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eResearch Briefing 24/05/2012

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- UK: 'McDonalds and KFC, it's never going to happen': the challenges of working with food outlets to tackle the obesogenic environment

Alcohol

- Greece: Relationship between alcohol consumption and control of hypertension among elderly Greeks. The Nemea primary care study. OPEN ACCESS

Tobacco

- UK: REFRESH "reducing families' exposure to secondhand smoke in the home: a feasibility study
- UK: Assessing the knowledge of the potential harm to others caused by secondhand smoke and its impact on protective behaviours at home

Chronic disease prevention

Greece: Relationship between alcohol consumption and control of hypertension among elderly Greeks. The Nemea primary care study. OPEN ACCESS May 24, 2012 10:07 am

Aim: The aim of this study was to evaluate the significance of alcohol intake in relation to blood pressure control in treated subjects and to determine if there is a causative link between alcohol and inadequate control of hypertension. Conclusion: Our study showed that the level of control among the elderly, in a Greek population, is positively associated with alcohol intake only for heavy drinking. The role of alcohol consumption in hypertension in the elderly needs further investigation

USA: Parental feeding practices and socioeconomic status are associated with child adiposity in a multi-ethnic sample of children. May 23, 2012 03:06 pm

Aim: The present study tested if: (1) parental feeding practices differed by race/ethnicity,
(2) parental pressure to eat and parental restriction were associated with adiposity levels, and (3) to investigate the relationship between parental feeding practices and/or child adiposity with socioeconomic status (SES). Conclusion: Parental feeding practices differ across racial/ethnic groups and SES and may contribute to population differences in child adiposity.

**UK: Tackling inequalities in obesity: a protocol for a systematic review of the effectiveness of public health interventions at reducing socioeconomic inequalities in obesity amongst children.**
May 23, 2012 12:55 pm

Summary: In this review, we consider public health strategies which reduce and prevent inequalities in the prevalence of childhood obesity, highlight any gaps in the evidence base and seek to establish how such public health interventions are organised, implemented and delivered.

**USA: Prevalence of Cardiovascular Disease Risk Factors Among US Adolescents, 1999-2008**
May 22, 2012 11:46 am

Aim: The objective of this study was to examine the recent trends in the prevalence of selected biological CVD risk factors and the prevalence of these risk factors by overweight/obesity status among US adolescents. Conclusion: The results of this national study indicate that US adolescents carry a substantial burden of CVD risk factors, especially those youth who are overweight or obese.

**USA: Association of Coffee Drinking with Total and Cause-Specific Mortality**
May 18, 2012 11:01 am

Aim: Coffee is one of the most widely consumed beverages, but the association between coffee consumption and the risk of death remains unclear. Conclusion: In this large prospective study, coffee consumption was inversely associated with total and cause-specific mortality. Whether this was a causal or associational finding cannot be determined from our data.
Nutrition

**UK: Brisk walking reduces ad libitum snacking in regular chocolate eaters during a workplace simulation.** May 23, 2012 12:59 pm

Aim: This study investigated the effect of brief exercise on ad libitum consumption during breaks in a computerised task. Conclusion: A brief walk may help to reduce ad libitum snacking in regular chocolate eaters.

**USA: What's on the menu? A review of the energy and nutritional content of US chain restaurant menus** May 22, 2012 11:30 am

Aim: The present study aimed to (i) describe the availability of nutrition information in major chain restaurants, (ii) document the energy and nutrient levels of menu items, (iii) evaluate relationships with restaurant characteristics, menu labelling and trans fat laws, and nutrition information accessibility, and (iv) compare energy and nutrient levels against industry-sponsored and government-issued nutrition criteria.

**USA: Differences in Nutrient Intake Associated With State Laws Regarding Fat, Sugar, and Caloric Content of Competitive Foods** May 21, 2012 01:46 pm

Aim: To determine whether nutrient intake is healthier among high school students in California, which regulates the nutrition content of competitive foods sold in high schools, than among students in states with no such standards. Conclusion: California high school students consumed lower quantities of fat, sugar, and calories in school than students in states with no competitive food nutrition standards, but the nutrition composition of California students' in-school diet was similar.

