

## Nurse-led project exposes silent thief



From left to right: Roshni (Whitiora Diabetes Nurse Educator who assisted the nurses with the programme and displays), Moeata (Clinical Nurse Educator), Ali (Charge Nurse), Ronika and Sabina (Diabetes Resource Nurses from Ward 8)

Ward 8 & 9 nurses made a lot of noise about Diabetes in the general surgical wards at Middlemore Hospital for Diabetes Awareness Week (November 17-23).

The theme of this year's Diabetes Awareness Week was 'the silent thief' focussing on how the complications of diabetes steal people's health and even their lives and raising awareness of the complications and how to combat them through early diagnosis and good management. The serious complications of Diabetes include heart disease, kidney failure, blindness, loss of limbs, impotence and depression. Nearly 30,000 people in the CMDHB area have diagnosed diabetes with many more at risk.

The Middlemore ward nurses put together patient and staff displays in the wards and created week-long activities focussing on raising knowledge and awareness and improving clinical practice and management of Diabetes. Themed questions around diabetes were printed on all handover sheets, nurses wore "Diabetes – the silent thief" labels as discussion starters with patients. Education topics were covered by Whitiora nurses and

sessions ran throughout the week with a Diabetes general knowledge quiz, update of different types of Diabetes, presentations by a dietitian and pharmacist, and instruction of the practical usage of insulin pens.

The nurse-led project was driven from participation in a Resource Study Day at the Diabetes Whitiora Clinic earlier in the year.

In the recent In-Hospital Point Prevalence Survey undertaken across medical and surgical wards in Middlemore Hospital, one-quarter of all patients had Diabetes indicating that people with Diabetes in Counties Manukau are significantly over represented in hospital compared to the general population.

Health professional are likely to see an increased numbers of people with Diabetes accessing healthcare in the Counties Manukau community as rates of diabetes prevalence continue to rise following the trends across the globe.

## Current Situation

The obesity and diabetes epidemics continue unabated, with Counties Manukau obesity rates for children and adults are significantly higher than the national average. Pacific and Maori adult obesity rates are around 80% and 52% respectively. There are now around 110,000 obese adults in Counties Manukau, many of whom will end up with diabetes.

Diagnosed diabetes prevalence for adults in Counties Manukau is also significantly higher than the national average. In 2008, CMDHB estimated there were around 35,000 people with diabetes here (26,000 who have been diagnosed and a further 9,000 who were undiagnosed).

On current trends, future projections estimate:

- The number of obese people in Counties Manukau will increase by 80% over the next 20 years, to exceed 195,000 by 2027.
- The number of people with diabetes will increase by 100% in 20 years, doubling the current numbers to 72,000 by 2027.
- Only one third of that 72,000 currently have diabetes. 64% of the projected 72,000 diabetes cases in 2027 will come from people who are currently obese and others not currently obese (but heading that way). These are preventable cases.
- 41% (267,000) of the population in 2027 will either be obese or have diabetes.

This level of projected diabetes growth in Counties Manukau will cause major challenges for CMDHB and other health sector partners in terms of the funding, prioritisation, organisation and delivery of services for people with diabetes.

Improvements in diabetes service quality and productivity will be vital, making smarter use of primary and secondary health professionals and systems to deliver quality care within constrained resources. Diabetes service improvements will not turn the tide though. They are simply about getting better, more efficient while coping with ever-increasing numbers.

Given that 64% of the total 2027 diabetes numbers are preventable, effective interventions and prevention programmes will be needed to slow or reduce this obesity and diabetes tsunami, easing pressure on a stretched health system.

# Physical Activity Improves Mental Health

Most mental illnesses begin during youth although they are often first detected later in life. There's good evidence for early intervention and self-management for children and young people with various illnesses, such as asthma and diabetes. Many people don't realise that mental illness can also be detected and treated early.

Physical activity can improve mental health in adults and children. Children who exercise for 40 minutes a day, five days a week, are more even tempered, less hyperactive, less impulsive and sleep better than their sedentary friends.

Physical activity helps treat depression in several ways. For starters, it gets your brain's chemical communicators that are out of kilter in depression back into balance. It releases endorphins, your

body's natural uplifting, depression-busting chemicals. One of these is phenylethylamine and hits the same brain circuit as amphetamine, causing the so-called runner's high. Physical activity such as exercise also nukes a stress substance called cortisol, relaxing you. This also releases muscle tension, and helps you sleep better. As if that's not enough, it gives us warm feelings of accomplishment, cranking up self-esteem. So what? Self-esteem is instrumental in beating depression.

**Whether you're exercising for the first time, or coming back after a break, planning keeps you on track. Here are four tips for success:**

1. Choose fun physical activities.
2. Set activity reminders on your phone.
3. Why not select a team sport? You're less likely to miss a session if you're letting the side down. It also helps you make friends.
4. Hang in there. After three weeks it'll feel like second nature.

