



# Porirua Healthlinks Trust

"Ka piki te oranga mo nga iwi katoa kei Porirua"

To achieve better health and wellbeing for all people of Porirua

**Subscribe to All Points!**  
All Points is our weekly e-bulletin to keep you informed. Or have your say write to Community Voices at PO Box 50 778 or email [info@healthlinks.org.nz](mailto:info@healthlinks.org.nz)



## From the Managers Desk

This past week has been full of health news. Alcohol and Smoking reforms have been highlighted locally and nationally with Obesity experts ranking New Zealand as the third most obese country in the world.

Obesity is linked to a range of chronic health conditions, including type-2 diabetes, heart disease, cancer, respiratory problems and osteoarthritis. Experts believed obesity was the biggest health problem in New Zealand.

Its cost to the health system was estimated at \$500 million a year. While government funding for the Healthy Eating Healthy Action programme has been axed the Porirua Health Service providers are continuing their initiatives that currently promote and encourage these issues to support achieving better health and well being.

We look at raising awareness of safety in the home and focus on Woman's Health, specifically encourage readers to look further into maintaining a healthy heart by logging on to [www.goredforwomen.org.nz](http://www.goredforwomen.org.nz) Go red for women has been in the States for a while but recently Jenny Shipley ex NZ Prime Minister launched the campaign here in NZ sighting her own experience and the life changes she made to be heart healthy. We remind readers of Cervical Cancer Screening and its importance and Alison our local dietician informs us of good fats.

## HEALTHLINE

For free 24 hour health advice phone 0800 611 116

### What is Healthline?

Healthline is a free telephone health information service for all the family. The service is staffed by registered nurses who will assess your health needs, and give information and advice to help you decide on the best level of care.



## Community Voice

Porirua Healthlinks are looking at re branding and want community input. We are running a competition to see what can come from the community and are offering free 3 month membership to Porirua City Fitness if we use your idea.

For those graphic or aspiring young designers can you come up with a new brand with the focus of Health and Community?  
For further information contact Liz at [liz@healthlinks.org.nz](mailto:liz@healthlinks.org.nz) or phone 238 4756.

## Our Community Dietician says...

### Recommended fats in our food

Our health is influenced by the food we eat and in particular plant oils play an important role in reducing the risk of a heart attack or stroke.

All fats and oils are high in energy and eating too much will result in extra weight gain.

### The good oils

Monounsaturated oils and polyunsaturated oils are found in plant foods and are the recommended fats to choose in small quantities. Choose table spreads made from these foods also for good health. The following items are called "heart friendly" fats and are recommended by health professionals

### Polyunsaturated oils

- Corn
- Grape seed
- Falx seed
- Safflower
- Sesame
- Soyabean
- Sunflower
- Walnut
- Wheatgerm

### Monounsaturated oils

- Almond
- Avocado
- Canola
- Olive
- Peanut
- Rice bran



A dietician will recommend practical ways to include heart friendly oils into your eating pattern to improve your health. Alison Pask, Dietician



Alison Pask, local dietician for the Porirua region

Phone: 237 1026

Email: [alison.pask@poriruahealthplus.org.nz](mailto:alison.pask@poriruahealthplus.org.nz)



## National Cervical Screening Programme



### Did you know that...

- Cervical cancer is one of the most preventable of all cancers. Cervical cancer is caused by certain types of the human papillomavirus (HPV), a very common virus passed on by sexual contact.
- Most people will come into contact with HPV at some stage during their life. Most HPV infections clear by themselves, but some high-risk types can cause cell changes on the cervix that may lead to cervical cancer 10 to 20 years after infection. Other types can cause genital warts, but these strains do not lead to cancer.
- A woman's best protection against developing cervical cancer is having regular cervical smear tests. A cervical smear test is a screening test to find abnormal changes in the cells of the cervix.
- HPV testing may sometimes be carried out to see if certain high-risk types of HPV are present in the cervix. This helps to define the risk of cervical cancer.
- Immunisation is now available to protect women against two common types of HPV (types 16 and 18) that cause around 70 percent of cervical cancer.

- The vaccine does not protect against all HPV types; therefore, women who have been immunised must still continue to have smear tests.
- Regular cervical smear tests every three years are recommended for women, if they have ever been sexually active, from the age of 20 until they turn 70.
- Having regular cervical smears can reduce a woman's risk of developing cervical cancer by 90 percent.
- Together, screening and immunisation offer the most effective protection against cervical cancer.

### See your doctor if you have:

- bleeding between menstrual periods
- bleeding after sexual intercourse
- bleeding after menstrual periods have stopped (menopause)
- unusual discharge from your vagina
- persistent pain in your pelvis
- pain during sexual intercourse.

**These symptoms can occur for many reasons, but they should always be checked out.**

## Safe Kids

Safekids New Zealand is a service of Starship Children's Health, established in the early 1990s by Starship Children's Health Trauma Service to help reduce the high rate of unintentional injury to children.



### Our Goal:

To reduce the incidence and severity of preventable injuries to children aged 0 to 14 years.

### Our Vision:

That New Zealand children will be free to enjoy their childhood without being adversely affected by unintentional injury.

### Unintentional Child Injury

#### Quick Facts:

Unintentional injury is the leading cause of death and hospitalisation for children 0 to 14 years in New Zealand. Almost two children die from an unintentional injury every week. Every day an average classroom full of children are injured severely enough to be admitted to hospital. The Good News: Unintentional injury is often preventable.

SOURCE: [www.safekids.org.nz](http://www.safekids.org.nz)

### Cutting and Piercing Injury

#### Key Safety Messages:

"Be Sharp" - Help prevent



unintentional Cutting and Piercing injuries around the home and in public play spaces by clearing up broken glass. Use Safety Glass in windows and doors.

Most people consider having a cut or graze is a normal part of growing up. Cutting and piercing injuries are a common cause of injury for children and despite being painful; such injuries are usually simply treated.

However every now and then, cutting and piercing injuries result in life threatening emergencies. More effective first aid treatment and emergency service response has reduced the numbers of fatalities, yet these events can still result in life-long physical and mental scars. In New Zealand approximately one child a year dies from an unintentional cutting or piercing injury.

### Burns Injury

#### Key Safety Messages:

"Hot water burns like fire" - Always keep hot drinks out of the reach of children

- Never drink hot liquids while holding a child.
- Set your hot water temperature so it is 50-55° Celsius at the tap.
- Clothing burns, please make sure your kids are always a meter from the heater.
- Use smoke alarms.

On average there are six children each year that die from burn injuries in New Zealand, and every day a child is burned severely enough to be admitted into hospital. Burns is a leading cause of injury for young children. Of 1 to 2 year olds admitted to hospital due to severe burns, over half are caused by spilt hot drinks (tea and coffee) and other liquids. Safekids focuses on preventing four key burns-contributing factors: Spilled hot drinks and food; Fire in the kitchen and the home; Flammable clothing; and Hot tap water temperatures.



## Go Red Heart Check Up

Take the Go Red Heart Check Up today to learn your risk. It's free, only takes a few minutes and could save your life.

[www.goredforwomen.org.nz](http://www.goredforwomen.org.nz)