Te Wai o Rona Resources

Peer reviewed papers

Click here to read the abstract
Key words: Waist: Metabolic syndrome: Dysglycaemia: Dyslipidaemia: Maori
Key messages: Te Wai o Rona: Diabetes Prevention Strategy is the first study in a Maori, or any Polynesian, population showing detailed analysis of waist circumference cut-off points for the detection of dysglycaemia and two or more risk factors for the MS. The waist cut-off for women was 98 cm and 103 cm for men.


Click here to read the paper
Key words: Undiagnosed diabetes, impaired glucose tolerance (IGT), impaired fasting glucose (IFG), Maori.
Key messages: The cohort represented approximately 13% of Waikato and Southern Lakes District Maori adults. Undiagnosed diabetes, IGT, and IFG were common in this M?ori cohort (particularly in men and the very obese) and there was significant opportunity to reduce M?ori morbidity and premature mortality through case-finding an increased number of Maori with dysglycaemia requiring intervention Investment by district health boards in prevention strategies across the lifecycle is required.


Click here to read the abstract
Key words: Prevention, Diabetes, Maori, community intervention.
Key messages: This study showed that community-wide prevention programmes are feasible among Maori and likely to result in significant reductions in the incidence of diabetes.
The intervention included personal support delivered by Maori Community Health Workers (MCHWs) and focused on twelve key lifestyle messages. These messages were focused around practical ways of increasing physical activity and a targeted those at high risk of diabetes. This included those with impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), precursors to type 2 diabetes, which can be prevented or delayed by intensive lifestyle changes.


Click here to read the abstract
Key words: Diabetes, New Zealand initiatives, Peer support, Strategy evaluation.
Key messages: M?ori community health workers, trained to provide peer support for the Te Wai o Rona Diabetes Prevention Strategy took an active part in screening for diabetes risk, coaching and support of peers and groups and the use of the intervention materials developed. The pilot of the M?ori community health worker intervention was associated with meaningful weight loss particularly among those with impaired glucose
tolerance.

Click here to read the abstract
Key words: Finger-prick point-of-care testing (POCT), Blood glucose measurement, Diabetes.
Key messages: This study has shown finger-prick point-of-care testing (POCT) is not a good way to determine the presence of diabetes or prediabetes.

Click here to read the abstract
Key words: Walk test, diabetes, obesity, metabolic syndrome X, Maori
Key messages: Distance walked in 4 minutes was most strongly and negatively related to four factors – age, fat mass, lower socio-economic status and smoking, and also with increasing numbers of components of the metabolic syndrome. This test could be used in the clinical setting to assess response to lifestyle interventions in those who are sedentary.

Key words: Retinopathy, Nephropathy, Maori, Diabetes.
Key messages: This study has shown that strategies among those at risk of diabetes, including the promotion of smoking cessation, are needed to reduce the risk of renal disease among M?ori with diabetes.

Click here to read the abstract
Key words: Food environment, availability, accessibility.
Key messages: Healthy’ foods were more expensive than ‘regular’ choices in both urban and rural areas. Although ‘healthy’ foods were more available in urban areas, the cost of changing to a healthy diet in urban areas was also greater. Improvement in the food environment is needed to support people in adopting healthy food choices.

In Press

Abstract
This paper aimed to identify frequently consumed traditional foods at hui amongst M?ori people living in the Waikato and Southern Lakes Districts, at the start of the Te Wai o Rona Diabetes Prevention Strategy. Responses from 2669 self-identified M?ori (90.5%) and members of the same household aged ≥28 years were analysed. “Boil-ups” were consumed at least annually by four out of five respondents and salad was the food most frequently consumed at hui (25.5%); followed by kaimoana (seafood, 19.6%) and meat (17.8%). When the marae was located within five km of the coast, kaimoana was
more frequently eaten at hui and more often listed as a traditional food. Diverse tribal affiliations were also evident.

Education in relation to the need to cut fat off meat, to skim fat off a boil-up and increase fruit consumption should be encouraged in any new community and environmental programmes designed to reduce the burden of chronic disease in M?ori people.

And just published in the New Zealand Medical Journal
Cultural issues in research, a reflection
Rawiri Blundell, Veronique Gibbons, Steven Lillis
Click here to view the abstract

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Below are useful links and resources generic to the Te Wai o Rona Diabetes Prevention Strategy project.
You can also find resources which are relevant to each specific message of Te Wai o Rona here.

Useful links
VegFed brochures http://www.vegetables.co.nz/resources-index.php

What was learned?
Low prevalence of retinopathy, but high prevalence of nephropathy among Maori with newly diagnosed diabetes-Te Wai o Rona: Diabetes Prevention Strategy:

References and links to abstracts of published papers

Abstracts from presentations given
4. Rush E, Simmons D, Crook N. Fatness and fitness are associated with metabolic syndrome risk factors in Maori. 7th International Diabetes Federation Western Pacific Region Congress. Wellington, New Zealand, 2008.

9. Rush E, Simmons D. Cut-offs and Obesity Labels - What is the Point?. Presented at From Genes to Community: What is obesity?, Auckland, New Zealand, 9, 10 September 2006


12. Rush E, Crook N, Simmons D. Fruit and vegetable intake, body mass index and risk for diabetes in Maori. 7th International Diabetes Federation Western Pacific Region Congress. Wellington, New Zealand, 2008.


Acknowledgements

Te wai o Rona Diabetes Prevention Strategy Partnership

<table>
<thead>
<tr>
<th>Name</th>
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<tr>
<td>Timi Te Heuheu (Co chair)</td>
<td>Iwi Māori Council, Kaitiaki</td>
</tr>
<tr>
<td>Elaine Rush (Co chair)</td>
<td>AUT University, Investigator</td>
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<tr>
<td>David Simmons</td>
<td>Lead Investigator</td>
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<tr>
<td>Hori Awa</td>
<td>Iwi Maori Council</td>
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<tr>
<td>Harry Mikaere</td>
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<tr>
<td>Steph McLennan</td>
<td>Sport Waikato</td>
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<tr>
<td>Murray Dear</td>
<td>Diabetes New Zealand</td>
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<tr>
<td>Nic Crook</td>
<td>Lakes DHB, Investigator</td>
</tr>
<tr>
<td>Brett Paradine</td>
<td>Waikato DHB</td>
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<tr>
<td>Riana Manuel</td>
<td>Waikato DHB</td>
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<td>Keith Wright</td>
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<tr>
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<td>HRC and Maori Health Providers</td>
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<tr>
<td>Gaylene Roberts</td>
<td>Kaumatua Kaunihera</td>
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