**UK: Effects of interventions in pregnancy on maternal weight and obstetric outcomes: meta-analysis of randomised evidence OPEN ACCESS** May 18, 2012 04:04 pm

Aim: To evaluate the effects of dietary and lifestyle interventions in pregnancy on maternal and fetal weight and to quantify the effects of these interventions on obstetric outcomes. Conclusion: Dietary and lifestyle interventions in pregnancy can reduce maternal gestational weight gain and improve outcomes for both mother and baby.
Obesity

**Denmark: The LiP (Lifestyle in Pregnancy) study: a randomized controlled trial of lifestyle intervention in 360 obese pregnant women.** May 23, 2012 03:11 pm

Aim: To study the effects of lifestyle intervention on gestational weight gain (GWG) and obstetric outcomes. Conclusion: Lifestyle intervention in pregnancy resulted in limited GWG in obese pregnant women. Overall obstetric outcomes were similar in the two groups.

**USA: Decrease in Television Viewing Predicts Lower Body Mass Index at 1-Year Follow-Up in Adolescents, but Not Adults.** May 23, 2012 02:52 pm

Aim: To examine associations between television viewing, sugar-sweetened beverage consumption, eating out, physical activity, and body weight change over 1 year. Conclusion: Reducing television viewing may be an effective strategy to prevent excess weight gain among adolescents.

**UK: Evaluation of Child Health Matters: A Web-Based Tutorial to Enhance School Nurses’ Communications With Families About Weight-Related Health.** May 23, 2012 02:46 pm

Aim: The goal of the current study was to assess the efficacy and acceptability of a web-based tutorial (Child Health Matters, CHM) designed to improve school nurses’ communications with families about pediatric weight-related health issues. Conclusion: Results suggest that web-based tutorials can effect changes in nurses’ knowledge, perceived barriers, and intended practices with regard to weight-related health care.

**USA: Adolescent obesity and life satisfaction: Perceptions of self, peers, family, and school.** May 23, 2012 01:19 pm

Aim: This study contributes to research on adolescent life satisfaction by considering its association with body weight, as mediated by perceptions of self, peers, family, and school. Conclusion: We find little or no gender difference in the association between body weight and perceptions of self, peers, parents, and school; however, we find perceptions of body weight are generally more strongly associated with low life satisfaction among girls compared to boys.
UK: Application of the Theory of Planned Behaviour to weight control in an overweight cohort. Results from a pan-European dietary intervention trial (Diogenes). May 23, 2012 01:04 pm

Aim: Using the Theory of Planned Behaviour (TPB), this study investigates weight control in overweight and obese participants taking part in a dietary intervention trial targeted at weight loss maintenance. Conclusion: Future research using the TPB model to explain weight control should consider the likely behaviours being sought by individuals.

South Africa: Appetite regulation genes are associated with body mass index in black South African adolescents: a genetic association study OPEN ACCESS May 22, 2012 12:08 pm

Aim: To assess the association of candidate loci with BMI in black South Africans. The authors focused on single nucleotide polymorphisms (SNPs) in the FTO, LEP, LEPR, MC4R, NPY2R and POMC genes. Conclusion: The study highlighted SNPs in FTO and MC4R as potential genetic markers of obesity risk in South Africans. The association with two SNPs in the 3'?? untranslated region of the LEP gene is novel.

UK: Developing parent involvement in a school-based child obesity prevention intervention: a qualitative study and process evaluation May 21, 2012 05:37 pm

Aim: Little is known about the effectiveness of parent involvement in school-based obesity prevention interventions. Conclusion: Homeworks are routinely given to children and provide a means of engaging potentially all parents if parental support is required.

USA: Time-Restricted Feeding without Reducing Caloric Intake Prevents Metabolic Diseases in Mice Fed a High-Fat Diet May 21, 2012 04:41 pm

Aim: While diet-induced obesity has been exclusively attributed to increased caloric intake from fat, animals fed a high-fat diet (HFD) ad libitum (ad lib) eat frequently throughout day and night, disrupting the normal feeding cycle. Conclusion: We demonstrate in mice that tRF regimen is a nonpharmacological strategy against obesity and associated diseases

UK: Modelling obesity trends and related diseases in Eastern Europe May 18, 2012 05:36 pm

Aim: Obesity has increased at an alarming rate across the world and, in turn, rates of non-
Communicable diseases have escalated. In Eastern Europe, this epidemic has probably occurred at a later stage than the West due to the economic transition following the demise of communism. Conclusion: It is necessary to improve surveillance of obesity and disease incidence as well as implement policies that are effective in reducing body fat.

