



All-island Obesity News

E-bulletin of the All-island Obesity Action Forum
Volume 2, Issue 1, January/February 2010

Dear colleagues,

This sixth edition of *All-island Obesity News* is packed with news, research updates, events and a myriad of other items relevant to the obesity agenda. The recently conducted survey of recipients, although achieving a low response rate, has shown that this e-newsletter is well received. I would encourage you to share your feedback further with us via email so that we can continue to provide a publication that is relevant to your needs. Furthermore, I would ask you to circulate *All-island Obesity News* among your colleagues and to share your work via this publication by submitting and relevant news items to obesityforum@safefood.eu.

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](#).

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

Obesity Prevention Steering Group NI Update

The Health Development Policy Branch of the Department of Health Social Services and Public Safety issues a newsletter which provides an update on the development of the Obesity Prevention Strategic Framework (OPSF). The latter seeks to tackle the rise in overweight and obesity in Northern Ireland. If you would like to subscribe to this newsletter please contact the Health Development Team at hdpb@dhsspsni.gov.uk or by post at: Room C4.12 Castle Buildings, Stormont Estate, Belfast BT4 3SQ.

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General news

11.02.10: Steep rise in obesity a threat to progress on cancer (NI, Irish News, p.8)

A 'steep rise' in the number of obese people in Northern Ireland is threatening to reduce two decades of improvement in cancer and heart disease rates, a Stormont watchdog report said (report by the assembly's Public Accounts Committee). While the overall health of people has improved in the north over the past 20 years, those living in deprived areas continue to have a reduced life expectancy and poorer quality of life.

10.02.10: Most parent's don't recognise their child is obese (The Netherlands)

According to a recent Dutch study, children with a weight in the normal range were considered by their parents as a little too light or too light. Overweight was considered as normal weight, and obesity as normal or a little too heavy. The perception of a normal weight in children at 4–5 years was distorted. [Read full article](#) in Acta Paediatrica.

09.02.10: Michelle Obama launches campaign on child obesity (US, BBC News)

The launch of the 'Let's Move' campaign in the US, which aims to tackle the country's high levels of childhood obesity, is being backed by First Lady Michelle Obama. The campaign will attempt to achieve its goal by raising nutritional levels of school meals and improving access to healthy food in deprived areas. [Read more](#)

04.02.10: Alert over slimming pill linked to kidney failures (ROI, Evening Herald, p.23)

A warning over an over-the-counter slimming product, which has been linked to kidney failure and convulsions, has been issued by the Irish Medicines Board.

03.02.10: New study shows effectiveness of the MEND program (US)

Results from a study to evaluate the effectiveness of the MEND Program (Mind, Exercise, Nutrition, Do it!), a multi-component community-based childhood obesity intervention (<http://www.mendcentral.org>), support recent international recommendations calling for paediatric obesity programs to involve the whole family and include nutrition education, behaviour modification and promotion of physical activity. [Read article](#) in Obesity.

01.02.10: Mexico tackles record child obesity (Mexico, The Independent)

Mexico's rich diet of tacos, tortillas and tortas (large sandwiches) has steered its children to the top of world obesity charts. The Mexican government has launched a new campaign, based on a successful French strategy called 'EPODE', to battle obesity. It is estimated that obesity costs the Mexican health system some 3.2 billion dollars per year. [Read more](#).

01.02.10: Building the Community Pharmacy Partnership funding call (NI)

The Community Development and Health Network has opened their its round of Level 2 funding through the BCPP programme. [Read more](#).

29.01.10: Public appointment – Member of safefood's Advisory Committee (IOI)

safefood invites applications from individuals who wish to nominate themselves to serve as a member of their Advisory Committee, which is appointed by the North-South Ministerial Council. Appointment is for two to three years with a possibility of reappointment. Applications must be received by **5pm on 26 February 2010**. [Read more](#).

