



Nutrition and Physical Activity



Knowledge Bulletin

Issue 6 ◆ 16 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.

You can forward this newsletter 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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Diet and nutrition

[First Foods and Young Foods studies](#)

The First Foods and Young Foods studies are being undertaken by researchers from Otago, Victoria and Massey universities over the next two years to explore our current pēpe and young tamariki feeding practices.

“There is no doubt that times have changed. In fact, there has been a revolution in infant feeding in recent times, in particular, the new phenomena of baby food ‘pouches’ and ‘Baby-Led Weaning’ (BLW).”

The aim of the studies is to measure what and how we are feeding our young ones, to establish their nutritional and health status.

Both studies are currently recruiting pēpi and tamariki in Dunedin, Wellington and Auckland. If you're interested in participating in the research, please click [here](#).

[Mother and Infant Nutrition Investigation in New Zealand \(MINI Project\): Protocol for an Observational Longitudinal Cohort Study](#)

This paper outlines the objectives and methodology of a prospective study to assess breastfeeding women's iodine, selenium and iron intake and that passed on to their infants.

Thyroid dysfunction is an issue for some new mothers and is known to be affected by deficiencies in these three essential minerals and causes problems, such as postnatal depression.

This study will provide a longitudinal assessment of the status of Australian women's risks of thyroid dysfunction after pregnancy.

Physical activity, sport and recreation

[Development of key policy recommendations for active transport in New Zealand: A multi-sector and multidisciplinary endeavour](#)

The aim of this article, compiled by the BEATS researchers at the University of Otago, is to provide guidance as to how active transportation in New Zealand can be increased, to inform policy decision making at a local and national level.

The 13 policy recommendations and 39 action points are a key outcome of cross-sector workshopping at The Active Living and Environment Symposium (TALES; Dunedin, New Zealand; February 2019).

While the recommendations are tailored to the New Zealand context, the development of the identified policy areas can be generalised to other countries wanting to increase levels of active transportation amongst their communities.

[Taking the bus? Barriers and facilitators for adolescent use of public buses to school](#)

This research explores the barriers to school bus use by adolescents, in order to suggest means of overcoming them and increasing levels of physical activity amongst adolescent students.

The findings highlight a number of barriers, including distance to school, cost, parental trip-chaining, built environment features, the weather, convenience and safety. Overcoming these will involve government policy intervention at a national and local level, as well as efforts to support bus companies, schools, parents and students themselves to make school bus use a more attractive option.



[A Māori concept in a Pākehā world: biculturalism in health and physical education in the New Zealand curriculum](#)

This paper critiques the introduction of the 'Health Physical Education in the New Zealand Curriculum' (Ministry of Education 1999), which incorporates the concept of *Hauora* (health and vigour) into the redesign of the programme.

The paper describes the programme as using Māori ideology in such a way that may disengage, rather than engage Māori, as was intended.

Obesity and weight management

[Eating disorders in New Zealand: Implications for Māori and health service delivery](#)

This article analyses the data on Māori with eating disorders accessing Mental Health services and finds that there is a discrepancy between Māori and non-Māori, in spite of the relatively equal proportions of those diagnosed.

The researchers call for future research to identify what barriers are holding Māori back from accessing specialist care for these disorders.



[Parent Involvement in Adolescent Obesity Treatment: A Systematic Review](#)

This review looks at the ways parents have been involved in behavioural weight loss interventions designed to support adolescents with obesity and the outcomes of such initiatives.

The study concludes that further research is required to inform clinical guidelines to optimise the involvement of parents in their teens' weight loss programmes.

[Communication tools used in childhood obesity discussions: A scoping review](#)

This scoping review describes the communication tools, such as charts, pictures and handouts, that have been developed to facilitate Canadian paediatric healthcare providers' discussions with children about weight management.

The review identified 13 tools that have been used in clinical practice but found only one to tick the boxes in terms of clinical utility.

Health promotion

[Fijian youth entrepreneurs: championing health through sustainable food systems](#)

Pacific health issues in relation to noncommunicable disease prevalence require innovative approaches to promoting health behaviour amongst those at risk.

This study engaged young Fijian entrepreneurs as vanguards to create and promote a sustainable food environment to improve local diets.

The study found that the young entrepreneurs were effective influencers amongst the community and, while small-business success is limited in the Pacific, the research shows what a little innovation and support can potentially achieve in addressing Pacific health in novel ways.

