



## All-island Obesity News

E-bulletin of the All-island Obesity Action Forum  
Volume 3, Issue 1, January/February 2012

Dear Colleagues,

Wishing you all a very Happy New Year and welcome to the first edition of All-island Obesity News for 2012. You'll find this edition packed with news, research updates and events relevant to the obesity agenda. It is evident that a lot of activity is on-going which is to be welcomed. The first section contains information directly submitted by Forum members. As usual we would ask you to circulate this among your colleagues and to share your work via this publication by submitting all relevant news items to Emily Kelleher at [obesityforum@safefood.eu](mailto:obesityforum@safefood.eu). The Forum will host its next workshop in Belfast in June – further details will be announced over the coming weeks.

*Martin Higgins,*

*Chief Executive, **safefood** and Chair, All-island Obesity Action Forum*

Minutes of Forum meetings, events and further details about the Forum can be accessed on the [Forum page of the safefood website](#).

### What's in this issue?

- [Update from Forum Members](#)
- [General News](#)
- [Nutrition News](#)
- [Physical Activity News](#)
- [Resources/Publications](#)
- [Forthcoming Events](#)
- [All-island Obesity Action Forum Members](#)

If you would like to **subscribe** to or **include any information** in this bi-monthly e-bulletin please email us at [obesityforum@safefood.eu](mailto:obesityforum@safefood.eu).

### [Update from Forum Members:](#)

#### **Safefood**

##### - **Stop the Spread**

Advertising for the 'Stop the Spread' campaign commenced on 9th January for four weeks on the T.V. This was followed by radio and outdoor advertising commence on 23 January for two weeks. The TV advertising aims to challenge some common excuses for excess weight, namely middle age spread; weight ok for my height; and we're all bit like this in my house. The campaign will be supported with free measuring tapes being distributed through 1,700 pharmacies on the island and 1,300 GP Surgeries, media publicity and safefood's social media channels. For more information see the [safefood](#) website

#### - **Operation Transformation**

The fifth series of RTE's Operation Transformation show began on RTE one on 4 January and will run until 22 February. Sponsored by safefood, this cross-platform programme on TV and radio follows five leaders in their efforts to lose weight, be more active and live a healthier lifestyle. For more information see the [safefood](#) website or the operation transformation on the [RTÉ](#) website.

#### **The Irish Practice Nurses Association (IPNA)**

- The Irish Practice Nurses Association is delighted to announce that Margaret Geoghegan (IPNA Cavan/Monaghan Branch) won the IPNA Clinical Award 2011 which was based on obesity and kindly supported by an unrestricted educational grant from Allen & Hanburys. Congratulations also to Chinenya Onuoha (IPNA North Dublin Branch) who won the runner-up prize. Margaret and Chinenye were presented with their awards at the IPNA Annual Educational Conference in October 2011. Margaret's winning entry will be published in a forthcoming issue of "[Nursing in General Practice](#)" so that her research and knowledge can be shared among other Practice Nurses.

#### **Irish Sports council (ISC)**

- On January 14<sup>th</sup> 14,267 people took part in the 32 walks which were organised by the Irish Sports Council as part of Operation Transformation. The Irish Sports Council is also organizing a 5km fun-run in the Phoenix Park in association with Dublin City Sports Network and Athletics Ireland. The fun-run will feature on the Operation Transformation show, with 5,000 people expected to turn out on the day. Read more about the event on the [Irish Sports Council website](#).

#### **The Institute of Public Health**

- The Physical Activity and Nutrition Intervention (PANI) Tool is now live on the Health Well Website ([www.thehealthwell.info](http://www.thehealthwell.info)). The tool was developed by the Institute of Public Health in collaboration with the PHA and HSE. The tool allows users to search for physical activity and nutrition interventions that match specific objectives and outcomes. It aims to help policymakers and practitioners identify effective interventions by systematically reviewing details of the interventions that were collected as part of an all-island audit. The tool is available at [www.thehealthwell.info/pani](http://www.thehealthwell.info/pani). You must be logged in to use the tool fully.

