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• Norway: Kiwifruit decreases blood pressure and whole-blood platelet aggregation in male smokers

**Resources**

A fitter future for all: framework for preventing and addressing overweight and obesity in Northern Ireland 2012-2022
Mar 21, 2012 10:05 am
The prevalence of people who are overweight and obese has been steadily rising in Northern Ireland, and in the western world, over the last few decades. It has been described as an obesity time-bomb; given the impact that obesity can have on physical and mental health and wellbeing.

Horizon: the truth about fat Mar 21, 2012 09:23 am

Surgeon Gabriel Weston discovers the surprising truth about why so many people are piling on the pounds, and how to fight the fat epidemic. She discovers the hidden battles of hormones that control people's appetites, and sees the latest surgery that fundamentally changes what a patient wants to eat by altering how their brains work.

Breastfeeding peer support in London: A guide for commissioners Mar 20, 2012 04:15 pm

This report provides evidence of the value of breastfeeding peer support (BfPS) services and provides an overview of BfPS services operating in some of London’s boroughs. It is a snapshot of different organisational models in use across the capital and highlights some of the main issues of the different models.

Chronic disease prevention

Japan: Making schools healthy among Burmese migrants in Thailand Mar 21, 2012 04:19 pm

Aim: In Thailand, a health-promoting school (HPS) program is in place nationwide. However, this policy has not covered Burmese migrant schools. Therefore, to ensure the feasibility of the implementation of a HPS program, we conducted evaluations and an intervention on school health in migrant schools in Thailand. Conclusion: Our school health evaluation and intervention were successfully implemented in Burmese migrant schools.

New Zealand: Tackling 'wicked' health promotion problems: a New Zealand case study Mar 21, 2012 04:04 pm

Summary: This paper reports on a complex environmental approach to addressing
'wicked' health promotion problems devised to inform policy for enhancing food security and physical activity among M??ori, Pacific and low-income people in New Zealand.

USA: Trends in Cardiovascular Health Metrics and Associations With All-Cause and CVD Mortality Among US Adults Mar 21, 2012 03:58 pm

Aim: To examine time trends in cardiovascular health metrics and to estimate joint associations and population-attributable fractions of these metrics in relation to all-cause and cardiovascular disease (CVD) mortality risk. Conclusion: Meeting a greater number of cardiovascular health metrics was associated with a lower risk of total and CVD mortality, but the prevalence of meeting all 7 cardiovascular health metrics was low in the study population.

UK: Do socio-economic, behavioural and biological risk factors explain the poor health profile of the UK’s sickest city? Mar 21, 2012 03:51 pm

Aim: The extent to which the poor health profile of Glasgow, the city with the highest mortality rates in the UK, can be explained solely by socio-economic factors is unclear. Conclusion: Adjusting for area- and individual-level socio-economic conditions explained the excess risk associated with residents of GGC for most (16 out of 18) outcomes; however, significant excess risks for two outcomes remained.

USA: What are the priorities for prevention and control of non-communicable diseases and injuries in sub-Saharan Africa and South East Asia? Mar 21, 2012 03:09 pm

Summary: Last year's UN high level meeting sought to galvanise the international community into scaling up its response to the escalating global burden of non-communicable diseases. With resources tight, D Chisholm and colleagues examine which interventions should be given priority for action and investment.

USA: Student public commitment in a school-based diabetes prevention project: impact on physical health and health behavior. Mar 21, 2012 02:23 pm

Aim: This paper examines whether student's "public commitment"--voluntary participation as a peer communicator or in student-generated media opportunities--in a school-based intervention to prevent diabetes and reduce obesity predicted improved study outcomes.
including reduced obesity and improved health behaviors. Conclusion: Participating in public commitment activities during the HEALTHY study may have potentiated the changes promoted by the behavioral, nutrition, and physical activity.