[Co-creating a large-scale adolescent health survey integrated with access to digital health interventions](#)

This trial assessed the potential efficacy of integrating digital health interventions into surveying adolescents' health behaviour.

The research found that engaging with young people to be greatly enhanced by using the digital intervention. Furthermore, the methodology used connected the students with both their health practitioners and the researchers, which also supported their successful engagement and confidence in the results.

Non-communicable diseases

[What does the future hold for chronic disease prevention research?](#)

The Australian Prevention Partnership Centre, established in 2013, in alignment with the World Health Organization's *Global Action Plan for the Prevention and Control of Noncommunicable Disease 2013–2020*, presents a review of scientific and grey literature on the subject.

The current trends in prevention research are summarised herein, in order to inform government policy and consider the implications for research moving forward.

[Impact of a comprehensive digital health programme on HbA1c and weight after 12 months for people with diabetes and prediabetes: a randomised controlled trial](#)

This trial compared the effects of a digital health programme (BetaMe/Melon) on recipients with the outcomes of those receiving normal primary care in two regions in New Zealand.

The programme included health coaching, resources, peer support and goal tracking.

Unfortunately, the outcomes of the intervention participants did not differ markedly from those of the control group, indicating that individuals need to be carefully assessed to identify those most likely to respond to technologically assisted self-management.

[Health literacy, culture and Pacific Peoples in Aotearoa, New Zealand: A review](#)

Very low levels of health literacy amongst Pacific peoples are one of the key factors known to influence poor health outcomes, including the high rates of noncommunicable diseases amongst the Pasifika population.

In particular, low health literacy impacts the ability to manage illnesses, seek clinical help and understand nutritional information.

The review concludes that, *“Public health practitioners should apply effective communication using a culturally and ethnically tailored approach to support Pacific peoples to understand health messages, improve health behaviours and health status.”*

[Health gains, health inequality impacts, and health system cost savings – associated with modelled reductions in type 2 diabetes incidence](#)

This analysis of modelled data projecting type 2 diabetes mellitus statistics calls for government support to further invest in evidence-based diabetes interventions to curb the incidence, impacts and healthcare costs.

Tools and resources

[New play content on Healthy Kids website](#)

The Healthy Kids website has fun, free and low-cost ideas to get families eating, moving and sleeping well.

The resources include videos and articles with tips, advice and practical ideas for getting whānau playing together.

[Behind the Hype information sheets](#)

To assist health professionals and other sector workers decipher fact from fiction, the Health Promotion Agency is undertaking factual reviews of topical issues.

These two-page information sheets contain evidence-based advice to help providers deliver clear, consistent information to consumers.

Topics include, for example, *Sugar, Salt, Carbohydrates, Nutrition supplements, Weight loss diets.*

News

[NZ's Fruit & Vegetables in Schools Initiative for Vulnerable Children Acknowledged Globally](#)

Submitted by one of our subscribers, thank you!

United Fresh media release, 20 August 2020

New Zealand's most successful and effective school-based nutrition initiative Fruit & Vegetables in Schools (FIS) has been selected for inclusion in a report for the United Nations Food and Agricultural Organization (FAO) and the World Health Organization (WHO).

Fruit & Vegetables in Schools (FIS) is a government-funded initiative that is managed by United Fresh and supported by the 5+ A Day Charitable Trust and has been providing daily fresh fruit and vegetables to children in low-decile schools for 15 years.

The report focuses on the effective promotion of the consumption of fresh produce for health and will be presented to the attendees of the International Workshop on Fruits and Vegetables in August 2020, in preparation for the International Year of Fruits and Vegetables, which gets underway in 2021.

General Manager of United Fresh, Paula Dudley is thrilled at the inclusion in the report for the FAO and WHO.

"United Fresh has worked tirelessly to provide fresh fruit and vegetables daily to improve the health and well-being of New Zealand's most vulnerable children. FIS is a world-class, innovative response to food insecurity and the invitation from the FAO/WHO has confirmed that," says Dudley.

You can also download the FIS Factsheet at the end of the article.

[Kiwis growing taste for takeaways and eating out](#)

Statistics NZ, 13 August 2020

New Zealanders are spending relatively more on takeaways and restaurant meals and less on fruit and vegetables than three years ago.

Every three years, Stats NZ calculates how much the average New Zealander spends on various foods, and those shifts in food preferences and prices are reflected in the monthly food inflation measure.

