

Registering Vietnam Veteran, spouse, children, and grandchildren with Veterans Affairs New Zealand (VANZ)

Are NZVVets practising initiatives that provide a treatment platform for intergenerational health?

Past generations of New Zealand Vietnam veterans (NZVVets) were responsible for establishing health initiatives that support NZVVets and their families if they have problems attributed to service in the Vietnam war. Early NZVVets worked with the Government forming support organisations that gave NZVVets the Vietnam Veteran and Families Trust (Trust), Vietnam Veterans (Neville Wallace Memorial) Children and Grandchildren's Trust and other initiatives.

In December 2021 at the NZVVA reunion there will be a vote on a motion to windup the NZVVA and like every decision of importance NZVVets votes should be made from a sound foundation of knowledge. It is important to consider intergenerational health against a background of what safeguards future generations will have should they suffer health problems that could be related to service in South Vietnam. How will intergenerational health issues be treated by a potential amalgamated association if the NZVVets parent association the NZVVA no longer exists? The answer to this question is critical, not understanding the issues of intergenerational health could leave future families of NZVVets unprotected if the vote goes against the NZVVA continuing as an independent association

All NZVVets need to have some knowledge of the subjects relating to intergeneration health so they can decide how to vote at the AGM December 2021. To help you get up to speed hyperlinks have been provided to some research papers. There will be more papers under the umbrella of intergenerational health becoming available in contact magazine or on the NZVVA website over the next six to 12 months. You can also go to google scholar and dial up whatever research papers that you want to read.

### **Veterans and families registering with VANZ**

July 2009 figure show that 1561 NZVVets have registered with the VANZ some of those registered have now passed on.

1206 Spouses/partners

1626 Children registrations

1691 Grandchildren registrations

Over 2021 we need to work on improving registration with VANZ children and grandchildren. We also need to promote the idea that registration must be extended past the grandchild generation of NZVVets so that future generations have health and welfare coverage if it is needed.

### **Epigenetics**

Epigenetics or the study of heritable change is a rapidly growing area of science in which there is a reasonable understanding that lifestyle and environment can influence epigenetic change (EGC), without changing the underlying DNA structure. At present scientists do not know the full mechanism of EGC and therefore cannot predict when the human body will or can reset itself. Knowing the EGC

reset time is important according to the MOU for the Viet Nam Veterans and Families Trust (Trust). The 'Trust' must return the capital endowment of \$7 million when 'Trust' is due to be disestablished on the 31 May 2037. There has been some discussion already about renewing the Trust MOU. It is worthwhile noting that the Ministry of Internal Affairs takes responsibility for administration and financial accounting at its own expense a factor to consider in any Trust MOU review.

To help you get up to speed on epigenetics please go to:

<https://www.whatisepigenetics.com/fundamentals/>

### **Timespan**

The unpredictable timespan of EGC reset is a good reason to ensure that if future generations of our families are diagnosed with intergenerational health problems after 2037, they can still access the support of the above Trust(s). For this reason, the 'Trust' endowment fund term must be extended, or a new Trust MOU negotiated that provides cover for intergenerational health issues that might be experienced in the future.

***Research - have your cell phone handy: That way you can interpret all the confusing word and processes.***

*The first two are from Otago University. You can also find them on the NZVVA website. They deal with research studies on NZVVets health the third a study of PTSD within a community of NZVVets. The 4th is a study by Otago university published April 2020, about New Zealand military personnel and PTSD and includes NZVVets.*

**Health conditions in a cohort of New Zealand Vietnam veterans: hospital admissions between 1988 and 2009**

<http://bmjopen.bmj.com/content/5/12/e008409.full>

**The mortality and cancer experience of New Zealand Vietnam war veterans: a cohort study**

<http://bmjopen.bmj.com/content/3/9/e003379.full>

***Prevalence of Posttraumatic Stress Disorder, Depression and Anxiety in a Community Sample of New Zealand Vietnam War Veterans***

<https://doi.org/10.3109/00048679609076102>

**Risk and Protection factors for post-traumatic stress amongst New Zealand military personal: A cross sectional study**

<https://doi.org/10.1371/journal.pone.0231460>

*Epigenetics has made significant scientific progression in the last few years and can be described as the study of heritable changes in gene expression that do not involve changes to the underlying DNA sequence.*

### **Intergenerational transmission of trauma effects: putative role of epigenetics mechanisms.**

This research paper looks at the evidence about passing on intergenerational trauma and the part that epigenetics might play.

<https://doi.org/10.1002/wps.20568>

### **Genome – wide Epigenetic Regulation by early life Trauma**

Childhood adversity is associated with epigenetic alteration in the promoters of several genes in hippocampal neurons.

<https://jamanetwork.com/journals/jamapsychiatry/article-abstract/1211984>

### **Epigenetics modification and human disease**

More about new epigenetic research mechanisms and how they contribute to disease

[doi.10.1038/nbt.1685](https://doi.org/10.1038/nbt.1685)

### **Environment signals and transgenerational epigenetics**

This covers environmental factors to promote disease state in people that have been exposed to the health problem.

[PMC2886501](https://pubmed.ncbi.nlm.nih.gov/2886501/)

*According to the World health organisation dioxins are a group of chemically – related compounds that persist in our environment. Dioxins are largely the product of industrial processes but can result from natural processes like forest fires and volcanic eruptions. The highest levels are found in the soil and tend to accumulate in the food chain and the body's fatty tissue. The higher an animal is in the food chain, the higher the concentration of dioxins*

[2007-Intergenerationaltransmissionoftraumaacrossthreegenerations \(2\).pdf](#)

If there is anybody out that wants to share any information about intergeneration health, please contact Eddie Nock at...

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