Adapted from an article written by Dr Sabina Dofani, Medical Director of the Leap Frog Clinic [www.leapfrogclinic.co.nz](http://www.leapfrogclinic.co.nz)



## E Tu Mana Tane, Kia Whakaritea - Rise Up Men, Get Checked!

Over eighty men and women from across Counties Manukau arrived at the Mana Tane Hui, Papakura Marae on Wednesday evening to celebrate men's health, but also to be given a ticking off.

Men and their whaanau gathered, some to learn about the importance of early diagnoses and interventions for issues such as Prostate Cancer and Type 2 Diabetes and others to celebrate and share their successful journeys.

The concept of a men's health Warrant of Fitness was promoted at the hui encouraging those who gathered to have regular annual health checks and not take their wellbeing for granted. The women were nudging the men to get the message and reworded the Warrant of Fitness (WoF) acronym to "Where are our fathers?" The call asked why often avoidable diseases were not taken seriously by Maaori men and that their wives and children often missed the involvement of husbands and fathers in family life because of illness.

Common behaviours around health such as denying any problem or finding excuses like lack of time to go to the doctors were labelled as 'selfish' and men were challenged to take up the Mana Tane commitment – to stand up and lead by example.

Hui organisers Charlotte Peka and Hine Joyce from Papakura Marae and Richard Cooper from Counties Manukau District Health Board were delighted with numbers and the enthusiasm of those who attended.

"It was an awesome night," says Hine Joyce. "A great thing has been started with the men's groups. Lets keep the momentum going!"

## TV and Health

Lots of children, particularly in developed countries, watch lots of TV. Childhood obesity is rapidly becoming a global epidemic. Are the two connected? According to research from the Dunedin Multidisciplinary Health and Development Research Unit at Otago University the answer is 'Yes'.

And, it's not just childhood obesity. Research shows that more hours spent in front of the TV as a child can mean poor educational achievement and poor adult health as well. This means that the amount of TV children watch may affect more than just their childhood - it may have consequences on their adult life as well.

## Smoking and Weight

Recent research shows that people tend to put on a few kilos when they stop smoking. According to Ingrid Minett, Programme Manager for Smokefree, the tobacco industry has long been using techniques to claim how smoking will keep people slim and trim. “This message has been heard and believed by young women who use smoking almost as a diet to keep thin. However, this is a myth about smoking that needs to be addressed,” says Ms Minett.

“Yes smoking does suppress the appetite, but it is not a long term strategy for keeping trim.”

“Studies have shown that people who never smoked are less likely to be obese or overweight than people who have smoked. Young people do not start smoking thinking that they will smoke forever. In actual fact most people believe they will only smoke for a few years and then stop. But stopping is difficult not only because of the addiction but because of the unpleasant weight gain many people experience. The message we need to put out there is “don’t start smoking because smoking makes you fat!”

“Many people who have smoked have had to give up their sport due to their inability to keep up. They have said that ‘smoking makes you lazy’. Therefore you may eat less as you replace cigarettes for food, but you also become less active.”

“Some people who stop smoking enjoy the increased oxygen levels in their body. They get back their fitness. In doing this they also manage to prevent the weight gain from stopping smoking. Weight gain can also be managed with good support. Our work in supporting healthy lifestyles needs to be both in preventing people from starting smoking and ensuring that people who stop receive the support they need from family, friends and cessation experts to increase the chances of successful quitting and positive experiences in quitting with minimal or even negative weight gain.”

## Garden receives prominent award for diversity and race relations

The Auckland Refugee Centre garden which is now flourishing is testament to collaboration between the NZ Red Cross, Refugees as Survivors, the Lets Beat Diabetes Programme and the Auckland Refugee Centre and has been acknowledged with a ‘Bright Side’ Award from the Race Relations Commission.

Samuelu Sefuiva from the Human Rights Commission honoured the development of a community garden at the Mangere-based Refugee Centre this month and praised the garden initiative for its impact on the physical and emotional wellbeing of the refugees.

The Commission awards the certificates each month to recognise positive contributions to cultural diversity and race relations within Aotearoa.



## Get to know your parks

Barry Curtis Park is an amazing park at the heart of Flat Bush in Manukau City. The park is set up for all sorts of recreational activities and it’s a great place to start walking or running groups or to bring the family. There are 94 hectares of land to explore making it bigger than the Auckland Domain. The park includes a multi-sports complex, premier sports fields and training facilities; a cultural lawn and an amphitheatre for large scale events; large theme playground; picnic area with covered facilities; wetlands with ponds and boardwalks and an education centre.



## Diabetes Promotion in Practice

A new health promotion strategy is making everyone happy at the Clendon Medical Centre. Soana Muimuiheata, ProCare Dietitian, is supporting Clendon Practice Health Promotion Champions Lani and Manor organise and integrate health promotion as part of daily interaction with staff and patients.