#### **The Southern Trust**

- Weigh to Health is a new community weight management programme in the southern area funded by Public Health Agency. It is delivered by Southern Group Environmental Health Committee and SHSCT. Contact: [c.o'brien@sgehc.com](mailto:c.o'brien@sgehc.com)

#### **CAWT – Cooperation and Working Together**

- Early Years – the organisation for young children has launched the EU INTERREG IVA - CAWT UP4IT! Obesity Project, known locally as the 'Family Health Initiative' in the Southern Trust area. The Family Health Initiative is open to families with a child under 5 years, and 8-11 year olds who want to get more active, where families will learn about healthy eating, be active trying new games and activities, but most importantly have fun!

#### **Families who have children aged 8-11yrs (12 week programme):**

- Starting Wed 22nd Feb, Craigavon Leisure Centre, 6-8pm

**Families who have children under 5 years (8 week programme):**

- Giggles Day Care, South Armagh – Starting Thurs 2nd Feb, 9.15am-10.45am
- Blossom Sure Start NICMA – Starting Friday 24th Feb, 10am – 11.30am
- Chrysalis Women's Centre, Craigavon – Starting Tues 21st Feb, 2pm - 3pm
- SPLASH Sure Start NICMA – Starting Tues 21st Feb – 17th April, 9.45am-11.15am
- Kilkeel Sure Start – Starting Thursday 26th April, 9.30am -11.30am
- Little Ladybirds Dungannon – Starting Tuesday 1st May, 10am-11.30am

**For further information please contact the following**

- **Craigavon/Lurgan** area contact Diane Boyd, Early Years, on 07791334012 or [diane@early-years.org](mailto:diane@early-years.org)
- **Letterkenny** area contact Finghin McClafferty, Letterkenny Youth & Family Service (LYFS) on 00353 (0) 749123078 or [lyfsmeet@gmail.com](mailto:lyfsmeet@gmail.com)
- **Creggan, Waterside and Omagh** areas contact George McGowan, Old Library Trust 028 71373879 or [George@olt.ie](mailto:George@olt.ie)
- **Cavan and Monaghan** towns and Bailieborough area contact Colette Quigley, Border Counties Childhood Network on 086 7307304 or [Colette.quigley@hse.ie](mailto:Colette.quigley@hse.ie)

**British Heart Foundation (BHF)**

- The British Heart Foundation and Children's Food Campaign have launched a report which examines the ways that food companies are marketing unhealthy foods and drinks to children online. The report, "The 21st Century Gingerbread House", found that the practice is widespread with companies using a range of techniques to promote brands and products. The authors call for the UK government to introduce rules that end the loophole which currently allows products outlawed from children's television to be marketed to young people online. Read the report on the [British Heart Foundation's website](#).

**General News**

**February 2012: Evidence-Based Management Strategies for Treating Obesity in Men: ROMEO (Review Of MEn and Obesity) study (UK)** The Health Services Research Unit at the University of Aberdeen are currently conducting a systematic review on the evidence-based management strategies for treating obesity in men, and how to engage men in these obesity services. If you have any information on relevant projects conducted within your organisation that have been written up as a report, or have been submitted for publication, or have already been published, we would like to hear from you. To find out more about this study, visit the [National Institute for Health Research website](#).

**25.01.12: Body mass index and height over three generations: evidence from the Lifeways cross-generational cohort study (Ireland)**

The aim of this study was to use cohort data from three generations of one family to examine the relative maternal and paternal associations with offspring body mass index. Correlations between mother and offspring across two generations remained significant and a similar analysis of height showed strong familial associations from maternal and paternal lines across each generation. Read [abstract](#) in BMC Public Health.

#### **24.01.12: Does inadequate sleep play a role in vulnerability to obesity? (US)**

The objective of this review is to present the evidence that inadequate sleep may be a novel risk factor associated with increased vulnerability to obesity and associated cardio-metabolic disease. Observational studies have observed cross-sectional associations between short sleep duration and increased body mass index or obesity. A few prospective studies have found a significant increased risk of weight gain, incident diabetes, and incident hypertension. Read [abstract](#) in Pub Med.