27.01.10: New funding awarded to Community Food Initiatives to help tackle food poverty (IOI)

safefood has just announced the recipients of funding for the Demonstration Programme of Community Food Initiatives. Funded by **safefood** and managed by Healthy Food for All, the

programme aims to address the inequalities and overcome some of the problems faced by communities in accessing healthy, affordable food. The programme was officially launched in Belfast by Northern Ireland's Chief Medical Officer, Dr Michael McBride. [Read more.](#)

25.01.10: Mayor of London joins forces with New York to battle childhood obesity (UK/USA)

The Mayor of London, Boris Johnson, has welcomed the findings of a new report tackling obesity in kids in both London and New York. The report "A Tale of Two ObesCities" was compiled by the London Metropolitan University and City University of New York. It was launched at a City Hall seminar discussing flab fighting initiatives used in both cities. [Read more.](#)

21.01.10: Tackling obesity can help narrow health inequalities in the South East (UK)

Promoting healthy eating and an active lifestyle in the South East were top of the agenda as a host of health professionals, leisure and fitness workers and regional and local government policy makers from across the region came together to discuss health inequalities. [Read more.](#)

20.01.10: The pregnancy complications of maternal obesity (UK)

New research points to a strong association between maternal obesity and adverse pregnancy outcomes. For the mother, it includes a higher chance of having pre-eclampsia and delivery by caesarean section. For the newborn, it resulted in having a higher birth weight, increased fat deposits and neonatal hyperinsulinemia. [Read article](#) to be published in BJOG: An International Journal of Obstetrics and Gynaecology.

20.01.10: Michelle Obama calls for fight against child obesity (US, Politico)

US First lady Michelle Obama has called on the nation's mayors to do their part in combating child obesity, a problem she called an epidemic and an economic threat. Citing recent statistics, Obama said that one in three kids is obese or overweight and on track to develop diabetes. For African-American and Latino kids, the rate is half, she said. [Read more.](#)

19.01.10: Heavy men die earlier even with fewer risk factors (Sweden)

Overweight middle-aged men may have a higher risk of heart problems and strokes and die earlier than their thinner peers even in the absence of some traditional risk factors, according to a Swedish study. The study, which followed 1,758 Swedish men for 30 years, found that overweight and obese men had increased risks of conditions including heart attack and stroke, even in the absence of metabolic syndrome. [Read article](#) in Circulation.

18.01.10: All political parties called to introduce robust public health policies to improve the nation's health (UK)

All major political parties are urged to take 12 practical steps to tackle serious public health concerns from obesity and heart disease to alcohol and sexually transmitted infections. The Faculty of Public Health and the Royal Society for Public Health have published a package of 12 practical recommendations that, if adopted by the next government, will improve the UK's health and well-being for the new decade. [Read more.](#)

18.01.10: Task force recommends screening, treatment for obesity in kids (US)

In an update to their 2005 recommendation, the US Preventive Services Task Force now recommends that clinicians screen children and adolescents ages 6 to 18 years old for obesity. In addition, for patients who are obese based on body mass index (BMI) percentile for age and gender, the Task Force advises referral to a comprehensive program that

includes dietary, physical activity, and behavioural counselling components to promote weight loss. [Read more.](#)

14.01.10: Battle of the bulge a global issue (US, Reuters)

According to a poll carried out by Readers Digest, Brazilians feel the most pressure to be thin, the Finns are acutely aware of the dangers of obesity and Americans have the toughest struggle to lose weight, according to a global survey. About 1.6 billion people around the world are overweight or obese. Excess weight also contributes to 2.5 million deaths globally each year, according to the WHO. [Read more.](#)

13.01.10: Overweight could earn £1,750 from slimming on NHS (UK, Daily Telegraph)

Overweight people could be paid up to £1,750 for slimming under the latest trial involving NHS trusts and privately-run schemes. Patients who meet weight loss targets can earn from £200 for losing two stone in five months under the privately-run scheme. The latest trial follows a successful pilot in Kent where patients earned up to £425 from private firm Weight Wins for meeting weight loss targets. [Read more.](#)

13.01.10: US Obesity rate appears to be slowing (US)

The obesity epidemic in the United States appears to be waning. New government data show that 68 percent of U.S. adults are considered overweight, having a body mass index or BMI of 25 or higher. A third are obese, having a body mass index of 30 or higher. [Read article](#) in the American Journal of Medicine.