"In the past three years, changes in prices and consumer spending patterns have led to less spending on fruit and vegetables. This is mainly driven by a fall in spending on vegetables," prices senior manager Aaron Beck said.

[Woolworths home brands still healthiest but could do better, report finds](#)

The George Institute media release, Sydney, 2 September 2020

Woolworths is winning the supermarket war when it comes to the healthiest home brands, according to [FoodSwitch: The State of the Food Supply](#), but the new report shows there's a lot more work to be done to help stem the tide of diet-related disease in Australia.

The George Institute for Global Health's annual snapshot of the nation's packaged food supply found that, when it comes to the big four supermarkets, Woolworths brands still had the highest overall healthiness rating, with Coles ranked second, ALDI third and IGA coming in as least healthy.

George Institute Accredited Practicing Dietitian, Daisy Coyle, said that with most Australian households buying their food from the major supermarkets, these outlets had the power to positively influence the food supply and improve health for all Australians.

"Sadly, we've seen little to no improvement in the healthiness of the big four's own brand ranges in the twelve months since we last conducted this analysis and we know they have the capability to do so much more," she said.

You can watch Professor Bruce Neal, of the George Institute, discuss the findings [here](#), a factsheet [here](#), and apply for an electronic copy of the full report by clicking the link to the full media release above.

[Probiotics may help manage childhood obesity](#)

European Society of Endocrinology, 7 September 2020

Probiotics may help children and adolescents with obesity lose weight when taken alongside a calorie-controlled diet, according to a new study. The study found that obese children who were put on a calorie-restricted diet and given probiotics Bifidobacterium breve BR03 and Bifidobacterium breve B632, lost more weight and had improved insulin sensitivity, compared with children on a diet only.

"Probiotic supplements are frequently given to people without proper evidence data. These findings start to give evidence of the efficacy and safety of two probiotic strains in treating obesity in a younger population," Dr Prodman comments.

Upcoming events

[Pacific Health Promotion - tools to help us improve Pacific health outcomes](#)

Online event: **18 September 2020 – 11:00 AM – 12:30 PM NZST**

Join Dr Viliami Puloka and HPF Executive Director Sione Tu'itahi in this interactive webinar looking at and discussing how we can improve our approach to Pacific health, using a range of Pacific health promotion tools.

In this webinar, they will discuss some of the important elements of Pacific Health Promotion planning and practice. To be effective in our work in Pacific communities, we will need a number of tools, such as Pacific health models, in our Pasifika basket of knowledge. As we know, some of these tools, skills and knowledge are unique to Pacific world views, values and beliefs. So, what are some of the things we need to know from the outset that will leverage our work and improve Pacific health outcomes?

[Sports & Active Nutrition Summit Europe 2020](#)

Online event: Introduction – 23 September, followed by events 30 September-14 October 2020

This year's Sports & Active Nutrition Summit Europe has transitioned into an online event so that we can continue to share insights and present new research findings on this important sector.

The Interactive Broadcast Series will detail how the market is changing and understand the key market trends as they've developed throughout 2020 (pre and post COVID-19). There is undoubtedly lots of opportunities to target consumers with new ingredients, formats and benefits – but just what does the future look like for sports nutrition?

The series will bring three category focused events, including:

- Performance & Recovery
- Gut Microbiome
- Brain Performance (with a focus on Esports)

For more information on the programme, click [here](#).

The Series will kick off with an introductory session with the [NutraIngredients](#) editors who will be discussing the year just gone, the year ahead, key moments and the important changes with comments along the way from a range of industry experts, leading brands and suppliers.

This introduction will be live on [NutraIngredients.com](#) on the **23rd of September**.

This will then be followed by the three category-focused events between **30 September - 14 October for which FREE registration is compulsory** (click on the title link for the registration page).

[Overcoming obesity – 2020 virtual](#)

Treating Obesity Across the Lifespan, 7-11 October 2020

At the Overcoming Obesity 2020 – Virtual conference next month, gain the tools to expand your patient population and effectively treat obesity in patients of all ages, genders, and socioeconomic groups. Dive into advanced techniques for developing personalised treatment plans for patients across the lifespan – and in patients with type 2 diabetes, coronary heart disease and congestive heart failure, lipedema, osteoarthritis of the knee, hypothyroidism, fatty liver, cancer, psychiatric disease, and other adiposity-related diseases.

The Overcoming Obesity 2020 – Virtual 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 *Treating Obesity Across the Lifespan*, the conference will equip you with practical strategies to conquer any case you encounter in practice.

