

Nutrition for Nannies

*Nutrition guidelines for older adults and
issues older Maori face to achieve these*

*Christina McKerchar
Te Hotu Manawa Maori*

Nutrition guidelines for older adults (65 years +)

- Maintain a healthy body weight by eating well and by daily physical activity
- Eat well by including a variety of nutritious foods from each of the major four food groups:
 - vegetables and fruit (5+ servings)
 - breads and cereals – wholegrain (6+servings)
 - milk and milk products at least 3
 - lean meat, poultry, seafood, eggs, nuts, seeds or legumes (at least 1)



Guidelines for older adults

- Drink plenty of liquids each day, especially water
- Prepare foods or choose pre-prepared foods, drinks and snacks:
 - with minimal added fat, especially sat fat
 - that are low in salt (if using salt used iodised)
 - with little added sugar



Nutrition guidelines

- Take opportunities to eat meals with other people
- Eat three meals every day, Nutritious snacks are recommended especially for those who are underweight or have poor appetite



Nutrition guidelines

- Purchase, prepare, cook and store food to ensure food safety
- If choosing alcohol, limit your intake
- Be physically active by taking every opportunity to move, and include 30 minutes of moderate intensity on most if not all days of the week



Nutrition goal for older adults

- Need to eat nutritious food and avoid 'empty calories'
- Older people have increased nutrition needs, but decreased energy needs



Issues older Maori face achieving these guidelines

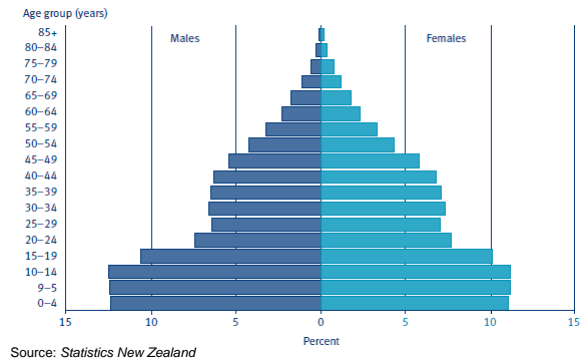
- 1997 National Nutrition Survey had insufficient sample size to identify eating patterns and nutrient intakes for older Maori



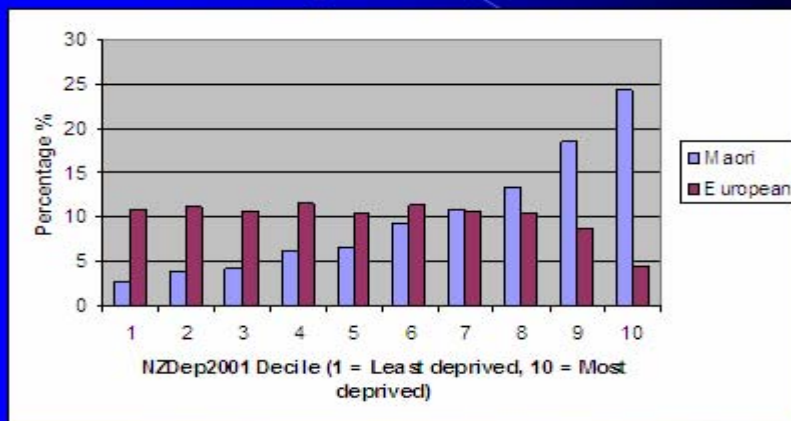
Maori – some stats

- The Maori population is a young population
- 2006 census the whole Maori ethnic population made up 14.6% of total NZ pop, but only 4.1% of this population group aged over 65 years were Maori

Age distribution of Maori Population 2006



Population Distribution for Maori and NZ European by Deprivation Index



This graph shows that higher proportions of Māori live in areas with the most deprived NZDep2006 scores. In 2006, 24 percent of Māori lived in decile 10 areas (compared to with 7 percent of non-Māori), while only 3 percent of Māori lived in decile 1 areas (compared with 12 percent of non-Māori).



Older Maori likely to face material hardship

Older Maori are more likely than the rest of the older population to face material hardship: about 15 % of older Maori face some financial difficulty, and a further 20% face severe difficulties



Maori whanau

- Maori are more likely to live as extended whanau in same household – many older Maori bring up their mokopuna/ great grandchildren
- May prioritise food needs of mokopuna over self i.e buy mokopuna fruit and snacks



Diverse Maori realities

- Diverse Maori realities exist – one size does not fit all
 - *‘some Maori are part of Maori society, some Maori are part of general society, some Maori are alienated from both’* Mason Durie
 - Older Maori living alone can get isolated from whanau support structures



Health status

- NZ Health Survey 2007 reported:
 - Maori adults 1.7 times more likely to be obese
 - More likely to be diagnosed with diabetes
 - Mortality rates for CHD 2.5 times higher in 2000-02
 - All cancer mortality rates were twice as high in 2000-02



Specific issues faced by older Maori achieving guidelines

- Food Security
- Dealing with illness – especially diabetes, obesity, heart disease
- Lack of access to traditional foods



Food security

- Food security is the assured access to sufficient food that is nutritious, of good quality, safe, meets cultural needs and has been acquired in socially acceptable ways



Food Security

- About a quarter of Maori women over 45 years reported ‘food running out’, ‘stress about a lack of money for food’ and ‘stress when there was no food for social occasions’
- A lack of food security impacts on Maori values such as manaakitanga



Food Security interventions

- ENHANCE identified a range of options for interventions: from government to households.
 - E.g Increasing cooking skills
 - ‘we just know how to cook boil up, roasts and stews’*
 - Gardening projects
 - Improved access to shops, markets



Health

- Show people how to achieve a healthy diet for diabetes, heart disease using familiar foods e.g. modified boil up, modified mince and sausage dishes
 - Many older Maori prefer plain foods – just boiled
 - May have the perception that this is unhealthy and replace it with cheese and crackers



Access to traditional kai

- Many older Maori will have been brought up in rural areas and may crave the foods they were brought up with e.g parengo, kanga wai, kaimoana, puha, eels, fish, kamokamo, kumara, Maori potatoes
- Access will depend on where someone lives and their whanau



Programmes that worked: Nutrition and...

- Mirimiri programme rotated around marae of Whakatane – meal served as part of programme. *‘programme brought back whanaungatanga’. We only used to see each other at tangi...*
- Programme also provided social craft days, hikoi with history and gardening initiative.
- Turanga Health have similar programme rotating around marae in Gisborne area. Health checks, food included as part of social programme
- Both programmes layer nutrition into a programme that has meaningful outcomes from a Maori perspective



Programmes continued

- Dental health programme by Nga Kete Matauranga charitable trust