

TOI POTO WEBINAR

Distance Nutrition Service

MASON NGAWHIKA

# Nutrition: Defintion

- *“The process of providing or obtaining the food necessary for health and growth”.*
- *“The branch of science that deals with nutrients and nutrition, particularly in humans”.*
- *‘The process of taking in food and using it for growth, metabolism, and repair. Nutritional stages are ingestion, digestion, absorption, transport, assimilation, and excretion”*





# The Origins of Kai

- Te Tohenga
- Te Wehenga
- Te Pakanga – Te Paerangi
- Tūmatauenga



# Mason's Definition

- *“The aspiration for people to receive somewhere between adequate and optimal nutrient intakes”.*
- *“The ability to procure the appropriate energy requirements for peoples aspirations”.*
- *“To consume foods that are consistent with manaaki whenua, manaaki wai, manaaki hau and manaaki tinana”.*



# The Problem with Nutrition

- Changing messages
  - Cholesterol
  - Infant recommendations
  - Saturated fat
  - Sodium
- The cost of healthy food
- Fad/extreme/different diets
- Availability of unhealthy food
- Governments support big business
- Dietetics assistance – Need to present with 2-3 chronic conditions

## New Zealand's Obesity Crisis...

**2 in 3**

Adults are overweight or obese

Top 3 obesity rates in OECD  
**#1 USA #2 Mexico  
#3 New Zealand**

## Obesity is Unevenly Distributed...

**32%**

All New Zealand

**48%**

Māori

**62%**

Pasifika

Someone living in our most deprived communities is **1.5** times MORE LIKELY to be OBESE

## ...and Costing us Life & Livelihood

**\$8 Billion**

Burden on the health system over the next 10 years

**\$13 Million**

was wasted on unattended appointments in the last year

The Māori diabetes rate is set to climb from **1/10** to **1/6** in 10 years

A **5%** DECREASE in BODY MASS can REDUCE the RISK OF DIABETES by **50%**

# Nutrition Support

- DHB: Need to present with 2-3 chronic diseases
- High DNA rates
- 2 minute dietary advice from a doctor
- There are very few services in place for a pre-diabetics
  - 6.1mmol/L and 6.9mmol/L (fasting)
  - >7.0mmol/L (twice)



# Diabetes Treatment

- Early diagnosis
- Treatment
- Motivation
- Support
- Education
- ¼ of adults are pre-diabetic
- 250k have been diagnosed





# Distance Nutrition Support Service


- There is a need (two sided)
- Online communication tool (Zoom)
- No need to travel
- Convenient
- Low overheads
- Nutrition Software



11:03 96% 11:03

# My Plan

1700 Calories Antioxidant Plus Weight Loss - Day 01


**Breakfast** Calories 295 

Sanitarium, Marmite spread  
Serving: 2-half teaspoon (3g)

Butter, All Brands  
Serving: 3-gram(s)

NZ Homebrand Wheatmeal Bread  
Serving: 2-slice

NZ Yoghurt  
Serving: 1-each

**Snack 1** Calories 291 

Recommended Calories	Calories Planned
<b>1700</b>	<b>1774</b>


Today My Goal My Log **My Meals** Settings

11:03 96% 11:03


# My Plan

1700 Calories Antioxidant Plus Weight Loss - Day 01

NZ Homebrand Mayonnaise  
Serving: 1-tablespoon

**Snack 2** Calories 74 

Snack vegetable sticks and dip  
Serving: 1-each

**Dinner** Calories 566 

NZ Coleslaw  
Serving: 1-each

Pork Schnitzel  
Serving: 1-each

Recommended Calories	Calories Planned
<b>1700</b>	<b>1774</b>

Today My Goal My Log **My Meals** Settings

# Summary

- To provide a service for a growing demand
- To reduce the incidence of type 2 diabetes
- To reduce the burden for those who have been diagnosed with type 2 diabetes
- To provide services to allow health providers to serve their clients



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