**Spain: Conflict of interest policies and disclosure requirements among European Society of Cardiology national cardiovascular journals** Mar 21, 2012 01:52 pm

Summary: This paper provides a comprehensive editorial perspective on classical conflict of interest related issues. New insights into current COI policies and practices among European Society of Cardiology national cardiovascular journals, as derived from a cross-sectional survey using a standardised questionnaire

**USA: Feeding her children, but risking her health: The intersection of gender, household food insecurity and obesity** Mar 21, 2012 09:49 am

Aim: This paper investigates one explanation for the consistent observation of a strong, negative correlation in the United States between income and obesity among women, but not men. Conclusion: Obesity, thus, offers a physical expression of the vulnerabilities that arise from the intersection of gendered childcare expectations and poverty.

Nutrition

**UK: Green tea extract ingestion, fat oxidation, and glucose tolerance in healthy humans** Mar 21, 2012 01:56 pm

Aim: We investigated the effects of acute ingestion of green tea extract (GTE) on glucose tolerance and fat oxidation during moderate-intensity exercise in humans. Conclusion: Acute GTE ingestion can increase fat oxidation during moderate-intensity exercise and can improve insulin sensitivity and glucose tolerance in healthy young men.

**Switzerland: Visual-Gustatory Interaction: Orbitofrontal and Insular Cortices Mediate the Effect of High-Calorie Visual Food Cues on Taste Pleasantness** Mar 21, 2012 10:51 am

Aim: Vision provides a primary sensory input for food perception. So far, the impact of
visual food cues varying in energy content on subsequent taste integration remains unexplored. Conclusion: Our findings reveal previously unknown mechanisms of cross-modal, visual-gustatory, sensory interactions underlying food evaluation.

**Australia: The availability of snack food displays that may trigger impulse purchases in Melbourne supermarkets** Mar 20, 2012 01:58 pm

Aim: We aimed to examine the availability of snack food displays at checkouts, end-of-aisle displays and island displays in major supermarket chains in the least and most socioeconomically disadvantaged neighbourhoods of Melbourne. Conclusion: As a result of the high availability of snack food displays, exposure to snack foods is almost unavoidable in Melbourne supermarkets, regardless of levels of neighbourhood socioeconomic disadvantage.

**Brazil: Association between eating out of home and body weight** Mar 20, 2012 01:37 pm

Aim: This systematic review assesses the association between out-of-home eating and body weight in adults over 18 years of age. Conclusion: The results of the present analysis suggest that in future studies fast-food restaurants and other out-of-home dining venues should be analyzed separately, assessments based on a single 24-h recall should be avoided, and controls for at-home choices (which were not included in any of the studies reviewed) are necessary to evaluate this association.

**France: Improving the effectiveness of nutritional information policies: assessment of unconscious pleasure mechanisms involved in food-choice decisions** Mar 20, 2012 12:40 pm

Aim: An assessment of the main characteristics of nutritional policies is provided, followed by recent findings showing that food choices are guided primarily by automatic emotional processes. Conclusion: Future nutritional policies can be more effective if they associate healthy food with eating pleasure.

**Obesity**

**Spain: Prevalence of general and abdominal obesity in the adult population of Spain, 2008-2010: the ENRICA study** Mar 21, 2012 03:26 pm
Aim: This is the first study to report the prevalence of general obesity and abdominal obesity (AO) in the adult population of Spain based on measurements of weight, height and waist circumference. Conclusion: The frequency of obesity and AO decreased with increasing educational level. The prevalence of obesity was very high in the Canary Islands and in the south of Spain.

USA: Dendritically targeted Bdnf mRNA is essential for energy balance and response to leptin
Mar 20, 2012 04:31 pm

Aim: Mutations in the Bdnf gene, which produces transcripts with either short or long 3’??? untranslated regions (3’??? UTRs), cause human obesity; however, the precise role of brain-derived neurotrophic factor (BDNF) in the regulation of energy balance is unknown. Conclusion: These results reveal a novel mechanism linking leptin action to BDNF expression during hypothalamic-mediated regulation of body weight, while also implicating dendritic protein synthesis in this process.

The Netherlands: Weight status of European preschool children and associations with family demographics and energy balance-related behaviours: a pooled analysis of six European studies
Mar 20, 2012 02:55 pm

Aim: This study aimed to (i) gain insight in the prevalence of overweight indices in European preschoolers (4-7 years); (ii) identify energy balance-related behaviours associated with overweight/obesity; and (iii) identify children at risk for overweight/obesity. Conclusion: Future obesity prevention interventions in preschoolers should target screen time giving specific attention to children from overweight and/or low socioeconomic status parents.

