

**‘Great idea but not necessarily  
what I expected’**

**ANZCCART 2008 Session 3**

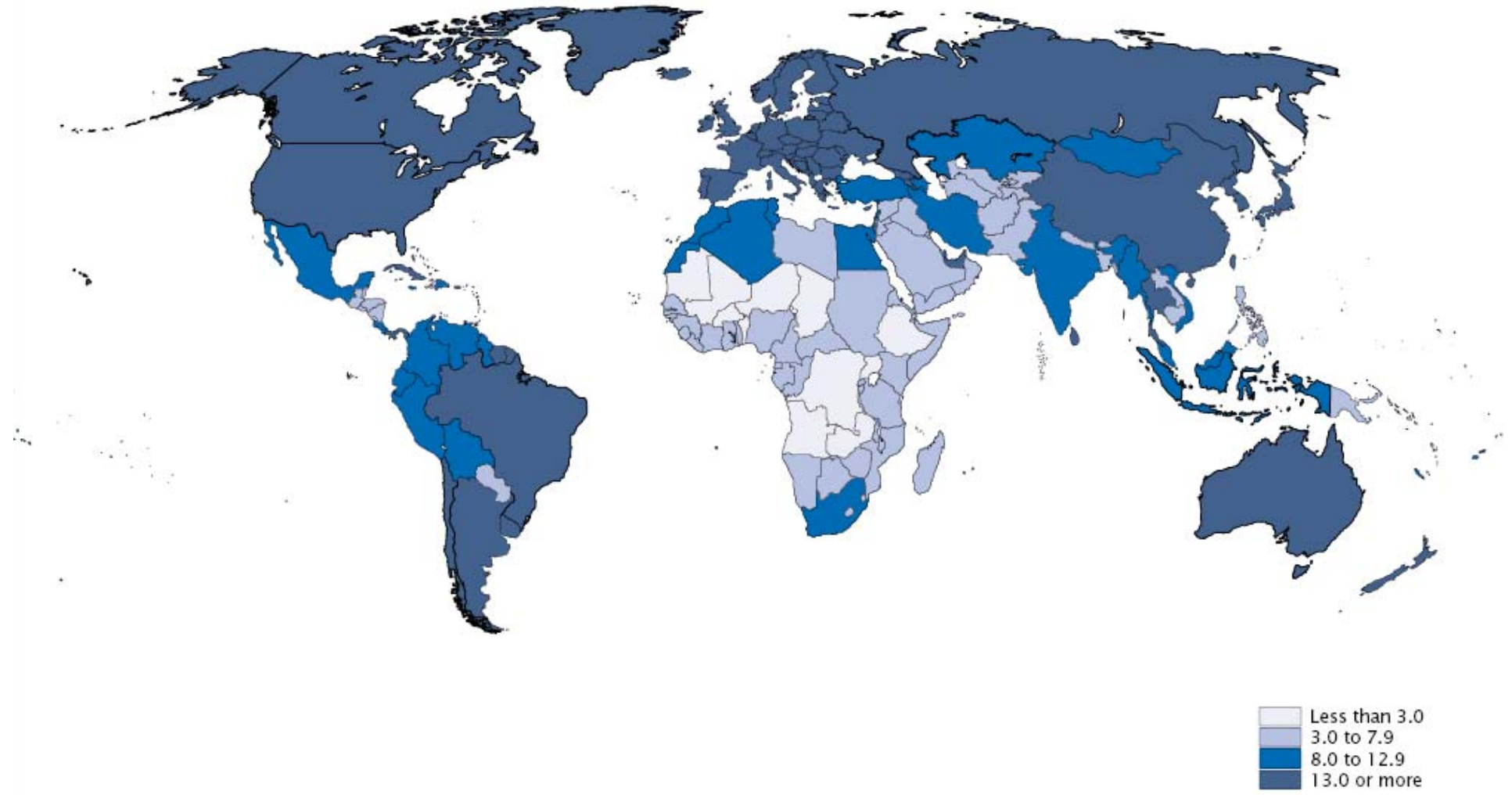
**Glenn Harrison**

**Griffith University