsive, informed and relevant to Māori communities, who are disproportionately impacted by heart disease," says Erina.*

*"There is an equity gap in heart disease prevalence and mortality for Māori compared to non-Māori, and healthy nutrition knowledge is a key part of improving heart health."*

The research will review different sources of nutrition information that includes Western science, mātauranga (knowledge) Māori and social media, as well as understanding community perceptions, barriers to good nutrition and enablers to sustaining long-term healthy nutrition.

## [Celebrating 30 years of health research achievements](#)

### **The Health Research Council of New Zealand (HRC), 5 October 2020**

This October, the Health Research Council of New Zealand (HRC) celebrates 30 years of funding high-impact research, which has contributed to saving thousands of lives in Aotearoa and across the globe.

The Health Research Council is the government's principal funder of health research and, since 1990, has invested approximately \$1.7 billion in research aimed at making a difference to New Zealanders' lives.

*"Decades of investment in health research has given us the evidence-base and knowledge to draw on, in our hour of need," says HRC chief executive Professor Sunny Collings.*

*"Now, more than ever, New Zealanders are seeing the direct benefits of having a strong and capable health research workforce. It's essential to support research careers, if we're to retain this expertise and talent within New Zealand and to enable the pursuit of meaningful discoveries that benefit every one of us," she says.*

The HRC is particularly proud of its commitment to Māori and Pacific health researchers, whose work over the past three decades has helped shape and influence health policies, while addressing inequities and social disparities.

## [Food delivery services making junk foods more accessible](#)

### **University of Sydney news, 13 October 2020**

*The takeaway message about takeaway*

A study looking at online food delivery options in Sydney and Auckland has found majority of the most popular menu items can be categorised as 'unhealthy'.

University of Sydney researchers examined publicly available data on the healthiness of the most popular food outlets and menu items advertised on an online food delivery service (Uber Eats) in two international cities - Sydney, Australia and Auckland, New Zealand. The time-period examined was not during government restrictions due to the COVID-19 pandemic.

The work also highlights a discrepancy – nearly 90 percent of food options and food outlets with the 'healthy' tag on Uber Eats, were considered 'unhealthy', according to an independent scoring system of healthiness.

Click [here](#) to read the full article in the latest publication of the international journal, *Nutrients*.

## Upcoming activities and events

### Have your say on the future of play, active recreation and sport

Sport NZ is giving you the opportunity to contribute to its Futures Project. This is a once-in-a-generation opportunity for everyone to share their views on the challenges that exist in the current play, active recreation and sport system, what you want to see for the future and what we need to do to get there.

Sport NZ would love to hear from you between now and 5pm on **Friday 23 October**. [Click here](#) to find out more. Further information on the Futures Project, including interim progress reports outlining what we have learnt to-date from engagement and consultation with external working groups can be found [here](#).

### [Submission on the review of the Food Standards Australia and New Zealand Act 1991](#)

Activity & Nutrition Aotearoa (ANA) have compiled a comprehensive resource to guide the development of well informed and effective submissions on the scoping paper.

Submissions are due by **16 November 2020**.

### Upcoming Obesity Management Association (US) Webinars in October

#### [Meal Replacement and Very Low-Calorie Diets \(VLCD\)](#)

*John B. Dixon, MBBS, PhD, FRACGP, FRCP* – **October 28 at 6 PM (Eastern) | 1 CME/CE\***

Educational support for this webinar provided by Bariatric Advantage.

Not all meal replacements are equal. In this webinar, you'll learn about the multiple applications of meal replacements, not limited to pre-op diets or patients who have had Metabolic and Bariatric Surgery, and how nutrition and ingredients matter.

OMA Member: Free | Non-member: Free

#### [Toi Ako Webinar: Kori tinana | Traditional Māori beliefs, values and practices of physical activity](#)

**Nov 11, 2020 at 10:00 AM**

Traditional Māori physical activity is distinguished by a Māori cultural definition understood through mātauranga, with shared whakapapa to atua, and practiced through tikanga.

Despite a rich understanding and practice of Māori physical activity in a pre-European era, the violent colonial experience in Aotearoa has resulted in a dominant view of physical activity that marginalises Māori perspectives and approaches.

In this korero, Te Miri will discuss the findings of his Masters research that investigates the traditional Māori beliefs, values and practices of physical activity and their relevance today. He will touch on the key themes that emerged through a kaupapa Māori analysis of interviews, pūrakau and whakataukī.

Join us to hear about what characterises Māori physical activity; the ways in which mātauranga informs the beliefs, values and practices of physical activity for Māori; and how these are relevant for Māori physical activity today.

