

Issue A13

“Setting a goal is not the main thing.

It is deciding how you will go about achieving it and staying with that plan.”

*TOM LANDRY
Professional Coach*

Dont Forget:

As a rule of thumb the less packaging the healthier the shopping basket.

Fruits, vegetables, whole grains, lean meats and fish make up the bulk and are the “habit” foods.

The more packaged and processed things are for “treats”.

Although a mango or strawberry is a pretty good treat!

Welcome

I hope you have been well since our last newsletter.

Overweight children -- we are hearing so much about it!

Recently I listened to an ABC radio interview with two authors of a new book addressing the increasing prevalence of overweight children (1 in 4 kids are now clinically overweight and many more on the edge). I'll review the book before making comment. The authors seemed well informed and made the expected suggestions about nutrition and physical activity -- most of which we all know. It's a very serious issue with profound consequences for individuals, the economy and society as a whole. So why has it become so prevalent over the last generation or two -- at time when we have more information about health than ever?

I'm sure there are many answers -- sociologic, psychologic, economic, etc, but one simple thing struck me when listening to the interview. May I share those thoughts that are by no means a whole solution, but perhaps a key factor.

I believe two significant reasons why today's children are more overweight than their predecessors are: Firstly, today's parents, on average, are not as effective at saying “No” and sticking to it. Secondly, children are not as accepting or respectful of a “No” to their requests. In this modern information age most people know what the correct choices are. Applying those choices, often against the initial negative reaction of kids, can be a challenge “Everyone else does it. Why can't I?”

I'm not suggesting the home needs to be a police state and kids locked up for having a packet of chips, although serious consideration needs to be given to the difference between “habit” and “treat”. “No” needs to be the strong response to poor nutrition habits and “Yes” to occasional treats. A chocolate bar, biscuits or crisps in the lunch box every day is a very poor nutritional “habit”. A couple of scoops of icecream after dinner each night is a weight gaining, cholesterol raising “habit”. A chocolate bar in the lunch box on Friday is a “treat”(the other days it is fruit or other healthy choices), icecream on the weekends or a paddle pop occasionally at the shops is an appreciated “treat”. The shorter term result is 80% less consumption of the unhealthy choices and consequently less weight gain. Over the long-term the healthy habits translate into major positive health outcomes well into adulthood.

Lack of physical activity is the other major player in the story. It also may benefit from some sustained use of the word “No”. “No computer games during the week”; “No television until after dinner”, etc. Then be encouraging of physical activities that children will enjoy and are likely to sustain. Team sports are often a winner as they provide attractions and benefits aside from keeping fit. Try including a family walk each day -- even if you are super busy aim to walk around the block just once. It's not what the text books say, but it is a great deal more than nothing and it creates a healthy habit that can be built upon.

Start early when they are young, it's much easier than trying to influence teenagers. I'm not looking through rose coloured glasses, I have four children of my own and understand it is not always easy. I know very well “Yes OK” is often much easier to say than a sustained “No”.

The radio announcer, after listening to suggestions of healthy lunch box contents, suggested children may then encounter another problem because they may be picked on because they had healthy options rather than chocolate bars. Imagine the problems society will have in years to come if we succumb to that. We need to stick strongly by what we know is best for our children. The following page includes tips for healthy lunches. I've also added an extra page drawn from a previous newsletter, see “Good Eating Guidelines”.

Page 3 has tips for quitting smoking -- please don't turn off yet if you are not a smoker. I recently had a couple of reports from program participants that passed material on to others who subsequently quit. That's a massive investment in their future quality of life. If you know someone who smokes, perhaps a partner, friend or a child please consider the information and pass it on.

If you are a manager considering the Health Futures program for your staff before the end of the financial year, may I request that you contact us as soon as convenient. Each June we have a high demand peak and early notification allows us to best meet your needs.

Rob Edwards and the Health Futures Team

“Relax!

*You will soon break
the bow if you keep it
always stretched”*

*PHAEDRUS
15 B.C - 50 A.D.*

Don't Forget:

Before considering lunch make sure everyone leaves the house each day with a healthy high fibre breakfast under their belt.

Natural muesli or other whole grain cereals with skim milk; fruit -- fresh, stewed or with low fat yogurt; wholemeal toast with an egg, tomato, etc.

For little people and big people alike, a healthy start to the day is vital.

A Few Healthy Lunch Ideas

Here are a few interesting options, some simple and others take a little more effort:

Try these fillings on wholemeal bread, crispbreads, bread rolls or in pita or Lebanese pockets:

- tuna and green salad
- lean turkey or chicken
- cottage cheese, apple and celery
- ricotta cheese, tomato and capsicum
- mushroom, coleslaw and sprouts
- mixed bean or rice salad
- grated carrot, sultanas and walnuts
- chicken and salad
- banana and cinnamon
- lean beef, mustard and grated carrot

You might also consider quick salads of tuna or salmon; perhaps stewed fruit with low fat yoghurt. Make sure there is a piece of fruit in the lunch box each day. Be careful of health bars -- read labels carefully to avoid excess fat and sugar content.