13.01.10: Study finds friendship may help stem rise of childhood obesity (US)

A new laboratory-based study has shown that friends may influence how much adolescents eat. The study involved 54 overweight and non-overweight youth (24 boys and 30 girls) between the ages of 9 and 11. Each was assigned randomly to bring a friend or to be paired with an unfamiliar peer. Study participants worked on a computer game to earn points exchangeable for food or time to spend with their friend or with an unfamiliar peer. [Read article](#) in the Annals of Behavioural Medicine.

12.01.10: Having a big bum, hips and thighs 'is healthy' (UK, BBC News)

Carrying extra weight on your hips, bum and thighs is good for your health, protecting against heart and metabolic problems, UK experts have said. Hip fat mops up harmful fatty acids and contains an anti-inflammatory agent that stops arteries clogging, they say. In comparison, carrying excess fat around the stomach, being "apple shaped", raises the risk of diabetes and heart disease. [Read more.](#)

10.01.10: Pregnant women should be weighed regularly to protect babies from danger of obesity (UK, Daily Telegraph)

Pregnant women should be weighed regularly to safeguard the health of the unborn child against maternal obesity, medical experts have said. The National Obesity Forum (NOF) wants the Government to adopt the idea because the issue of overweight mothers is taking its toll on the NHS. [Read more.](#)

04.01.10: Many ignorant on 'waist fat' risk (UK, BBC News)

Almost nine in 10 people are not aware of the risks of carrying extra fat around their waistline. A survey of 12,000 Europeans found most had no idea that a thick waist was a sign of a build-up of a dangerous type of fat around the internal organs. Research has shown that waist circumference is a good indicator of visceral fat and therefore of a person's risk of diseases associated with being overweight, such as type 2 diabetes. [Read more.](#)

29.12.09: The challenges of accurate waist and hip measurement over clothing: pilot data (UK)

This pilot study investigated the effect of light clothing on measurement. The results demonstrate that the effect of clothing on waist and hip measurements is not always trivial, and deserves a larger study. Waist circumference measurements should be made on bare skin whenever possible and hip circumference measurements over underwear. [Read article](#) in Obesity Research & Clinical Practice.

28.12.09: Free website aims to help people lose weight and put an end to “yo-yo” dieting (IOI)

safefood launched a new advertising campaign for Weigh2Live.eu (www.weigh2live.eu) Developed by nutritionists at **safefood**, with support from dietitians in the Irish Nutrition and Dietetics Institute (INDI), Weigh2live provides independent and credible advice on how to lose weight in a healthy way. [Read more](#).

22.12.09: Obesity more deadly than previously thought (Sweden)

A study of one million father and son pairs found that being overweight may increase the risk of dying from cardiovascular disease by 82%. The research carried out by the Karolinska Institute in Stockholm attempted to iron out mistakes in previous studies and used the child's body mass index in association with the parent's cause of death. [Read article](#) in the British Medical Journal.

18.12.09: Broad study on child obesity (Canada, Medical News Today)

Childhood obesity is directly related to how close kids live to convenience stores, according to the preliminary findings of a major Canadian study presented at the Entretiens Jacques-Cartier in Lyon, France. The ongoing study is named QUALITY for Quebec Adipose and Lifestyle Investigation in Youth. [Read more](#).

16.12.09: Obesity epidemic taking root in Africa (Africa)

The urban poor in sub-Saharan Africa are the latest victims of the obesity epidemic. Researchers claim that overweight and obesity are on the increase among this group. The researchers found that the number of people overweight/obese increased by nearly 35% during the study period. [Read article](#) in BMC Public Health.

16.12.09: The obesity paradox, weight loss, and coronary disease (US)

Research has shown that participation in a cardiac rehabilitation and exercise training (CRET) program by overweight or obese patients with coronary heart disease (CHD) only slightly decreases mortality, but improves various cardiometabolic factors and their quality of life. [Read article](#) in the American Journal of Medicine.

15.12.09: Fat is a student issue (UK, The Guardian)

Obesity is rife among students in the US. What can universities do to stop it happening in the UK? The general consensus is that, despite their youthfulness, students are grown-ups, and must be treated as such. Universities have no legal duty of care to ensure they remain a healthy weight. However, a range of UK Universities are using initiatives to encourage their students to maintain a healthy weight. [Read more](#).

