



## Knowledge Bulletin

Issue 14 ♦ February 5, 2021

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](mailto:npa@researchnz.com)

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If your organisation has a subscription, you may be able to use the icon under the full text links in PubMed to access the full article

## Diet and nutrition



### **Prevalence of nutrition risk and associated risk factors among New Zealand (NZ) preschool children**

This thesis, by Helen Ross, Massey University, Auckland, is presented for the partial fulfilment of the requirements for the degree of Master of Science in Nutrition and Dietetics.

Using the Nutrition Screening Tool, NutriSTEP, to assess pre-schoolers' nutritional status, her research identifies economic and ethnic disparities as key factors associated with nutrition risk.

Ross concludes that NutriSTEP could be used in clinical practice to identify children who might benefit from nutritional support.

### **Assessing Diet Quality of Indigenous Food Systems in Three Geographically Distinct Solomon Islands Sites (Melanesia, Pacific Islands)**

This research compared the diets of rural vs. urban dwelling Solomon Island populations.

Lacking the ability or traditional knowledge to cultivate and consume agri-foods or collect wild foods, the urban communities were more likely to suffer from obesity and undernourishment, compared with their rural neighbours.

Consequently, opportunities to reignite indigenous practices will not only support better health outcomes, but address climate change.

### **High prevalence of malnutrition and frailty among older adults at admission to residential aged care**

This New Zealand research supports the need for nutritional strategies to address the high prevalence of malnutrition amongst our elderly community.

### **Nutrition and the Brain: Across the life course**

This special edition of the *Nutrition Bulletin* (published by the British Nutrition Foundation) contains a number of articles about the impact of nutrition on brain health, including those exploring the effects on people with dementia and depression.

### **A systematic review on consumer acceptance of alternative proteins: Pulses, algae, insects, plant-based meat alternatives, and cultured meat**

This review provides an overview of consumer trends in relation to sustainable and healthy protein alternatives, in order to provide insight into the relevant drivers of acceptance.

Not surprisingly, acceptance of insects as a source of protein is lowest, followed by cultured meat, with plant-based alternatives in the winning seat currently.

Drivers of consumption were found to be generally based on taste, perceptions of healthfulness, familiarity, food neophobia (fear of unfamiliar foods), disgust and social norms, which is useful for the marketing of alternatives.

### **Towards a multi-level framework of household food waste and consumer behaviour: Untangling spaghetti soup**

This review of consumers' food-related behaviour in developed nations provides an overview of current activity from multi-level perspectives, as well as where the research is lacking to support well informed, evidence-based interventions to curb wastage and better support sustainability.

## **Physical activity, sport and recreation**

### **Do fit kids have fit parents?**

This Canadian research assesses the association between parental fitness levels and those of their children, highlighting the need for parents to lead by example.

### **Exercise-based interventions for Indigenous adults with chronic lung disease in Australia, Canada, New Zealand, and USA: a systematic review**

This research critically appraises the current literature on the topic of exercise-based interventions and calls for further culturally-led evaluations of the outcomes for indigenous peoples.



### **Unraveling Mobile Health Exercise Interventions for Adults: Scoping Review on the Implementations and Designs of Persuasive Strategies**

This research looks at the multitude of mHealth interventions and the purported effectiveness of various persuasive strategies with a critical eye.

The analysis seeks to explain why the design and implementation of some mobile health interventions support better physical activity outcomes than others.

### **Typologies of Family Functioning and 24-h Movement Behaviors**

This Canadian research is the first to take a person-centred approach to analyse the family living environment and its impact on children's activity.

Characterising families by their level of acceptance, monitoring and conflict led to five family typologies that support the assessment of children's movement behaviour.

## **Obesity and weight management**

### **What affects programme engagement for Māori families? A qualitative study of a family-based, multidisciplinary healthy lifestyle programme for children and adolescents**

The community-based assessment-and-intervention healthy lifestyle programme, Whānau Pakari, is designed to address weight issues for Māori.

The evaluation found that, while the programme was culturally acceptable, socio-economic and structural barriers persist, resulting in significant fall-out of participants.

*“Past instances of weight stigma and racism have enduring effects when re-engaging with future health services, and inequities are likely to persist until these issues are addressed within the health system and wider society.”*

## **Health promotion**

### **Barriers and facilitators to lifestyle risk communication by Australian general practice nurses**

This paper discusses the ideal position nurses have in communicating health messages, due to their ongoing relationships with patients.