#### **24.01.12: Taxing sugar-sweetened beverages: a survey of knowledge, attitudes and behaviours. (US)**

This survey assessed current beverage consumption patterns and anticipated reaction to an added 20 % tax on these products. 69% of respondents reported consuming at least one pre-packaged sugar-sweetened beverage in the past week. 91% knew that frequent consumption of soft drinks increases risk of obesity. Over one-third of respondents said that they would cut back on their sweetened beverage consumption in the event of an added 20% tax on these beverages. Read [abstract](#) in the Journal of Public Health Nutrition.

#### **23.01.12: World Health Organisation designates Cork a Healthy City (Ireland)**

The World Health Organisation (WHO) has designated Cork as a 'Healthy City'. Cork city can now present itself internationally as a city that is prioritising the health of its citizens. Cork joins the Irish cities of Belfast, Galway and Waterford that have been designated already. Healthy Cities' celebrates and supports the evidence that health is influenced by where a person lives, their income, their level of education, their culture, and accessibility of public services. Read [news article](#) on the HSE website.

#### **20.01.12: Systematic review and meta-analysis of school-based interventions to reduce body mass index (UK)**

Childhood obesity predisposes to adult obesity and increases the risk of many diseases. Schools provide a vehicle to deliver public health interventions to all children. On stratified analysis this systematic review identified physical activity used in isolation or combined with improved nutrition was associated with significant improvements in BMI. Interventions targeted at overweight/obese children reduced their BMI by 0.35 (95% CI: 0.12, 0.58). Those delivered to all children reduced it by 0.16 (95% CI: 0.06, 0.25). Read [abstract](#) in the Journal of Public Health.

#### **17.01.12: Economic evaluation of lifestyle interventions to treat overweight or obesity in children (UK)**

This study estimated the lifetime cost effectiveness of lifestyle interventions to treat overweight and obese children. Results show these interventions to treat childhood obesity are potentially cost effective although cost savings and health benefits may not appear until the sixth or seventh decade of life. Read [abstract](#) in the International Journal of Obesity.

#### **17.01.12: Body mass index versus waist circumference as predictors of mortality in Canadian adults (US)**

Elevated body mass index (BMI) and waist circumference (WC) are associated with increased mortality risk, but it is unclear which anthropometric measurement most highly relates to mortality. This study examined single and combined associations

between BMI, WC, waist-hip ratio (WHR) and all-cause, cardiovascular disease (CVD) and cancer mortality. BMI and WC predicted higher all-cause and cause-specific mortality, and WC predicted the highest risk for death overall and among overweight and obese adults. Read [abstract](#) in Pub Med.

### **13.01.12: Prevalence of Obesity and the Relationship between the Body Mass Index and Body Fat: Cross-Sectional, Population-Based Data (Australia)**

This population-based, cross-sectional study aimed to determine the prevalence of obesity using criteria based on the BMI and waist circumference, and to examine the relationship between the BMI and body fat. According to the BMI, 45.1% of men and 30.2% of women were overweight and a further 20.2% of men and 28.6% of women were obese. Using waist circumference, 27.5% of men and 23.3% of women were overweight, and 29.3% of men and 44.1% of women, obese. Read [full article](#) in Pub Med.

### **10.01.12: Childhood psychological function and obesity risk across the life course: findings from the 1970 British Cohort Study (UK)**

Psychological comorbidities of obesity are well recognised. However, the role of childhood psychological problems in the aetiology of later obesity has been little studied. Researchers did a secondary analysis of the national birth cohort (1970 British Cohort Study) and found children with early and persistent behavioural problems, particularly conduct problems, hyperactivity and inattention in early and mid-childhood are at an increased risk of obesity in adult life. Read [abstract](#) in PubMed.

### **05.01.12: Age, weight and Obesity (UK)**

This review examines possible contributory factors for overweight and obesity in older people: life style, depression, changes in body composition, endocrine alterations, sympathetic tone, oxidative stress and concomitant disease. Read [abstract](#) in Pub Med.