15.12.09: Childhood obesity trends suggest class divide is emerging (UK, BBC News)

The childhood obesity epidemic could be levelling off in affluent homes but rising among those from disadvantaged backgrounds, research suggests. The study, which looked at a different dataset, taken from the Health Survey for England between 1995 and 2007 found

that the number of obese boys more than doubled between 1995 and 2007, from 3.1% to 6.9%, while among girls it rose from 5.2% to 7.4%. [Read article](#).

10.12.09: New report backs evidence that rise in childhood obesity has levelled off (UK, Department of Health)

New statistics published from the National Child Measurement Programme, support emerging evidence that the rapid rise in child obesity has levelled off. However, the levels of childhood obesity are still too high, with 22.8% of Reception children and 32.6% of Year 6 children being overweight or obese. [Read more](#).

08.12.09: Body mass index and waist circumference predict both 10-year nonfatal and fatal cardiovascular disease risk (Netherlands)

Having a waistline that falls into the overweight or obese category can increase the risk of dying of heart disease four-fold, according to new research. [Read article](#) in the European Journal of Cardiovascular Prevention and Rehabilitation.

07.12.09: In-Depth Findings Released on the Health, Education and Social and Emotional Well-Being Nine-Year-Olds (ROI)

'Growing Up in Ireland – The Lives of 9-Year-Olds' provides a comprehensive picture of how children are faring across a range of key areas in their lives. In general, the report shows that children in Ireland are doing well in these areas. It does, however, highlight particular concerns in the three important areas of: weight/obesity; inequalities related to socio-economic status and prevalence and nature of bullying. [Read press release](#) and [download full report](#).

06.12.09: Large, rare chromosomal deletions associated with severe early-onset obesity (UK)

A study, of 300 children with severe obesity by the University of Cambridge and the Wellcome Trust Sanger Institute, has identified a possible genetic cause of obesity. By comparing the DNA profile of obese children with others of a normal weight, the researchers found certain parts of the genome were missing in the obese group. [Read article](#) in Nature.

05.12.09: New childhood obesity screening tools devised by Nevada Professor (US, Medical News Today)

Using advanced SAS graphical software, George Fernandez, Nevada professor of applied statistics and director for the Centre for Research Design and Analysis has computed healthy and unhealthy weight limits that correspond to these BMI-for-age definitions, and made easy-to-read colour charts for each gender and different age groups. [Read more](#).

03.12.09: Forecasting the effects of obesity and smoking on US life expectancy (US)

Recent increases in obesity could outweigh the positive health effects of declining rates of smoking in the US population if left unchecked until 2020, research has found. Researchers found that the remaining life expectancy of an average 18 year old was lowered by 0.71 years and 0.91 quality adjusted years, respectively, between 2005 and 2020. [Read article](#) in the New England Journal of Medicine.

01.12.09: Overweight pre-pregnancy increases risk for diabetes, hypertension (Finland)

A Finnish study reports that being overweight pre-pregnancy is associated with significantly increased risks for subsequent diabetes and hypertension, especially in overweight women with gestational diabetes. [Read article](#) in the Journal of Clinical Endocrinology & Metabolism.

Recently published research from obesity journals

Obesity: A Research Journal

- [Volume 18, Issue 2 \(February 2010\)](#)
- [Volume 18, Issue 1s \(February 2010\)](#): Community-based Approaches to Childhood Obesity: Research Progress and Future Directions
- [Volume 18, Issue 1 \(January 2010\)](#)
- [Volume 17, Issue 12 \(December 2009\)](#)

International Journal of Obesity

- [Volume 34, Issue 1 \(January 2010\)](#)
- [Volume 33, Issue 12 \(December 2009\)](#)

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Nutrition news

11.02.10: 'No-fry zones' near schools aimed at tackling a weighty issue (ROI, Irish Times, p.11)

Despite a decade of state encouragement, the British are still eating badly, writes Mark Hennessy Lewisham in east London has a weight problem. One-quarter of 11-year-olds are obese, while the local crematorium has had to install a larger oven to deal with ever-larger coffins. Local councillors are now considering imposing a "no-fry zone" around schools, banning the opening of fast-food outlets within 400m (1,300ft) of a schoolyard in a bid to wean children off fatty foods. [Read article](#).

