

healthbites

Issue 1

October 2006

Welcome to the first issue of healthbites. This paper will give you a taste of various topics affecting our health. There is continual study in the area of health and nutrition and this paper endeavors to share enough of it to give you something to chew on!

Many articles in this paper are condensed from larger articles from renowned sources, contact us for the complete article and we will supply if available.

Blair says Britons must improve their own health

Reuters Health - LONDON

Prime Minister Tony Blair urged Britons to take more responsibility for their health as he warned that poor lifestyles were putting a huge financial strain on the health service.

"In the future, health care cannot be just about treating the sick but must be about helping us to live healthily. This requires more from all of us, individuals, companies and government," Blair said.

Blair said the most pressing health problems were more related to individual lifestyles - obesity, smoking, alcohol abuse, diabetes and sexually transmitted diseases.

One in four adults and children in the UK is obese and the figure is rising, Blair said. According to parliament's health select committee, the full cost of obesity and overweight people to Britain is in the region of 7 billion pounds per year.

Blair said the government was banning the sale of junk food and fizzy drinks from vending machines in schools. He said if voluntary moves to limit advertising of junk food to children had not worked by 2007, new laws would be introduced.

The government was also encouraging supermarket chains to adopt a single-system of labelling to identify healthy options.

"It will be much better if the industry comes together voluntarily around this scheme but once again, we are prepared to act if the voluntary system does not work," he said.



More Americans too fat

By Maggie Fox, Reuters Health - WASHINGTON

More and more obese people are unable to get full medical care because they are either too big to fit into scanners, or their fat is too dense for X-rays or sound waves to penetrate, radiologists reported on Tuesday.

With 64 percent of the U.S. population either overweight or obese, the problem is worsening, but it represents a business opportunity for equipment makers and hospitals, said Dr. Raul Uppot, a radiologist at Massachusetts General Hospital.

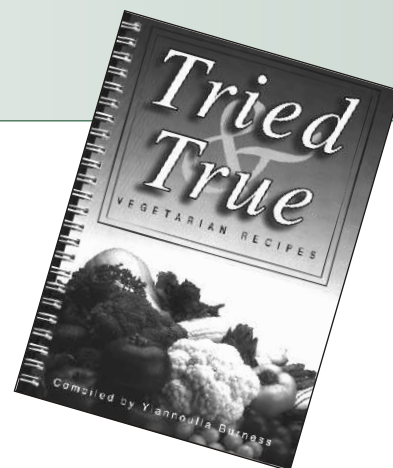
"We noticed over the past couple of years that obesity was playing a role in our ability to see these images clearly," Uppot said in a telephone interview.

Radiologists have their own term for it when writing up reports: "These images are limited due to body habitus."

"It essentially doubled over the last 15 years," Uppot said.

"It is a major issue because ... the patient may still have a tumor, the patient may have appendicitis, the patient may have other inflammatory processes," Uppot said.

"If you tell a patient 'I am sorry - we just can't sit you on our CAT scanner (table)', that is devastating to hear."



Tried & True

Yiannoulla Burness. A great cookbook for New Zealanders with lots of tasty recipes. Includes nutritional information, plant sources of nutrients and grain cooking times. Explains the advantages of a vegetarian diet.

TTRUE Ringbound

\$21.80

Quote of the Month

There is sickness everywhere, and most of it might be prevented by attention to the laws of health.

—Ministry of Healing, page 146

healthbites

Issue 1 - October 2006

healthbites is a production of Autumn Leaves NZ Ltd. All content is for information and reporting purposes. No intention is made to bring total solutions for any health condition.

Autumn Leaves NZ Ltd

PO Box 654
Rangiora 7440
New Zealand



autlea@xtra.co.nz

little bites

Daycare tots most apt to catch colds

M Rauscher, Pediatrics, Oct. 2006

Results of a large Danish study confirm that young children who attend group childcare, are at increased risk for catching respiratory infections compared with their counterparts who are cared for at home.

The study, which included more than 135,000 children, also shows that the increased risk is most pronounced in children 0 to 2 years of age and is greatest soon after they begin daycare.

Breast cancer cases have soared

BBC NEWS, September 2006

The number of breast cancer cases has rocketed in the last three decades, but death rates are falling, figures show.

The data from the Office for National Statistics showed that from 1971 to 2004 the number of cases of the disease rose by 81% to 36,939 cases in England.

But deaths from the disease have fallen by a fifth since 1989 to 12,417 due to better treatment and earlier detection

Music lessons help young child memories

Reuters Health, TORONTO, Sept 06

A new Canadian study showed that after one year of musical training, children performed better in a memory test than those who did not take music classes.

"(The research) tells us that if you take music lessons your brain is getting wired up differently than if you don't take music lessons," Laurel Trainor, professor of psychology, neuroscience and behavior at McMaster University in Hamilton, Ontario, told Reuters.

Pneumonia NZ's 'hidden killer'

K Andrew, Dominion Post, Sept 06

Pneumonia is a hidden killer that puts more than 3000 New Zealand children a year in hospital and costs the health system more than \$7 million.

The previous two articles are very interesting, but this following article is a bit closer to home and shows that the same trend is continuing in New Zealand too.

Kiwi food causes weight gain, says expert

By KELLY ANDREW Dominion Post MONDAY, 03 APRIL 2006

The Government must make healthy food more affordable to avert a mounting obesity problem, an international expert says.

Professor Philip James, chairman of the International Obesity Task Force and a former chief food safety adviser to Britain's Prime Minister Tony Blair, met Health Minister Pete Hodgson, doctors and Maori health groups.

He said there was an enormous and out of control public health crisis relating to being overweight.

"You've manipulated, with Government approval and huge grants in the past, the whole of the industry, and the way in which you work, and live, and the foods you serve up in New Zealand are beautifully designed to guarantee that most people are putting on weight."

Maori and Pacific Island communities were particularly at risk, with many being struck by type 2 diabetes at a younger age and having obesity rates on a par with the United States, he said. Ten per cent of New Zealand children and 21 per cent of adults are obese, and health experts estimate 1.5 million Kiwis can be classed as overweight or obese.

Professor James said if nothing was done, hospital services would eventually not be able to cope with the number of casualties from the obesity epidemic.

Policies and regulations should be introduced to protect children, including restricting advertising of unhealthy food, and preventing schools selling soft drinks, chocolate, and other junk food.

Mr Hodgson agreed that action on obesity was urgently needed. Success would come from community and family measures.



Recipe of the Month

Walnut Oat Patties

3½ cups rolled oats	1 c walnuts (finely chopped)
1 large onion (finely chopped)	6 T soya flour
1½ c soya milk	2 t salt
1 t mixed herbs	½ t sage
1 t marjoram	1 t basil
1 t garlic powder	2 T sesame seeds
2 T sunflower seeds	1½ T soya sauce

Mix all ingredients. **Form** into patties, and **bake** for 30-40 minutes at 180°C or until brown.

Vegetarian Cooking Classes

Commencing Mon 16th October

- Breadmaking and Dairy-free Cheeses
- Economical Protein Dishes
- Healthful Desserts
- Breakfasts
- Milk Replacements and Substitutes
- Sugar-free Jams, Dairy-free Butters
- Sugar-free Biscuits and Cakes
- How to prepare Vegetables attractively for health and flavour

Commencing: Monday 16th October followed by: every Monday night for 7 weeks

Time: 7:30pm

Venue: Bishopdale Community Centre Bishopdale, Christchurch

Charge: \$5 per evening

To enrol or for more information:

Please phone: Angela 03 313 7701