Spain: Assessment tools of energy balance-related behaviours used in European obesity prevention strategies: review of studies during preschool Mar 20, 2012 02:41 pm

Aim: A structured descriptive review was performed to appraise food intake, physical activity and sedentary behaviour assessment tools used in obesity intervention strategies targeting mainly preschool children. Conclusion: The choice of methodology for the assessment of specific intervention effects should be equally balanced between required accuracy levels and feasibility, and be guided by the intervention targets.
The Netherlands: The BewegKuur programme: a qualitative study of promoting and impeding factors for successful implementation of a primary health care lifestyle intervention for overweight and obese people  Mar 20, 2012 02:27 pm

Aim: To determine perceived promoting and impeding factors in the implementation of the BewegKuur programme for overweight and obese people. Conclusion: HCPs as well as intervention participants were motivated to participate in the programme, and generally indicated that the intervention was in accordance with their needs.

USA: From "best practice" to "next practice": the effectiveness of school-based health promotion in improving healthy eating and physical activity and preventing childhood obesity  Mar 20, 2012 02:21 pm

Aim: The present study examines the effectiveness of a CSH program adopted from a "best practice" example in another setting by evaluating temporal changes in diets, activity levels and body weight. Conclusion: These findings provide evidence on the effectiveness of CSH in improving health behaviors. They show that an example of "best practice" may lead to success in another setting.

Australia: Accuracy of weight perception, life-style behaviours and psychological distress among overweight and obese adolescents  Mar 20, 2012 02:15 pm

Aim: To compare overweight and obese adolescents with accurate and inaccurate self-reported weight perception across a range of behaviours and measures of psychological well-being. Conclusion: Further research on social, familial and psychological factors that predict or mediate healthy and unhealthy weight-related behaviours among adolescents by accuracy of weight perception is needed. Accurate weight perception should be considered in counselling and behavioural interventions.

USA: A changing pattern of childhood BMI growth during the 20th century: 70 y of data from the Fels Longitudinal Study  Mar 20, 2012 02:04 pm

Aim: The BMI distribution shifted upward in the United States between the 1960s and the 1990s, but little is known about secular trends in the pattern of BMI growth, particularly earlier in the century and early in childhood. The objective was to examine differences in

USA: Assessing food appeal and desire to eat: the effects of portion size & energy density Mar 20, 2012 01:42 pm

Aim: Visual presentation of food provides considerable information such as its potential for palatability and availability, both of which can impact eating behavior. Conclusion: Results support the hypothesis that individuals differentiate between food appeal and desire to eat foods when assessing these ratings using the same type of metric.

Canada: The Centre for Healthy Weights-Shapedown BC: A Family-Centered, Multidisciplinary Program that Reduces Weight Gain in Obese Children over the Short-Term, Mar 20, 2012 12:45 pm

Aim: The objective was to conduct a program evaluation of the Centre for Healthy Weights-Shapedown BC (CHW-SB), a family-centered, multidisciplinary program for obese children, by assessing the change in weight trajectories from program intake to completion. Conclusion: These data also emphasize the need for ongoing evaluation to assess the long-term implications of this unique program and ultimately optimize utilization of governmental resources.

UK: A qualitative analysis of black and white British women's attitudes to weight and weight control Mar 20, 2012 11:39 am

Aim: The present study aimed to explore attitudes towards weight and weight control among black and white British women using a qualitative approach. Conclusion: Black women were as well-informed about the causes and health risks of obesity as white women in this sample of mainly educated, working women, although they were more accepting of larger body sizes and experienced less social pressure to be slim.

UK: Fitter, healthier, happier families: A partnership to treat childhood obesity in the West Midlands Mar 20, 2012 11:34 am

Summary: a short communication regarding childhood obesity programmes in the West Midlands.

Summary: Television provides one of the first, and most intimate, experiences of commercial food promotion. Therefore, unsurprisingly, the effects of television advertising on children's brand preferences are well established. However, its effect on actual food intake and the food choices in children of various weight statuses has only recently been characterised.