09.02.10: An insight into the nation's diet (UK)

The findings of a UK dietary survey, published by the Food Standards Agency, suggest that the nation is eating less saturated fat, trans fat and added sugar than it was 10 years ago. The National Diet and Nutrition Survey (NDNS) is the first comprehensive survey of people's eating patterns since 2001, when the survey was last carried out. [Read more](#).

03.02.10: Parents furious over 'hypocrisy' of cereal ad (UK)

Parents have accused the cereal maker Kellogg's of hypocrisy for suggesting pupils snack on Coco Pops while publicly backing a Government campaign against child obesity. [Read more](#).

01.02.10: Parents who overfeed their children blamed for obesity (ROI, Irish Independent)

Overweight parents who simply feed their children too much at a young age are to largely blame for a childhood obesity crisis, a report will warn this week. The study claims that the British government may be misguided in its policy of trying to tackle the problem through expensive projects aimed at persuading children in primary school to eat healthily and exercise more. [Read more](#).

01.02.10: Don't pile that plate so high – Irish Independent (NI)

The need to keep an eye on portion control when it comes to food is highlighted in a new study by Irish nutritionists. The team from the University of Ulster tested 22 men and 23 women, feeding them three large meals a day. In just four days, men eating three large meals a day piled on an extra kilo, while women weighed an extra half-a-kilo on the scales. [Read more](#).

27.01.10: Effects of price discounts and tailored nutrition education on supermarket purchases (New Zealand)

Reducing the price of healthy foods could land more whole grains, carrots and bananas in shopping carts, even months after the discounts are removed, according to a new study. [Read article](#) in the American Journal of Clinical Nutrition

26.01.10: Corporate sector backtracks on fat facts (UK, Financial Times)

Alarmed at how fast obesity rates were rising, governments put pressure on food companies to cut back on fats, salts and sugars. Food companies are today more willing than they used to be to admit they need to share responsibility for tackling the obesity problem. Still, obesity specialists say the food industry's efforts at reformulating products and reducing portion sizes are not enough to bring obesity rates down. [Read more](#) (registration necessary).

25.01.10: Nutrition menu labelling may lead to lower-calories restaurant meal choices for children (US)

In a new study, the amount of calories selected by parents for their child's hypothetical meal at McDonald's restaurants were reduced by an average of 102 calories when the menus clearly showed the calories for each item. [Read article](#) in Paediatrics.

18.01.2010: FSA encourage consumers to take the 21-day sat fat challenge (UK)

To support the second phase of their saturated fat campaign, the Food Standards Agency launched a phone application that enables consumers take a 21-day challenge to help them cut down on saturated fat. [Read more](#).

18.01.2010: Consumers ready to consider 1% fat milk (UK)

People who regularly use semi-skimmed milk would be happy to switch to drinking 1% fat milk, according to research published by the Food Standards Agency to coincide with the launch of the second phase of its saturated fat campaign. 1% fat milk, which is on sale in most supermarkets, contains about half the fat of semi-skimmed. [Read more](#).

14.01.10: Row cooking over burgers in NHS hospitals (UK, Sky News)

The NHS has come under fire for undermining the fight against obesity by allowing Burger King restaurants inside hospitals. Out of 170 NHS Trusts, 40 rent space to chains including Burger King, Starbucks, Subway and Upper Crust. [Read more](#).

13.01.10: Study shows how and why students' diets change when they leave home (UK)

A survey of eating habits among first year self-catering students showed that university lifestyle tends to lead to an increased consumption of fast foods. This was more noticeable amongst male students, who confessed to thinking of cooking as 'women's work' and were more likely to eat fast food than their female counterparts. [Read more](#).

12.01.10: Call the fill nutrition gap in the school lunchbox (UK)

British children eat 5.5 billion packed lunches each year but research from the University of Leeds shows that only one per cent of their lunchboxes meet the nutritional standards which have been set for their classmates on school meals. [Read more](#).

12.01.10: Celebrity chef launches FSA's sixth form survivor competition (NI)

Celebrity chef James Martin has launched a 'Sixth Form Survivor Competition', which is a Northern Ireland-wide recipe challenge to find the 'Ultimate Sixth Form Survivor'. [Read more](#).