Gold Coast  
AUSTRALIA**



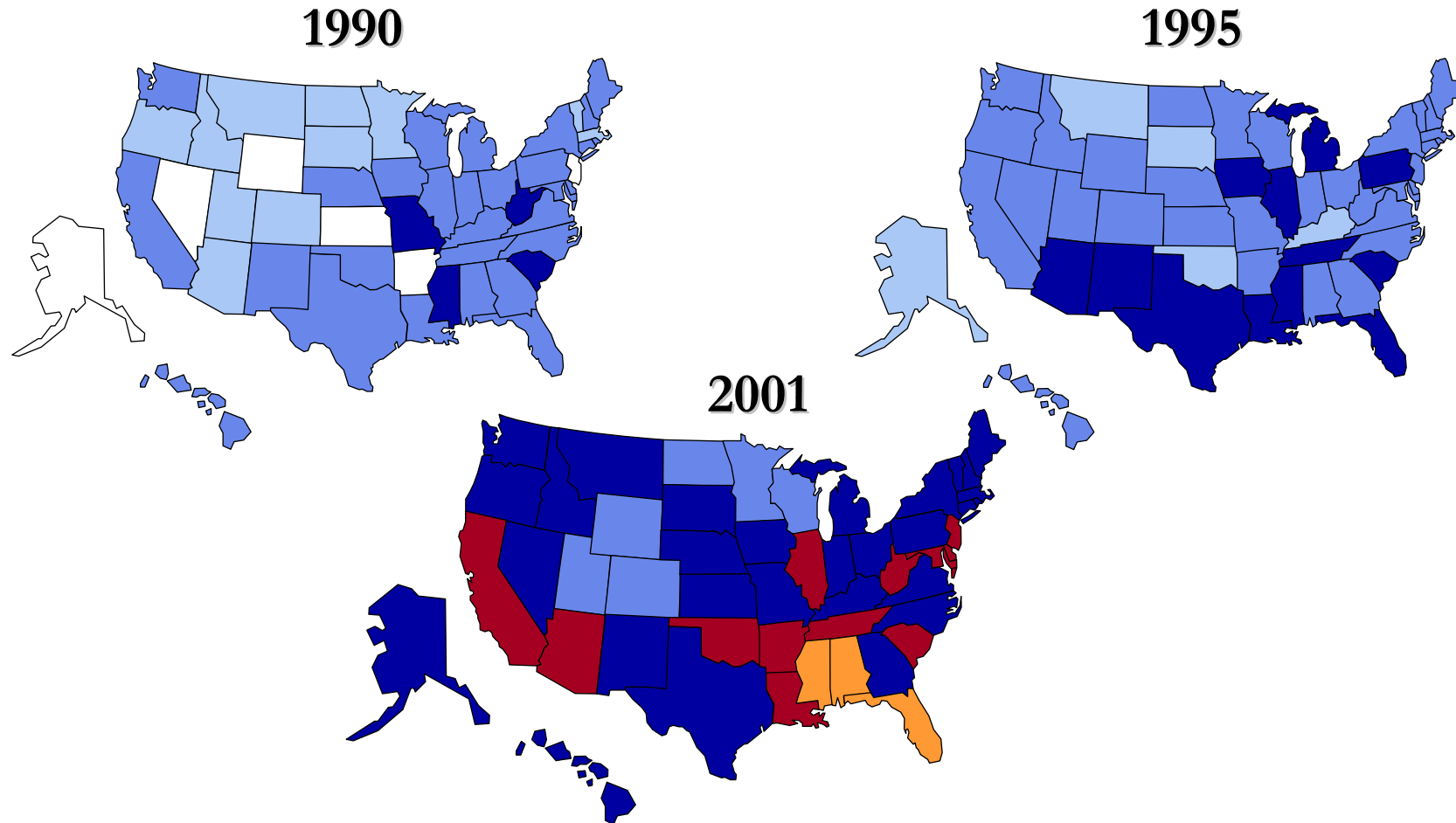
Figure 1-2.  
Percent Aged 65 and Over: 2030

# WORLD AGING



Source: U.S. Census Bureau, 2000a.