USA: Obesity, SES, and economic development: A test of the reversal hypothesis Mar 16, 2012 11:43 am

Aim: The reversal in the direction of the SES-weight relationship and arguments about the underlying causes of the reversal need to be tested with comparable data for a large and diverse set of nations. Conclusion: Although economic and social development can improve health, it can also lead to increasing obesity and widening SES disparities in obesity.

USA: Trial of Prevention and Reduction of Obesity Through Active Living in Clinical Settings Mar 16, 2012 11:18 am

Aim: The efficacy of physical activity with a healthful diet to reduce obesity is established; however, little is known about the translation of effective lifestyle strategies for obesity reduction in primary care settings. Conclusion: Behavioral intervention in clinical settings is associated with modest reductions in WC during a 2-year study in obese patients. However, the effectiveness of the intervention is restricted to men.

Physical activity

UK: Moderate to Vigorous Physical Activity and Sedentary Time and Cardiometabolic Risk Factors in Children and Adolescents Mar 21, 2012 02:50 pm

Aim: Sparse data exist on the combined associations between physical activity and sedentary time with cardiometabolic risk factors in healthy children. Conclusion: Higher
MVPA time by children and adolescents was associated with better cardiometabolic risk factors regardless of the amount of sedentary time.

UK: Prevention and Reduction of Obesity through Active Living (PROACTIVE): rationale, design and methods. Mar 21, 2012 02:12 pm

Aim: The Prevention and Reduction of Obesity through Active Living (PROACTIVE) is a randomised controlled trial to evaluate the effectiveness of a behaviourally based physical activity and diet composition programme to prevent and reduce obesity and related comorbidities in a primary healthcare setting. Conclusion: PROACTIVE has the potential to provide the basis for changing clinical practice (primary care) with respect to the prevention and reduction of obesity and related health risks.

USA: Total Daily Physical Activity and Longevity in Old Age Mar 20, 2012 04:07 pm

Aim: We tested the hypothesis that an objective measure of total daily activity, including both exercise and nonexercise physical activity, is associated with longevity in community-dwelling older persons.

Canada: Hours spent and energy expended in physical activity domains: results from the Tomorrow Project cohort in Alberta, Canada Mar 20, 2012 03:00 pm

Aim: We describe domain-specific hours of activity and energy expended among participants in a prospective cohort in Alberta, Canada. Conclusion: For the inactive portion of this population, active non-leisure activities, specifically in the transportation and occupational domains, need to be considered for inclusion in daily routines as a means of increasing population-wide activity levels.

Germany: Critical narrative review to identify educational strategies promoting physical activity in preschool Mar 20, 2012 02:34 pm

Aim: The aim of this narrative review is critically to evaluate educational strategies promoting physical activity that are used in the preschool setting in the context of obesity prevention programmes. Conclusion: Teacher training may be a key element for successful interventions. To overcome time constraints, a suggested solution is to integrate physical activity into daily routines and other areas of the preschool curriculum.
UK: Gender and race influence metabolic benefits of fitness in children: a cross-sectional study
Mar 20, 2012 02:11 pm

Aim: We evaluated whether metabolic benefits of fitness on reducing inflammation and insulin resistance (IR) are affected by gender and race. Conclusion: In middle school children, the beneficial effects of fitness vary based on gender and race. High CVF has an enhanced anti-inflammatory effect in male and RD children.

UK: Fatness leads to inactivity, but inactivity does not lead to fatness: a longitudinal study in children (EarlyBird 45). Mar 20, 2012 11:49 am

Aim: To establish in children whether inactivity is the cause of fatness or fatness the cause of inactivity. Conclusion: Physical inactivity appears to be the result of fatness rather than its cause. This reverse causality may explain why attempts to tackle childhood obesity by promoting PA have been largely unsuccessful.

Tobacco

Norway: Kiwifruit decreases blood pressure and whole-blood platelet aggregation in male smokers
Mar 20, 2012 04:51 pm

Aim: The major aim of this randomized, controlled trial was to investigate the effects of kiwifruits and an antioxidant-rich diet compared with a control group on BP and platelet aggregation (that is, whole-blood platelet aggregation) after 8 weeks in male smokers
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 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

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