Leftovers: If you have prepared a healthy meal for dinner, it will still be healthy the next day so have it for lunch. This is certainly better than grabbing something unhealthy on the run. It also means that you won't have as many second helpings for dinner if you know you are leaving some for tomorrow's lunch.

Pork and Asian Greens Stir Fry

The secret to stir-frying is the heat. You need a really high heat to cook the ingredients quickly and prevent them stewing in their own juices. That way your stir-fries will always be fresh and crisp, not limp and soggy

Ingredients:

- 1 tablespoon rice bran oil
- 500g pork fillet or skinless chicken breast, sliced
- 1 onion, sliced
- 1 garlic clove, crushed
- 1 teaspoon grated fresh ginger
- 2 bunches baby bok choy, quartered
- 1 bunch broccolini
- 100 g snow peas, trimmed
- 1/4 cup sweet chilli sauce
- 1/4 cup lime or lemon juice
- 2 tablespoons salt-reduced soy sauce
- coriander leaves and steamed rice or noodles to serve

Method:

Heat oil in a wok or large frying pan on high. Stir-fry the pork in 2 batches for 2-3 minutes. Remove to a plate. Add the onion, garlic and ginger to the wok and stir-fry for 1-2 minutes until just tender. Return the pork to the wok with the baby bok choy, broccolini, peas, sweet chilli sauce, citrus juice and soy sauce.

Stir-fry for 2-3 minutes until greens are just beginning to wilt.

Sprinkle with coriander and serve immediately with steamed rice or noodles.



From Zest the Nutrition for Life Cookbook by Catherine Saxelby & Jennene Plummer. eFood is Catherine Saxelby's newsletter. To subscribe email: info@foodwatch.com.au.



2008 Bledisloe Cup Rugby Competition

Last year we conducted a competition to celebrate Clyde and Carrie Rathbone joining Health Futures. The response was huge so we have decided to make it an annual event. The prize is 2 tickets for the Sydney match (26 July) including airfares from your nearest capital city (in Australia or NZ). Enter by emailing wallabies@healthfutures.com.au. Include "Wallabies" in the subject. Important: 3 entries are allowed for those who have participated in a Health Futures program. Others are most welcome to enter once. Competition closes 20 June 2008.

Non rugby fans! We had a few responses last year suggesting an array of prizes. This is the only competition we conduct, in light of Clyde being a member of the Wallabies. If you win I'm sure someone you know would be delighted at the gift.

Quit Time

Quitting can be a tough job, but if you take your time and be realistic about the effort required, then with careful planning and commitment—you will give yourself a great chance of success. There are many and varied methods of quitting. The best one, of course, is the one that works for you so keep looking to find the best fit.

The following method is a suggestion that may do the trick. Carefully follow each step to becoming a healthy, happy and confident non-smoker. The benefits for you and the people who care about you are massive.

Record your consumption	Record approximately how many cigarettes you smoke each day. Do this by updating a calendar or diary each day. Many people who record their cigarette consumption become tuned in to their habit and automatically tend to smoke less.
Set a quitting date	Select a date that will be your 'Quit Day'. How about a Saturday in six weeks—put a big circle on the calendar.
Believe you are going to quit	Write boldly at the top of the page and on your calendar the words 'On the _____ (date) I begin my new life as a healthy, happy and confident non-smoker.' Reading these words is simple but if you say it often enough and with enough conviction you will believe it. With a genuine belief in yourself, your potential for success is virtually unlimited.
Seek help	Read as much as you can about quitting; speak to your doctor; call the QUIT Line (131 848 they will give you tips and call you during the quitting phase to help with motivation); do a quit smoking course (call your local cancer council or foundation); try nicotine patches, gums etc. Hypnotherapy, acupuncture – whatever help you get, if it works it is brilliant.
Be physically prepared	One of the reasons for setting your Quit Day six weeks down the track is so you are physically prepared. If necessary, improve your nutrition, fitness, coping skills and so on. You will then be better equipped to be successful. This will minimise the possibility of you putting on weight—a fear of many who are quitting.
Quit and celebrate	When the big day arrives, QUIT. This is one of the proudest days of your life so don't let it slip by—make a fuss. Celebrate by really treating yourself and invite other people to join with you in the celebration. Buy yourself something special with the money you will be saving or have a holiday. You are making one of the most important decisions of your life.
Weather the storm	The first two weeks are tough going; it would be silly to pretend this time is going to be easy. Accept that it is tough but keep telling yourself that you have gone this far and you're not turning back. It will get easier. Each day you enter that magic zero in your calendar, repeat the words 'I am a happy, healthy and confident non-smoker'.
Keep at it	If you do break out, it's just a set back, certainly not a failure. You must keep trying because your life depends upon it.