# DIABETES

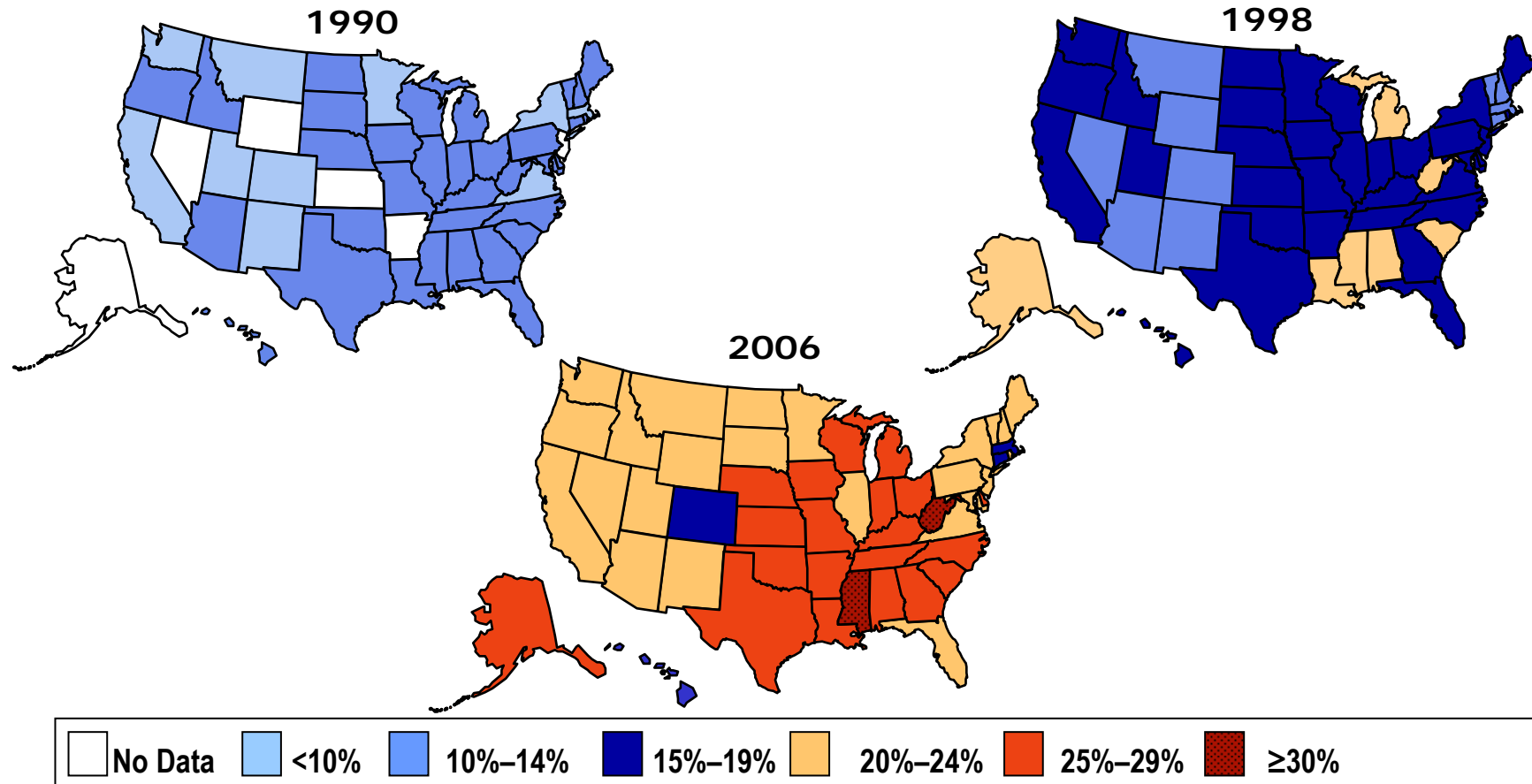


Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83; *J Am Med Assoc* 2001;286:10.

Source: Behavioral Risk Factor Surveillance System, CDC.



# OBESITY



Source: Behavioral Risk Factor Surveillance System, CDC.



