

Transforming Health Through Nutrition:

Key references

On 24 September, Doctors For Nutrition and The Pharmaceutical Society of New Zealand co-hosted an event in Wellington to highlight the transformative role of nutrition for health. Presentations by Dr Luke Wilson and Pharmacist Hannah O'Malley contained the following key references which may be of use for further learning.

Resource	Summary
The Traffic Light System	Dr Luke Wilson's chart helps to categorise foods so you know which foods to eat in abundance and which to avoid.
The BROAD Study	A randomised controlled trial using a whole food plant-based diet in the community setting for obesity, ischaemic heart disease or diabetes. Dr Luke Wilson co-led this study in Gisborne NZ and it has been described as the most effective weight loss intervention ever documented in the literature that does not restrict calories.
Dr Dean Ornish: research on reversing heart disease	A one year RCT with 5yr follow up. Subjects in the intervention group made lifestyle changes - including a low-fat plant-based diet - and experienced a 72% reduction in the frequency of chest pain (angina) without any medication and a significant reduction of the plaque diameter in the coronary arteries.
Dr Esselstyn: research on reversing heart disease	Study of 198 consecutive severe heart patients. Those who adhered to a low-fat whole food plant based diet saw a 94% reduction in symptoms such as angina, compared to 0% in the non-adherent group, and only 0.6% in the plant-based group had further events (one person had a stroke) versus 62% in the non-adherent group.
Adventist Health Studies 2	Over 60,000 people. The 5-unit BMI difference between vegans and nonvegetarians indicates a substantial potential of vegetarianism to protect against obesity. Increased conformity to vegetarian diets protected against risk of type 2 diabetes after lifestyle characteristics and BMI were taken into account

<u>Dr Barnard: research on improving diabetes control</u>	A low fat vegan diet and conventional diabetes diet recommendations are associated with sustained reductions in weight and plasma lipid concentrations. In an analysis controlling for medication changes, a low-fat vegan diet appeared to improve glycemia and plasma lipids more than did conventional diabetes diet recommendations.
<u>Protein intake and risk of cancer, diabetes and mortality</u>	Respondents aged 50-65 reporting high protein intake had a 75% increase in overall mortality and a 4-fold increase in cancer death risk during the following 18 years. These associations were either abolished or attenuated if the proteins were plant derived.
<u>Prostate cancer development</u>	This study aimed to examine the association between dietary patterns and prostate cancer incidence among 26,346 male participants of the Adventist Health Study-2. Vegan diets may confer a lower risk of prostate cancer.
<u>Dr Ornish: gene expression in prostate cancer</u> and <u>prostate cancer development</u>	Intensive nutrition and lifestyle changes may modulate gene expression in the prostate. Intensive lifestyle changes may affect the progression of early, low grade prostate cancer in men.
<u>Doctors For Nutrition</u>	The registered charity organisation Doctors For Nutrition was co-founded in 2018. With medical and dietetic practitioner ambassadors across Australia, New Zealand and globally, Doctors For Nutrition's mission is to 'bring food back to healthcare' through advocacy, education and research on the benefits of a whole food plant-based diet.
<u>The Better Base</u>	Founded by pharmacist Hannah O'Malley, The Better Base helps people to eat more plants. Especially the healthy, unprocessed kind. By providing recipes, webinars, events, support and motivation, The Better Base aims to help create a healthier, more sustainable world.
<u>Health Loss in NZ Report (NZ Ministry of Health)</u>	This report analyses health loss and health expectancy in New Zealand from 1990 to 2013. Health loss is measured in disability-adjusted life years (DALYs). Over one third of DALYs are attributable to modifiable risk factors. Diet is the leading modifiable risk factor, accounting for 9.4% of total DALYs, followed by overweight and obesity (9.2%) and tobacco use (8.7%).



EAT-Lancet Commission	Food systems have the potential to nurture human health and support environmental sustainability, however our current trajectories threaten both. The Commission describes a universal healthy reference diet, based on an increase in consumption of healthy foods (such as vegetables, fruits, whole grains, legumes, and nuts), and a decrease in consumption of unhealthy foods (such as red meat, sugar, and refined grains) that would provide major health benefits, and also increase the likelihood of attainment of the Sustainable Development Goals.
Sustainability and the Health Sector report (NZ Ministry of Health)	The health of individuals and communities is linked to the quality of the environment we live in. The health sector is well positioned to take a lead role in improving environmental practices and mitigating and adapting to the effects of climate change in New Zealand. This publication aims to support and encourage the health sector to take an active role in incorporating sustainability practices and reducing carbon emissions. The report recommends reducing meat and dairy and encouraging plant-based diets..
Otago University Climate and Nutrition research	A presentation on 'Healthy and Climate Friendly Eating Patterns and The Role of Public Institutions in NZ' by Anna Graham-DeMello and Jono Drew.
American College of Lifestyle Medicine references	Lifestyle Medicine is the use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease. This website lists studies showing the effectiveness of lifestyle interventions.
Australasian Society of Lifestyle Medicine Conference (and exam for Lifestyle Medicine accreditation)	Join pioneering researchers, clinicians, and policy-makers at Lifestyle Medicine 2020. Over 700 delegates ranging from medical doctors and allied health practitioners, through to clinical educators, researchers, service delivery personnel, and health policy professionals are expected to converge in Melbourne 15-17 May to explore the key themes of cognition; inflammation; and cardiometabolic conditions.
Six week certificate in Plant-Based Nutrition - University of Winchester or	A global shift to a predominantly plant-based diet is deemed necessary to preserve both human and planetary health. But what is a healthy plant-based diet? How can it be achieved?



Cornell University	What are the benefits? All these questions will be answered in this 6-week course designed for those interested in improving their knowledge and expertise in the field of plant-based nutrition.
Lifestyle Medicine patient hand out	A brief overview of Lifestyle Medicine and suggested resources for further learning.
Canada 2019 Dietary Guidelines	This report sets out Health Canada's guidelines and considerations on healthy eating. The 'plate' model suggest ½ fruits and vegetables, ¼ whole grain foods and ¼ protein foods. The guidelines recommend to "choose protein foods that come from plants more often. Plant-based protein foods can provide more fibre and less saturated fat than other types of protein foods. This can be beneficial for your heart health."
Dr Greger's Daily Dozen Checklist	A checklist of all the foods that nutrition expert Dr Greger recommends fitting into your daily routine. To help track your progress, volunteers created Dr. Greger's Daily Dozen apps - free on both iPhone and Android.
Plant-Based Eatwell Guide	A guide from the UK that helps people to adopt a healthy plant-based diet.
The Plant-Based Diet: A healthier way to eat	A guide from Kaiser Permanente, a leading health provider in the USA, with information to support people to adopt a healthy plant-based diet.
Case Studies: Forks Over Knives and Centre for Nutrition Studies	Stories of people who have adopted a plant-based diet and experienced health improvements.
The Better Base recipe sampler	Healthy plant-based recipes and meal ideas designed by pharmacist Hannah O'Malley.
Forks Over Knives recipes	Healthy plant-based recipes and meal ideas.