### **03.01.12: Smart Choices for Healthy Families: A Pilot Study for the Treatment of Childhood Obesity in Low-Income Families (US)**

This pre-post study used a mixed-methods approach to examine the impact of a family-based weight management program among a low-income population. Smart Choices included six biweekly group sessions and six automated telephone-counselling and calls over 3 months. Children displayed reduced body mass index z-scores ( $p < .05$ ), increased lean muscle mass ( $p < .001$ ), and increased quality of life ( $p < .0001$ ). Read [abstract](#) in PubMed.

### **January 2012: Overweight and obesity as markers for the evaluation of disease risk in older adults (Mexico)**

This study explores disease risk through the measurement of BMI scores and waist circumferences in older Mexican adults with favourable health statuses and determines how this risk is associated with sociodemographic characteristics. The prevalence rates of overweight, obesity, and abdominal obesity are high among older Mexican adults. As age increases, disease risk decreases, which also occurs with some lifestyle factors such as living in a rural setting, being indigenous, having a low education level, and being married. Read [abstract](#) in Pub Med.

### **January 2012: Lessons learned from a family-focused weight management intervention for obese and overweight children (UK)**

The aim of the present qualitative study was to explore the views of parents, children and health trainers to identify issues which can inform the development of more effective programmes by combining in-depth interviews and focus groups. The child's commitment to lose weight, support from their family and a good relationship between the child and their trainer were viewed as important keys to successful weight management. Read [abstract](#) in PubMed.

### **January 2012: Healthy lifestyle habits and mortality in overweight and obese individuals (US)**

The purpose of this study was to determine the association between healthy lifestyle habits and mortality in a large, population-based sample stratified by body mass index (BMI). Results showed healthy lifestyle habits are associated with a significant decrease in mortality regardless of baseline body mass index. Read [article](#) in full in Journal of The American Board of Family Medicine.

### **December 2011: Interventions for Preventing Obesity in Children**

The authors found strong evidence to support beneficial effects of child obesity prevention programmes on BMI particularly for programmes targeted to children aged 6-12 years. A few studies looked at whether programmes were harmful to children and results suggested that obesity prevention strategies do not increase body image concerns, unhealthy dieting practices, level of underweight, or unhealthy attitudes to weight, and that all children can benefit. Read the [report](#) on The Cochrane Library website.

### **December 2011: Can self-reported height and weight be relied upon (UK)**

Participants were instructed how to measure their weight, height and waist circumference (WC). Self-reported values were compared with direct measurements. 585 individuals took part statistical analysis researchers identified men and the whole group underestimated their BMI due to overestimating their height and underestimating body weight. Similar trends were seen in females, especially the centrally obese ones. Read [abstract](#) in Pub Med.

### **December 2011: A systematic review to determine the effectiveness of interventions designed to prevent overweight and obesity in pre-adolescent girls (UK)**

The objective of this review was to determine the effectiveness of interventions designed to prevent overweight and obesity in pre-adolescent girls. Effect sizes were calculated where possible using Cohen's classifications of small (0.2-0.5), medium (0.5-0.8) and large (>0.8) effect sizes. Thirty studies met the inclusion criteria. There were 66 effect sizes less than 0.2, 56 categorized as low, 16 as medium and two as high. Read [abstract](#) in Pub Med.

### **06.12.11: Dietary and physical activity behaviours related to obesity-specific Quality of life and work productivity: baseline results from a worksite trial (US)**

The study was conducted in thirty-one small blue-collar and service industry worksites in Seattle, including 747 participants. Measures included self-reported servings of fruits and vegetables, dietary behaviours such as fast food consumption. Results show that BMI is negatively associated with obesity and weight-loss for both women and men. Read [abstract](#) in British Journal of Nutrition.

### **November 2011: Job stress and work schedules in relation to nurse obesity**

This study aimed to examine the relationship between job stress/work schedules (JS/WS) and obesity among nurses (n=2,103). Obesity was measured using body mass index estimates. Approximately 55% of the sample was overweight/obese (OW/OB). When compared with underweight/normal weight nurses, OW/OB nurses reported that their jobs had less physical exertion and more limited movement. Long work hours were significantly associated with being OW/OB as compared with underweight/normal. Read [abstract](#) in PubMed.

