



Porirua Healthlinks Trust

"Ka piki te oranga mo nga iwi katoa kei Porirua"
To achieve better health and wellbeing for all people of Porirua
www.healthlinks.org.nz

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From the Managers Desk

Capital and Coast District Health Board (CCDHB) announced last week that household help was to be re-assessed. This means people who receive District Health Board (DHB) funded help with household chores will now need to meet new eligibility criteria. The Board says it has decided to re-focus the provision of home-based support so that all those who receive only household management support i.e. they do not need personal care assistance will need to hold a valid Community Services Card to be eligible. Those receiving personal health care will not be subject to the new criteria. Planning and Funding Director has said the change is necessary to make sure the DHB is targeting funding appropriately.

This is an interesting comment in the wake of the announcement only days earlier that Hora Te Pai the health arm of Whakarangotai made a \$400,000 surplus from their health dollars (funded by CCDHB) yet the CCDHB would not be looking to retrieve the money because it believed Hora Te Pai performed the services it was contracted to deliver. Somewhat of a contradiction on one hand we have a provider delivering what they are contracted too and able to make a huge profit and on the other we have the same department – Planning and Funding advising those who depend on day to day support being told this will be cut to ensure funds are targeted appropriately hmmm....

You will have received in the mail voting papers for the local body elections also included are voting papers for Capital and Coast District Health Board. Please ensure you vote and think carefully about those you select to represent your health needs.

Nga mihi, Liz Kelly

Healthline

For free 24 hour health advice ph 0800 611 116

Do you know...



Our Community Dietician says...

High blood pressure, also known as hypertension can be affected by what you eat.

High blood pressure means your heart has to work harder to pump blood around your body. This can cause permanent damage to organs, such as the eyes, kidneys and brain, as well as increasing your risk of developing heart disease and stroke. Normal blood pressure delivers an effective blood supply to all parts of the body without damaging delicate organs.

Blood pressure is the measure of how hard your heart has to work to pump blood around the body. A blood pressure reading gives two numbers. An acceptable blood pressure for most people is around 120/80. Both numbers are important. The top number (120) is the systolic pressure, the peak pressure in your arteries when the heart beats. The bottom number (80) is the diastolic pressure, the pressure in your arteries when the heart rests between beats.

High blood pressure is often called the 'silent killer'. This is because one in five adults have high blood pressure, yet many don't know it as there are usually no symptoms. The only way to know is to get it checked by your doctor or nurse.

Many things affect your blood pressure. It is normal for your blood pressure to change during times of stress or excitement. It's when your blood pressure is raised over a longer period of time that it needs to be carefully managed. High blood pressure can run in families and kidney problems may also be the cause of high blood pressure. Lifestyle factors such as being overweight, drinking large amounts of alcohol, eating salty foods and lack of physical activity can also contribute to high blood pressure.

It is important to:

- Have your blood pressure checked regularly
- Take medication as recommended by your doctor
- Eat a healthy diet including fruit and vegetables daily.
- Lower your salt intake; choose low salt foods and if you add salt to cooking add smaller amounts.
- If you are overweight lose weight.
- Lower your alcohol intake.
- Do at least 30 minutes of physical activity for most days
- If you smoke, ask for help to quit.

Ask your doctor or nurse for more information about your own blood pressure and ways you can manage this.



Alison Pask,
local dietitian for the Porirua region
Phone: 237 1026
Email: alison.pask@poriruahealthplus.org.nz



World Heart Day

Sunday 26th September 2010

www.world-heart-foundation.org



THEME: Workplace Wellness

Take responsibility for your own heart health

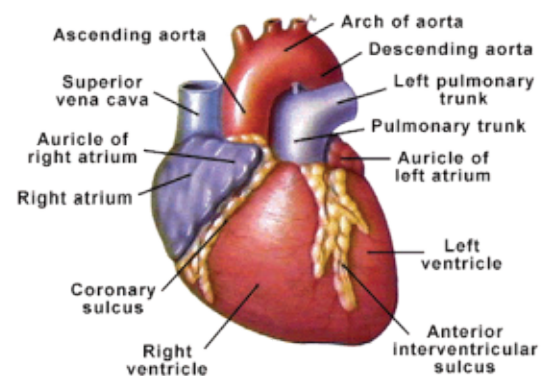
Ten steps to encourage a Healthy Heart...

1. Healthy food intake - Eat at least 5 servings of fruit and vegetables a day and avoid saturated fat. Beware of processed foods, which often contain high levels of salt.
2. Get active & take heart - Even 30 minutes of activity can help to prevent heart attacks and strokes and your work will benefit too.
3. Say no to tobacco - Your risk of coronary heart disease will be halved within a year and will return to a normal level over time.
4. Maintain a healthy weight - Weight loss, especially together with lower salt intake, leads to lower blood pressure. High blood pressure is the number one risk factor for stroke and a major factor for approximately half of all heart disease and stroke.
5. Know your numbers - Visit a healthcare professional who can measure your blood pressure, cholesterol and glucose levels, together with waist-to-hip ratio and body mass index (bmi). Once you know your overall risk, you can develop a specific plan of action to improve your heart health.
6. Limit your alcohol intake - Restrict the amount of alcoholic drinks that you consume. Excessive alcohol intake can cause your blood pressure to rise and your weight to increase.
7. Insist on a smoke-free environment, demand a tobacco ban - ensure your workplace is 100% smoke-free. Support the adoption

of smoking - cessation services encourage your employer to provide help to those wanting to quit tobacco

8. Bring exercise to the workplace - Include physical activity in your working schedule - cycle to work if this is possible, take the stairs, exercise or go for a walk during your lunch breaks, and encourage others to do so too
9. Choose healthy food options- Ask for healthy food at your work canteen, or find nearby cafes or restaurants that serve healthy meals
10. Encourage stress-free moments -whilst stress has not been shown to be a direct risk fact or for heart disease and stroke, it is related to smoking, excessive drinking and unhealthy eating, which are risk factors for heart disease.

-Take time for lunch away from your workplace to get some fresh air
- Have regular breaks during the day - try stretching or exercising for 5 minutes twice a day



www.oneheartmanylives.org.nz

One Heart Many Lives is a cardiovascular disease primary prevention programme, which targets Maori and Pacific Island men aged 35+. It aims to raise both awareness of heart disease and what causes it and decrease the level of cardiovascular risk among men aged over 35.

Arthritis Orange Appeal Week

21st – 28th September

24th September 2010 – Appeal Day

www.arthritis.org.nz

Call 0900 333 20 to donate



PACIFIC HEALTH SERVICE PORIRUA:

Pacific Health Service Porirua is staffed and governed by 100% Pacific people. We facilitate, educate, promote, and advocate.

We value the well being of our Pacific people. Our healthy lifestyle programmes are designed to challenge the body and the mind for Pacific and other groups of all ages.

WITH THE DAYS GETTING WARMER AND FOR ALL OUTDOOR PROGRAMMES AND EVENTS THAT WE RUN, WE ENCOURAGE PARTICIPANTS AND SPECTATORS TO:

Be Sun Smart and;

- Wear hats with brims
- Caps with flaps
- Dollops of sunscreen on any exposed skin

Love our Pacific Hat designs by the Samoan Lumana'i Group

Cover up and stay Sun Smart