*“Although communication about lifestyle risk factors is within the general practice nurses’ scope of practice, concerted efforts fostering interdisciplinary collaboration, the prioritisation of time, funding and educational opportunities would better support this role, at the same time optimising chronic disease management and patient outcomes.”*

### **Amplifying Indigenous voice and curriculum within the public health academy - the emergence of Indigenous sovereign leadership in public health education**

This article discusses the outcomes of the 2019 International Indigenous Public Health Education Leadership Symposium

that led to the establishment of an inclusive Australia/Aotearoa/South Pacific Indigenous public health education entity and network.

## Non-communicable diseases

### **The Role of the Clinical Exercise Physiologist in Reducing the Burden of Chronic Disease in New Zealand**

The aim of this research is to promote the value of clinical exercise physiologists, who are registered healthcare practitioners in Australia, but not in New Zealand.

The research provides evidence of the positive impact of these clinicians on the rehabilitation of people suffering from noncommunicable diseases, as well as reducing the economic burden on the healthcare system in Australia.

### **Testing the effectiveness of digital programmes for self-managing diabetes**

New Zealand research undertaken through the Long-Term Conditions Partnership (the Ministry of Health, the Health Research Council and National Science Challenges) recently published findings that are important for health planners and funders.

*“Options for managing health remotely can be a lifeline for some, and digital self-management programmes are increasingly being recommended to support lifestyle changes towards better health.”*

Supporting articles include:

- [Impact of a comprehensive digital health programme on HbA1c and weight after 12 months for people with diabetes and prediabetes: a randomised controlled trial](#)
- [A Mobile- and Web-Based Health Intervention Program for Diabetes and Prediabetes Self-Management \(BetaMe/Melon\): Process Evaluation Following a Randomized Controlled Trial](#)
- [Research Findings Brief](#).

### **Doctors identify regulatory barriers for their patients with type 2 diabetes to access the nutritional expertise of dietitians**

University of Sydney researchers explored the barriers GPs and physicians identify that result in non-referral of patients to dietic services for specialist treatment.

Principally, they found that barriers are financially-based and call for better subsidisation of such specialist care.

## Tools and resources

### **App library**

The App Library, provided by Health Navigator NZ and funded by the Ministry of Health, provides a range of health-related apps, including those supporting diabetes management, diet and physical activity.

### **Free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating**

FOOD a Fact of Life is a UK-based organisation that provides a comprehensive, progressive education programme, which communicates up-to-date, evidence-based, consistent and accurate messages around ‘food’ to all those involved in education.

A wealth of resources are available on their website for all age groups of preschool and school-aged children.

## News

### **Make walking a habit - with your doctor's help**

**Diabetes NZ, 8 January 2021**

A new study shows that, when someone needs to be more physically active, having a GP write a “walking prescription” may be one of the best ways to stay motivated.

Dr Bryan Betty, Director of The Royal New Zealand College of General Practitioners, thinks the new study on walking prescriptions is valuable. *“Having this sort of research which backs up the prescription approach gives you an extra impetus to do it.”*

You can read the full report in the [Journal of Primary Healthcare](#).

### **MEDIA RELEASE: PHANZ PUBLIC HEALTH AWARD WINNERS 2020**

**PHANZ, January 2021**

The Public Health Association of New Zealand is pleased to announce the recipients of the PHANZ Public Health Awards 2020, as follows:

- Public Health Award 2020: Professor Michael Baker
- Tū Rangatira mō te Ora Award 2020: Professor Helen Moewaka Barnes
- New Pasifika award 2020: Dr El-Shadan (Dan)Taulolo

To read the recipients' bios, click [here](#).

### **Research with Pacific communities and families to prevent Type 2 diabetes**

**National Science Challenge, January 2021**

Research to address Type 2 diabetes in Pacific communities has been awarded nearly \$550,000 by the Healthier Lives - He Oranga Hauora National Science Challenge.

Led by Dr Ridvan (Riz) Firestone, Massey University, the research team will include community researchers and work with Pacific communities to co-design a unique family-centred diabetes prevention programme.

*“Current service provision lacks cultural responsiveness to make it acceptable to diverse Pacific groups living in both urban and rural areas. Pacific families make up the nucleus of their communities, and often determine how communities operate collectively,”* says Dr Firestone.

### **Brown Buttabeau trainers getting their fitness skills recognised through hands-on education**

**Skills Active NZ, January 20, 2021**

Thousands of people have regained their health and fitness with the help of the Brown Buttabeau Motivation bootcamp and its founder, Dave Letele. Now BBM is supporting its staff to broaden their horizons with on-job exercise qualifications through Skills Active Aotearoa.

The aim of BBM is to get people healthy, rather than to turn a profit, and the classes are free to attend. They include advice on healthy living and nutrition, along with a workout.

*“As we're looking to work with the government and with district health boards, we need to make sure that our team leaders are **certified**. It's about having that piece of paper that shows we are qualified, it just legitimises everything we do, and opens doors,”* Dave says.