### **13.10.11: Effect of multidimensional lifestyle intervention on fitness and adiposity in predominantly migrant preschool children (Ballabeina): cluster randomised controlled trial**

This study tested the effect of a multidimensional lifestyle intervention on aerobic fitness and adiposity in predominantly migrant preschool children. Compared with controls, children in the intervention group had an increase in aerobic fitness at the end of the intervention 0.32 stages (95% confidence interval 0.07 to 0.57; P=0.01) but no difference in BMI (-0.07 kg/m<sup>2</sup>, -0.19 to 0.06; P=0.31). There was only a small reduction in percentage body fat (1.1%) and waist circumference (-1.0cm). Read [abstract](#) in the British Medical Journal.

### **September 2011: Key stakeholders' perspectives towards childhood obesity treatment: a qualitative study (UK)**

This study provides a qualitative, in-depth, analysis of stakeholders' perspectives toward the efficacy of childhood obesity treatment interventions. Stakeholders concurred that treatment should be family-based incorporating physical activity, nutrition and psychological components. Parents and children reported needing on-going support to sustain behavioural changes made during treatment. Read [abstract](#) in Pub Med.

## **Nutrition News**

### **05.02.12: Why cooking skills are the key to healthy eating (UK)**

Parents who want their children to eat more fruit and vegetables should give them an apron and let them cook, recent research suggests. By teaching our children to cook they are more likely to grow up to be healthy adults because they have a better knowledge of cooking techniques, preparing food and new tastes. Read full [news article](#) on the BBC website.

### **01.02.12: Replacing caloric beverages with water or diet beverages for weight loss in adults: main results of the Choose Healthy Options Consciously Everyday (CHOICE) randomized clinical trial (US)**

This study compared the replacement of caloric beverages with water or diet beverages (DBs) as a method of weight loss over 6 months in adults and attention controls (ACs). Results showed a significant reduction in weight and waist circumference and an improvement in systolic blood pressure. Replacement of caloric beverages with non-caloric beverages as a weight-loss strategy resulted in average weight losses of 2% to 2.5%. Read [abstract](#) in Pub Med.

### **February 2012: Association between eating out of home and body weight (Brazil)**

This systematic review assesses the association between out-of-home eating and body weight in adults over 18 years of age. The review includes a comprehensive quality assessment of all included observational studies, 20 cross-sectional studies, and 8 prospective cohort studies. All but one of the prospective cohort studies and about half of the cross-sectional analyses found a positive association between out-of-home eating and body weight. However, many methodological differences among the studies were found, such as the definition of out-of-home eating and its assessment, which limits comparisons. Read [abstract](#) in Pub Med.

#### **17.01.12: Effect of dairy consumption on weight and body composition in adults: a systematic review and meta-analysis of randomized controlled clinical trials (Iran)**

This systematic review and meta-analysis was conducted to summarize the published evidence from randomized controlled clinical trials (RCTs) regarding the effect of dairy consumption on weight, body fat mass, lean mass and waist circumference (WC) in adults. Overall, increased dairy consumption without energy restriction might not lead to a significant change in weight or body composition; whereas inclusion of dairy products in energy-restricted weight loss diets significantly affects weight, body fat mass, lean mass and WC. Read [abstract](#) in Pub Med.

#### **04.01.12: Less frequent eating predicts greater BMI and waist circumference in female adolescents (CA)**

The study aim was to assess the prospective relation of an objective measure of eating frequency with adiposity in girls from ages 9-10 to 19-20 y. The study involved 2372 girls. Results found after adjustment for baseline adiposity measure, race, parental education, physical activity, television and video viewing, total energy intake, and dieting for weight loss, lower initial total eating frequency remained related to greater 10-y increases in BMI ( $P = 0.013$ ) and WC ( $P = 0.036$ ). Read [abstract](#) in the PubMed.

#### **03.01.12: Many 'healthy snacks' are high in calories (UK)**

A survey commissioned by the World Cancer Research Fund (WCRF) says that people can still be confused about the calorie content of everyday foods, which can affect weight and therefore cancer risk. The WCRF says that the situation is not helped by the application of labels such as 'light' and 'reduced fat' to foods that actually have a high calorie content and that may still cause weight gain if consumed regularly. Read [full report](#) on the NHS website.