Physical activity

**USA: GIS walking maps to promote physical activity in low-income public housing communities: a qualitative examination** OPEN ACCESS May 24, 2012 12:29 pm

Aim: We examined the use of walking maps for increasing physical activity (PA) among low-income residents of public housing sites in Boston, Massachusetts. Conclusion: Walking maps that display PA opportunities and resources may be useful in increasing walking among residents of public housing sites.

**Greece: Smoking and physical activity interrelations in health science students. Is smoking associated with physical inactivity in young adults?** May 24, 2012 11:08 am

Aim: Smoking and physical inactivity constitute a major public health concern for Greece. The purpose of this study was to examine smoking behaviour and physical activity (PA) in Greek health science students. Conclusion: Smoking prevalence and rates of physical inactivity are considerably high in Greek health science students. Smoking was strongly and inversely associated with PA in this sample of Greek young adults.

Public health and the environment

**USA: Family income and childhood obesity in eight European cities: The mediating roles of neighborhood characteristics and physical activity.** May 23, 2012 01:25 pm

Aim: We examined whether the well-documented inverse correlation between family income and children's BMI might be explained, in part, by access to open green space and ensuing physical activity. Conclusion: Limitations of the study and implications for better understanding of the ecological context of obesity are discussed.

**Australia: Park Improvements and Park Activity: a natural experiment** May 23, 2012 11:08 am
Aim: This natural experiment examined whether improvements to a park in Victoria, Australia, increased its use and park-based physical activity of users. Conclusion: Improving the features of a local neighborhood park may lead to increased usage and physical activity.

UK: *McDonalds and KFC, it's never going to happen*: the challenges of working with food outlets to tackle the obesogenic environment May 22, 2012 11:39 am

Aim: This study investigated barriers and facilitators to public health work with food outlets in disadvantaged areas. Conclusion: Encouraging food outlets to contribute to tackling the obesogenic environment is a major challenge for local public health teams that requires supportive national policies.

Alcohol

Greece: Relationship between alcohol consumption and control of hypertension among elderly Greeks. The Nemea primary care study. OPEN ACCESS May 24, 2012 10:07 am

Aim: The aim of this study was to evaluate the significance of alcohol intake in relation to blood pressure control in treated subjects and to determine if there is a causative link between alcohol and inadequate control of hypertension. Conclusion: Our study showed that the level of control among the elderly, in a Greek population, is positively associated with alcohol intake only for heavy drinking. The role of alcohol consumption in hypertension in the elderly needs further investigation.

Tobacco

UK: REFRESH reducing families' exposure to secondhand smoke in the home: a feasibility study May 22, 2012 12:16 pm

Aim: To study a novel intervention (REFRESH) aimed at reducing children's exposure to secondhand smoke (SHS) in their homes. Conclusion: Taken overall, the results suggest that a future large-scale trial using measurements of indoor air quality as part of a complex intervention to reduce children's SHS exposure should be explored.
Aim: To examine peoples' knowledge of SHS-related illnesses in England over time, identify the determinants of good knowledge and to assess its importance in predicting SHS-protective behaviours. Conclusion: The low levels of knowledge of some SHS-related conditions, especially among smokers, and the relationship between knowledge and SHS-protective behaviours, suggest that greater efforts to educate smokers about the risks associated with SHS are worthwhile.

Further resources

Panacea - an online network linking the global physical activity and nutrition community. PANacea is a communication tool between public health practitioners in order to improve quality of services, enable health initiatives to progress more quickly and contribute to a stronger community that can respond to emerging challenges locally, nationally and globally. NHF Website - Find out more about what we do, and our range of information resources RSS Feeds - Keep up to date with the latest Chronic disease prevention news with our RSS feeds. Chronic disease dashboard - Updated

NHF eResearch Briefing

If you've enjoyed this eNews Briefing, you might be interested in our sister service, the eResearch Briefing. The eResearch Briefing is delivered free, straight to your inbox every second Thursday. It provides you with an update on the latest peer reviewed published research on chronic disease prevention.

Topics covered include:

- Health & environment
daily, the dashboard provides information on the latest peer reviewed public health research.

**Chronic disease eLibrary** - Fully searchable, freely accessible database of information on chronic disease prevention.

**Obesity Learning Centre** - Aimed at professionals working to prevent obesity.

- Obesity
- Nutrition
- Physical activity

For more information and to sign-up, visit our [website](http://www.heartforum.org.uk).