*“My goal is to be all through the health system, and across the country. There is a massive obesity epidemic and we are not going to wait for the government to fix it.”*

Also watch the new Skills Active [video](#) following Nicole Shand, who is passionate about helping everyone in the community to access sport, recreation and physical activity - but especially postnatal women.

## Older Kiwis must get fitter before covid vaccine

**21 January 2021, ExerciseNZ (featured on Make Lemonade)**

Exercise is a preventative effort to battle many health conditions and, in the case of Covid, the latest research shows it has benefits there too.

Medical experts are supporting the message to increase cardiovascular activity prior to vaccination, Beddie says.

The Irish research from Trinity College, Dublin, from the [Tilda Longitudinal Study on Ageing](#), analysed the benefits of exercising prior to annual flu vaccines amongst the older population.

## Pure fruit juice health rating to look at natural sugar content

**RNZ, December 2020**

Most New Zealand juices, without any added sugar, receive an automatic rating of five stars, but new trans-Tasman rules mean they will be judged on their natural sugar content.

While the food industry is furious, nutritionists say the real message is that people should be drinking water.

Health Star Ratings debuted in 2014 as a way of giving consumers an idea about the overall nutritional value of packaged foods.

But a meeting last Friday the Australian and New Zealand Ministerial Forum on Food Regulation opted for a new system rating pure fruit and vegetable juices on their individual sugar content.

## Upcoming Events

### Wellington Round the Bays

All course options take you around our stunning Wellington bays, starting at Frank Kitts Park and finishing at Kilbirnie Park. Take in the views as you pass course activations to keep you motivated and even stop for a boogie.

Click [here](#) to find out more about each option.

SAVE THE DATE!

21 February 2021

### Ports of Auckland Round the Bays

8.4km of breath-taking NZ coastline with the Hauraki Gulf showcasing the best Auckland has to offer. The course is flat as a pancake - and just as pretty, meaning the course is achievable for all abilities.

The start line is located downtown at Auckland on Quay St beside Spark Arena. We then sweep through the bays, finishing in St Heliers Bay. Once you cross the finish line you'll be gifted with a Pump water and a shiny medal - a real collectable! This course is where personal bests come true, goals smashed, memories made.

- Thursday 25 February: 12.00pm - 7.00pm (Teams only)
- Friday 26 February: 10.00am - 7.00pm
- Saturday 27 February: 9.00am - 5.00pm

## INTERNATIONAL YEAR OF FRUITS & VEGETABLES 2021

The 74th Session of the United Nations General Assembly declared 2021 as the International Year of Fruits and Vegetables. The initiative aims at raising awareness on the nutritional and health benefits of fruit and vegetable consumption.

### Walk2Work Day

**Wednesday 10 March 2021** is our national day for walking.

Walking is part of every journey. Join Living Streets Aotearoa to celebrate the human way of moving on Walk2Work Day.

### **Kai Ora Fund 2021 Applications open**

Vision: Enabling Northlanders to eat nutritious and sustainably grown local food.

The Kai Ora Fund is a small community grants process to support innovative projects that address food security, benefit the wider community and encourage employment and economic development in the region. We want our communities to have an accessible, affordable and safe food supply for current and future generations, and to be resilient to future disruption or unavailability of food due to various risk factors including droughts, fuel shortages and economic instability.

**Applications close 24 March 2021.** Click here to [apply](#).

### **Faze out the fizz this Feb!**

Giving up sugary drinks for the month will not only improve your health but will also help support healthy environments through waste reduction!

FFW is all about supporting whānau to live healthy, happy lifestyles. Take the one-month challenge to ditch the fizz this February, and join hundreds of other kiwis doing their bit for their own hauora.

[Register](#) now to take part in the challenge!

### **Public Health Leadership Programme**

The programme is funded by the Ministry of Health and has been developed following extensive consultation with the sector.



PHLP will allow participants to discover their leadership potential and equip them with practical and tested leadership tools and resources. The programme will generate immediate and lasting benefits for participants, those they lead, and for public health.

Applications for the 2021 Public Health Leadership Programme are now open.

The programme dates are:

- **Programme 1 (Wellington):**  
8-9 July, 15-16 September, 17-18 November 2021
- **Programme 2 (Auckland):**  
30 June-1 July, 22-23 September, 24-25 November 2021.

For more information, application criteria, programme dates and online applications, click on the link above.

Places are limited. Applicants not previously accepted are encouraged to apply again.

**Applications close 5pm, 5 March 2021.**

### **Important dates for 2021 - Health Research Council of NZ funding and awards**

Please click on the link above to find grant application information and award dates supported by the HRC.