The entire Clendon team supported Diabetes Awareness week at the ProCare Clendon Practice as part of the ProCare Pilot programme promoting Health Promotion Practices. The team had a whole-clinic approach with doctors, nurses and administrators donning the Let's Beat Diabetes T-shirts and putting up diabetes displays.

They also encouraged patients to fill in a quick Diabetes check sheet before their appointment. If patients scored highly on any at risk categories they were asked to discuss diabetes with their GP during the consultations.

Dr Richard Ruddell, one of the six GPs at the clinic explained the numbers of enrolled patients at the clinic with Type 2 Diabetes were staggering with a worrying trend of increasing numbers of people without diabetes presenting with very high glucose readings indicating a swelling number of people at risk of developing the condition sometime in the future.

Dr Ruddell also noted that environmental issues, such as the large supermarket signage outside the clinic advertising fizzy drink for 69 cents a bottle compounded the problem of Diabetes in the community.

The theme of Diabetes Awareness Week was "the quiet thief", focusing on the many complications of diabetes and the importance of early diagnosis and good management.

ProCare Clendon Medical Centre has an enrolled population of 9000, over half of which are Maori or Samoan.

For information about Type 2 Diabetes and the Let's Beat Diabetes Programme contact:  
Megan Fowlie, Communications Manager,  
Let's Beat Diabetes Programme  
(09) 262 9563 or go to [www.letsbeatdiabetes.org.nz](http://www.letsbeatdiabetes.org.nz)

## Health Navigator NZ Online Portal

Health Navigator NZ is a unique, community initiated project involving many organisations working together to improve the health of people with long term conditions.

The website was officially opened at the Royal College of General Practitioners Conference in September 2009. The site focusing on improving health information, quality improvement, workforce development, clinical leadership, self management support, health literacy, resource utilisation, cost effectiveness and patient and family journeys.

One of the key aims of Health Navigator NZ is to make it quicker, easier and safer to find quality tested health information and self-help resources by linking all key resources into one place. The site will also improve sharing best practice in chronic care, self management support, health literacy, continual quality improvement and reducing health inequalities.

The Health Navigator began through the Self Management Network, a body of clinicians, health professionals and consumers whose achievements include not only the design and development of the online web portal for health information but also literature reviews, development of a quality framework, stakeholder and key partner engagement, formation of clinical reference groups and ongoing coordination of the Self Management Network.

Partner organisations to the Health Navigator portal include Heart Foundation NZ, Asthma Respiratory NZ, SPARC, Mental Health Foundation, Arthritis NZ, Diabetes NZ, Webhealth, MedTV and a number of PHOs and DHBs.

### The different roles of HealthPoint, Webhealth and Health Navigator

- Healthpoint focuses on health services such as hospital, specialist and primary care services
- Webhealth focuses on community and social services and
- Health Navigator NZ focuses on health information/self-help resources and signposting.



### Benefits of increased self management support

There is good evidence and many examples of the benefits to organisations and individuals to improved self management support.

Some of these benefits include:

- Reduced hospitalisations by up to 50%
- Reduced service demands (informed, empowered patients can make better decisions and help take care of minor ailments)
- Improved clinician and consumer satisfaction
- Improved quality of life
- Better adherence to medication and reduced drug costs.

Bycroft, J.J., & Tracey J. (2006) NZFP Self-management support: *A win-win solution for the 21st century Vol 33 (4) 243-248*



## Quinoa Risotto with Mushrooms

2 cups	mushrooms
3½ cups	water
1 cube	low salt vegetable stock
4 tbsp	olive oil
1	small onion, finely sliced
2 cups	quinoa
½ cup	low fat yoghurt
½ cup	grated low fat cheese
	finely chopped fresh parsley
	herb salt

1. Wash and chop mushrooms into small pieces
2. In a saucepan, heat 2 cups of water. Add the vegetable stock to dissolve. Keep hot.
3. In another saucepan, sweat the onions in olive oil. Add the mushrooms and stir fry for about two minutes. Stir in the quinoa. Cook until grains are coated in oil and "toasted" – about 1-2 minutes.
4. Add in half the stock water, stirring continuously until absorbed. Keep adding the rest of the stock as needed until used up.
5. After 15-20 minutes, the quinoa grains should be swollen and tender with a slight crunch (al dente). Season with herb salt and take off heat.
6. Fold in the yoghurt and cheese. The risotto should be quite moist but not soupy.
7. Serve immediately with a sprinkle of cheese and plenty of chopped parsley.

Serves 3-4, ready in 30 minutes; economical, nutritious & delicious

**Quinoa** (pronounced keen-wah) is an ancient delicate pearly grain originating from South America. High in protein and calcium, it can be substituted for rice in many dishes. It was known as the "mother grain" because of its high protein content.