Hints to help you weather the storm

- ✓ Ask all those near to you to be tolerant—you may be a bit grumpy.
- ✓ Have non-fattening nibbles available because you will be reaching for something. Try strawberries, dried fruit or nuts (not too many), celery or carrot sticks, or chew gum if it satisfies you.
- ✓ As much as possible avoid situations where you will be tempted to break out. Ask the people you know who smoke, not to smoke near you and not to offer you a cigarette.
- ✓ Increase your physical activity – even half a dozen 5 minute walks each day will help.
- ✓ Take extra time outs so you can plan each period of work to ensure you can cope without reaching for the cigarette packet.

Print this page, then enter a "Rating" from 1 to 5 as to how well you take care of yourself in that particular area. 5 means that you are very proactive in managing that particular aspect of your lifestyle; 3 means there is room for improvement, 1 means it is in a pretty bad way.

This is not designed as a detailed analysis. Just approximate how you are going for each point, for example: "Dietary Fibre Intake" ask yourself: do I eat whole meal bread, include plenty of vegetables, have a couple of pieces of fruit each day, choose whole grain cereals and so on?

Use the low ratings to identify areas that may be improved -- opportunities to invest in your future health and well being.

Enter "Goals and Actions" in the space provided.

Make a diary note to revisit the table every couple of months.

Don't do this in a hurry (it's far too important), take some time to ponder where you are at and how you can make positive change in the context of the other demands on your energy and time.

Have a great day

How Do You Rate Yourself?

This page is presented with each news letter just to prompt readers to consider these important issues

	Rating	Goals and Actions
Physical Activity		
Body Weight		
Alcohol		
Cigarettes		
Dietary Fibre Intake		
Dietary Fat Intake		
Sugar Intake		
Fluid Intake		
Stress Management		
Time to Relax		
Back Care Exercises		
Cholesterol/Triglyceride		
Skin Self Checking		
Check Stools for Blood		
Breast/Testicular Self Check		
PAP Test		
Mammogram		
Prostate		
Dental Check Up		
Eyes Checked		
Other		

Back Issues and Health Futures Services

For back issues visit www.healthfutures.com.au and click Newsletters.

If your organisation wants detailed information about Health Futures services visit www.healthfutures.com.au and click Contact Us.

GOOD EATING GUIDELINES

You are what you eat! As simple as it sounds, what you put in your mouth really makes a difference to how efficiently you function, how long you live and how much fun you have along the way.

Modern eating has strayed considerably from that of our ancestors - more refined foods, more saturated fats, less fruit and vegetables, more sugars - more in total.

And, on average we are not burning it off. So give yourself a rating for each of the guidelines and, if necessary, make some gradual changes to achieve long-term healthy eating.

Please note:

These lists are not complete. For more detailed information see sites such as: nutritionaustralia.com.au

*refined foods - white bread, white sugar, white flour and polished white rice are examples of refined food products that during processing have had many nutrients such as fibre & vitamins removed.

More Fibre

- Bread- whole grain, rye, soy & linseed
- Vegetables
- Fruits & dried fruits
- Nuts & seeds
- Wholemeal pasta & brown rice
- Legumes - beans, lentils, chick peas, baked beans
- Raw bran -wheat, oat, barley, or rice, psyllium
- Cereals - eg. weet bix, sultana bran, all bran, rolled oats, fibre plus, muesli (untoasted)

More Good Fats

- Olive & canola oil
- Avocado, most raw nuts (including almonds, cashews, hazelnuts, macadamias)
- Oily fish: salmon, tuna sardines, trout
- Linseeds, legumes, dark green leafy vegetables

More Iron

- Lean red meat, fish, chicken
- Cereal, grains, legumes, nuts
- Vegetables

More Calcium

- Low fat dairy - milk, cheese, yoghurt
- Almonds, brazil & hazelnuts, sesame seeds, tahini
- Salmon, sardines, prawns

More Fluid

- Aim to drink two litres of healthy fluid each day

Less refined/energy dense carbohydrates and sugars*

- Choose “no added sugar” products
- Limit soft drink, flavoured mineral water, flavoured milk
- Limit lollies, chocolates, sweet biscuits, cakes, desserts as snacks
- Limit the addition of sugar to foods like tea, coffee, cereals and fruit
- Limit white bread, pasta, rice, sweet cereals
- Limit juice to one or two glasses per day

Less Bad Fats

- Limit full cream dairy products
- Limit skin on chicken and fat on meat
- Limit palm, coconut, safflower, corn, cottonseed, peanut, sunflower oils and margarine
- Limit fatty meats, processed meats, bacon and sausages
- Limit processed commercial foods - cakes, donuts, biscuits, pastries and muesli bars

Less Salt

- Choose “no added salt“ or “reduced salt” products
- Limit adding cooking salt, sea salt or vegetable salts to food
- Limit meat tenderisers, MSG, olives, dried kelp, gravy powder, stock cubes
- Limit salami, ham, corned beef, devon, chicken loaf
- Limit bottled sauces, soy sauce, salted pretzels, nuts and biscuits, canned & packet soups, takeaway, pies, sausage rolls, pasties

Less Alcohol

- See the “Rule of Two” in previous newsletter or health appraisal reports