#### **02.01.12: Healthy food plan for families (BBC News UK)**

Four million recipe leaflets are being sent out to families, as part of a new government-sponsored healthy eating campaign- Change 4 Life. It is trying to convince people that you can make a healthy family meal for less than £5. Read [full report](#) on the BBC website.

#### **January 2012: Fruit and vegetable consumption in Europe – do Europeans get enough? (Europe)**

This review looked at the eating habits of 19 EU countries. Researchers found on average Ireland consumes 350g of fruit and vegetables per day and the UK 258g per day, falling short of the 400g minimum consumption recommended by the World Health Organisation. Only four European countries met this target: Poland (577g), Italy (452g), Germany (442g) and Austria (413g). Read [full review](#) on the EUFIC website.

**January 2012: Fruit and vegetable consumption and prospective weight change in participants of the European Prospective Investigation into Cancer and Nutrition-Physical Activity, Nutrition, Alcohol, Cessation of Smoking, Eating Out of Home, and Obesity study (Sweden)**

Researchers assessed the association between the baseline consumption of fruit and vegetables and weight change in participants from 10 European countries participating in the European Prospective Investigation into Cancer and Nutrition study. In this large study it was observed that higher baseline fruit and vegetable intakes, while maintaining total energy intakes constant, did not substantially influence midterm weight change overall but could help to reduce risk of weight gain in persons who stop smoking.

**December 2011: Takeaway food consumption and cardio-metabolic risk factors in young adults (Australia)**

This study determined whether takeaway food consumption is associated with fasting glucose, insulin, lipids, homeostasis model assessment (HOMA) and blood pressure. A national sample of 1896, 26-36 year olds completed a questionnaire on socio-demographics, takeaway food consumption, physical activity and sedentary behaviour. Researchers found consuming takeaway food at least twice a week was associated with cardio-metabolic risk factors in women but less so in men. Read [abstract](#) in PubMed.

**04.12.11: What is eating you? Stress and the drive to eat (US)**

The current study assessed the relationship between stress, drive to eat, and reported food frequency intake in women ranging from normal weight to obese (N=457). Greater reported stress was associated with greater drive to eat-including feelings of binge eating, hunger, and more ineffective attempts to control eating. This suggests that stress exposure may lead to a stronger drive to eat and may be one factor promoting excessive weight gain. Read [abstract](#) in PubMed.

**November 2011: Young Adults and Eating Away from Home: Associations with Dietary Intake Patterns and Weight Status Differ by Choice of Restaurant (US)**

This cross-sectional study examines socio-demographic differences in the frequency of eating at different types of fast-food and full-service More frequent use of fast-food restaurants that primarily served burgers and French fries was associated with higher risk for overweight/obesity; higher intake of total energy, sugar-sweetened beverages, and fat; and with lower intake of healthful foods and key nutrients. Read [abstract](#) in the Journal of the Academy of Nutrition and Dietetics.

**October 2011: The more schools do to promote healthy eating, the healthier the dietary choices by students**

This study examined whether there is any association between the number of actions schools are taking to promote healthy eating and the dietary behaviour of school children. Students in schools with the most actions to promote healthy eating had 1.91 (CI=1.13 to 3.24) times the odds of agreeing to eat fruit for lunch, 1.54 (CI=1.07 to 2.22) times the odds of reporting to eating fruit or vegetables on a daily basis. Read [abstract](#) in Pub Med.

## Physical Activity

### **10.01.12: Physical activity and weight gain prevention in older men (US)**

This study examined the associations of different amounts of physical activity with weight gain prevention in older men. A total of 5973 healthy men (mean age, 65.0 years) from the Harvard Alumni Health Study were followed from 1988 to 1998. Among older men, those with lesser levels of physical activity were more likely to gain weight than men satisfying the 2002 IOM guidelines. Read [abstract](#) in Pub Med.