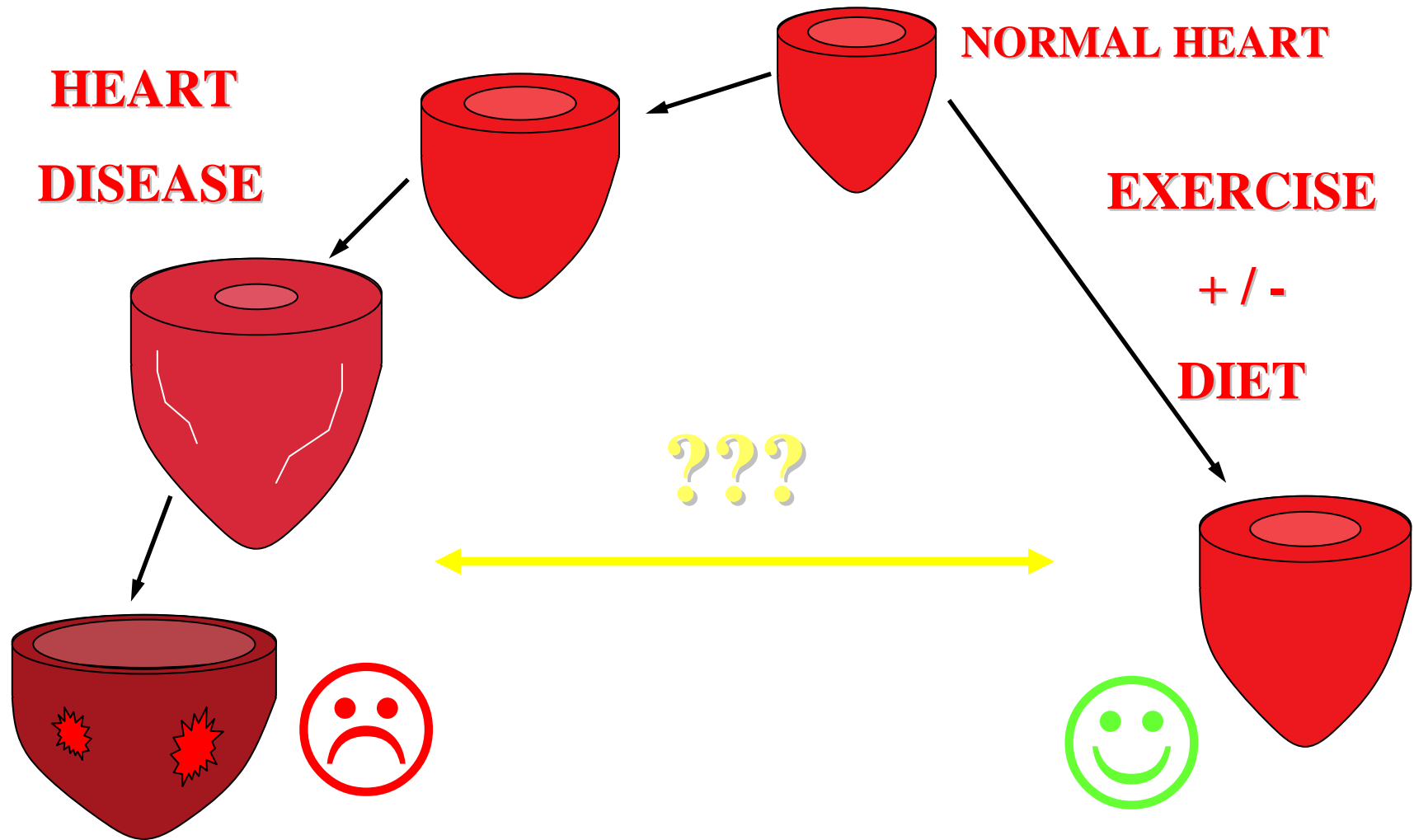
# SOLUTION??



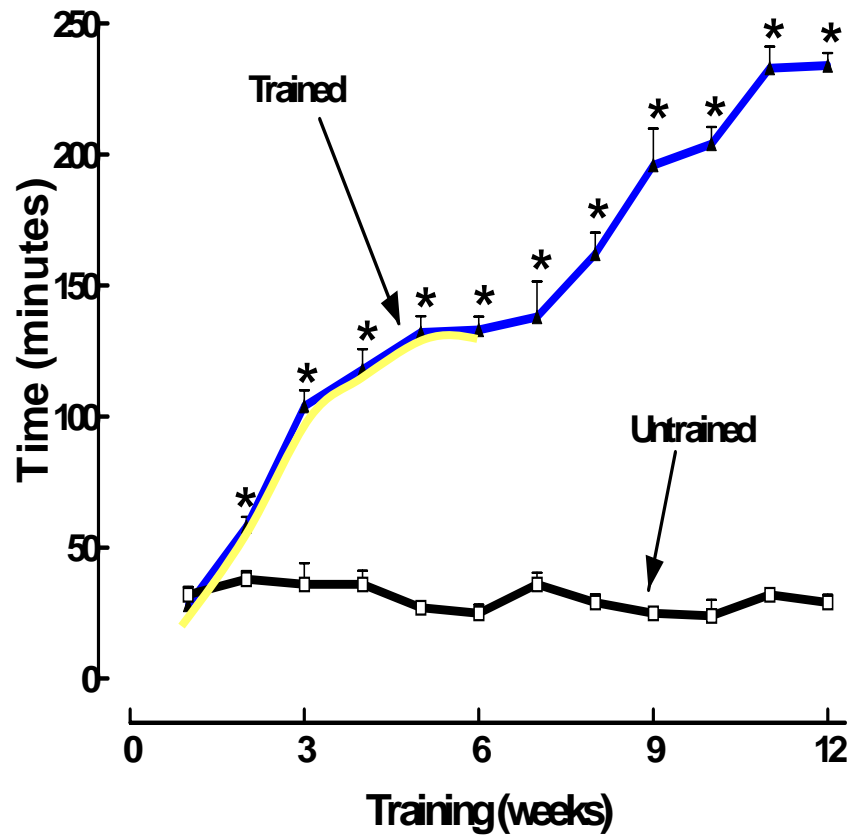
<http://go.funpic.hu>

**PROOF A VEGETARIAN DIET IS BAD FOR YOU**

# GREAT IDEA...



# EFFECT OF EXERCISE : ENDURANCE TIMES



“Speedy G”

*Fenning et al. Mol Cell Biochem 2003*

# EFFECT OF DIET:

## BODY SIZE (@15 MONTHS OLD)



**Issues:**  
**Attitude (-ve)**  
**Consistency**

**"Standard"**  
**Rat Chow**  
~800-900g

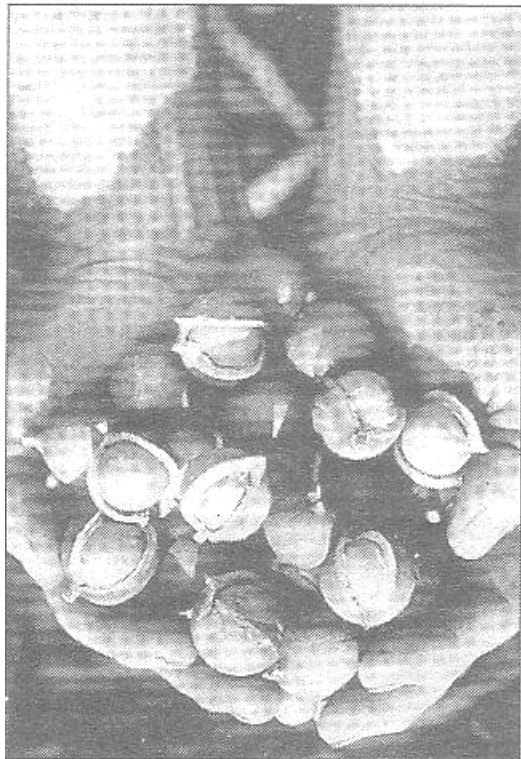
**Olive Oil**  
**Diet**  
~500g

**Macadamia**  
**Oil**  
~500g



# UNEXPECTED ISSUE

## “MEDIA”



**LIFESAVER:** The macadamia nut is heart smart

## Macadamia the good oil for a healthy heart

QUEENSLAND'S very own nut – the macadamia – may hold the key to a healthy heart.

Experiments on rats fed macadamia oil have shown their hearts are strengthened in a way that mimics vigorous exercise.

Main research scientist Shawn Somerset said: “The results in rats are extremely interesting. It's now a matter of seeing how it translates to humans.”

Results of the experiments have just been released by the National Heart Foundation's research centre.

Dr Somerset said

By DAVID ENGLISH

macadamia nut oil's abilities to lower cholesterol levels – in the same way that olive oil does – had been known for years.

However, physical changes in the heart structure brought about by consumption of macadamia oil had been a surprise and has important implications for recovering heart attack victims.

The effects may give a real measure of protection against heart attack.

“What we found in the rats given macadamia oil was that their hearts

expanded in a positive fashion in exactly the same way as the hearts of rats subject to routine exercise expanded,” Dr Somerset said.

He said size increase was significant. “The idea of being able to eat your way to fitness is a fascinating proposition.”

However, Dr Somerset said it would be years before researchers could prove whether or not the effect found in rats could be duplicated in humans.

The National Heart Foundation has recently approved more funding for the research.

“SUNDAY MAIL” 14/03/2004

# CONCLUDING COMMENTS

## ANIMAL CARE, WELFARE & ETHICS