### **10.01.12: Antenatal exercise to improve outcomes in overweight or obese women: a systematic review (Australia)**

Women who are overweight or obese during pregnancy are at increased risk of a number of adverse pregnancy outcomes. This systematic review assessed the benefits and harms of an exercise intervention for pregnant women who are overweight or obese. It found provision of a supervised antenatal exercise intervention was associated with lower gestational weight gain (5 trials, 216 participants, mean difference of -0.36 kg) when compared with standard antenatal care. Read [abstract](#) in Pub Med.

### **03.01.12: Academic performance at school linked to exercise (BBC News UK)**

How well children perform in the classroom could be linked to how physically active they are, suggests a Dutch review of previous studies. They suggest strong evidence of a link between exercise and academic performance. The review looked at 14 studies involving more than 12,000 children. Read [full report](#) on the BBC News website.

### **28.12.11: Cross-sectional associations between occupational and leisure-time sitting, physical activity and obesity in working adults (Australia)**

This study examined associations between occupational and leisure-time sitting, physical activity and obesity in working adults. Researchers analysed data from workers from the 2007-08 Australian National Health Survey (n=10,785). Workers with mostly sitting jobs had significantly higher overweight/obesity risk than workers with mostly standing jobs (RR=0.88, 95% CI: 0.82-0.95) independent of physical activity and leisure-time sitting. Read [abstract](#) in Pub Med.

## Resources/Publications

### **January 2012: The National Obesity Observatory e-atlases (UK)**

The National Obesity Observatory e-atlases are interactive mapping tools for the analysis of data on the prevalence of obesity and its determinants at Local Authority (LA), Primary Care Trust (PCT), and Middle Super Output Area (MSOA) level in England. Find out more on the [National Obesity Observatory website](#).

### **16.12.11: Early markers of obesity: a review (Canada)**

The purpose of this review was to evaluate factors in early childhood that are the most significant predictors of the development of obesity in adulthood. Factors of interest included exposures/insults in the prenatal period, infancy and early childhood, as well as other socio-demographic variables. Possible early markers of obesity included maternal smoking and maternal weight gain during pregnancy. Read [summary](#) on Wiley Online Library.

### **08.12.11: Active People 5: Survey results (UK)**

The survey provides by far the largest sample size ever established for a sport and recreation survey and allows levels of detailed analysis previously unavailable. It identifies how participation varies from place to place and between different groups in the population. It enables analysis of the findings by a broad range of demographic information, such as gender, social class, ethnicity, household structure, age and disability. Read the [summary](#) of results on the Sport England website.

### **16.01.12: School Food Trust: voluntary food and drink guidelines for early year's settings in England (UK)**

This guide has been developed to help early year's providers and practitioners meet the Early Years Foundation Stage (EYFS) welfare requirement for the provision of healthy, balanced and nutritious food and drink. Find out more information on the [Schools Food Trust](#) website.

### **Forthcoming Events**

#### **International Women's Day Lecture- Hosted by The School of Nursing & Midwifery**

Transition in Nursing & Midwifery Education & Research: Successful Leadership Techniques. The lecture will be led by Professor Cecily Begley, Chair of Nursing and Midwifery, on Tuesday 6th March 2012 at 4pm in Lecture Theatre 1, Medical Biology Centre, Queen's University Belfast.

#### **Health Communication Research Conference, Friday 30th March 2012, University of Ulster, Jordanstown campus**

There will be a Health Communication Research Conference (UK and Ireland) on Friday 30<sup>th</sup> March 2012 at the University of Ulster, Jordanstown campus (Outside Belfast). This conference will be hosted by the Health Communication Research Cluster, School of Communication. The theme of the conference is 'Health Communication within Interdisciplinary Contexts'. The keynote speaker will be Professor Victor Strecher, University of Michigan, USA. The key themes for the parallel sessions are:

- Interdisciplinary Working
- Public Health
- Patient Interactions
- Counselling
- Leadership, Management and Communication

For further information and registration are available on the Conference website:

<http://www.socsci.ulster.ac.uk/comms/healthcommunicationconference>

Visit the **safefood** website to view a [calendar of forthcoming events](#)

### **All Island Obesity Action Forum Members**

Full details of [members](#) can be found on the Forum page of the **safefood** website