11.01.10: Romania first to introduce junk food tax (Romania, New Statesman)

Romania will become the first country in the world to introduce a tax on junk food. The new tax will apply to individuals or organisations that produce, import or process food with a high content of salt, fats, sugar and additives. Health Minister Attila Czeke said the new tax, to be introduced from March this year, will be used for health programmes in the country. [Read more](#).

11.01.10: The Ubiquity of Energy-Dense Snack Foods (US)

A survey found that 41% of 1,082 non-food retail stores in 19 US cities also sold candy, soft drinks, chips and other snacks with these foods usually placed at check-out counters "within arm's reach" of impulsive buyers. But researchers said studies showed people snacking on the run did not typically compensate by eating less at meals. [Read article](#) in American Journal of Public Health.

07.01.10: Restaurant and packaged foods can have more calories than nutrition labelling indicates (US)

Researchers from Tufts University have found that some commercially prepared foods contain more calories than indicated in nutritional labelling. Measured energy values of 29 quick-serve and sit-down restaurant foods averaged 18% more calories than the stated values. Likewise, measured energy values of 10 frozen meals purchased from supermarkets averaged 8% more calories than stated on the label. [Read article](#) in the Journal of the American Dietetic Association.

05.01.10: Treatment of childhood obesity by retraining eating behaviour (UK)

A talking, computerised weighing device that tracks how quickly food is gobbled off the plate could be a solution to childhood obesity, researchers say. In a trial with 106 obese children the gadget showed promising results. After 12 months of use the children weighed less and ate smaller portions. Their speed of eating was reduced by 11% compared with a gain of 4% in a comparison group. [Read article](#) in the British Medical Journal.

03.01.10: Backlash over plan to extend TV advertising (UK, The Guardian)

Ministers are facing fierce opposition from medical groups, teaching unions and children's charities over plans to allow products to be used in television programmes for marketing purposes for the first time. Critics claim the move, which broadcasters say will give them up to £140m a year in extra revenue, will fuel childhood obesity and exacerbate the problems caused by alcohol. [Read more](#).

21.12.09: Taiwan mulls world's first junk food tax (Taiwan, The Independent)

Taiwan is planning the world's first tax on junk food in a bid to encourage the public to eat healthily and cut obesity rates. Taiwan would be the first government in the world to impose junk food tax if the bill is passed, according to local health advocacy group John Tung Foundation. [Read more](#).

20.12.09: Mums hoodwinked by manipulative food manufacturers (UK)

Nine out of ten (92%) mums are misled by tactics manufacturers use to market children's foods loaded with fat, salt and sugar a British Heart Foundation survey revealed today (1). The survey asked parents what they thought about statements such as 'free from artificial colours and preservatives' **and** 'a source of calcium, iron and six vitamins'. [Read press release](#).

07.12.09: Health doubts as McDonald's provides one in five Olympic meals (UK, The Guardian)

Health campaigners have warned that attempts to use the London 2012 Olympics to improve public health may be undermined by the announcement that one in five meals served to fans at the games will come from McDonald's. Launching their food strategy, games organisers said that 3m of the 14m meals served during the two-week event will be prepared by the fast food chain. [Read article](#).

01.12.09: Kids eat less junk food when Middle Schools stop providing it (US)

A study led by Marlene Schwartz, Ph.D., deputy director at the Rudd Center for Food Policy and Obesity at Yale University has found that removing low nutritional value snacks and soft drinks from school vending machines means that children eat more healthily at school, with no negative effect on their diet at home. [Read article](#) in Health Education and Behaviour.

01.12.09: Relationship between attitudes and indicators of obesity for midlife women (US)

A study has found that in middle aged women, "guilt-ridden dieters," impulsive eaters and those too busy to focus on food are the most likely to show signs of obesity. [Read article](#) in Health Education and Behaviour.

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Physical activity news

11.02.2010: Sport Northern Ireland hold emergency summit (NI)

Sport Northern Ireland today hosted an emergency summit to share with sporting bodies and community organisations serious concerns about the proposed £2.5m budget cuts for sport in 2011. The cuts have far reaching implications for Northern Ireland's athletes and for a whole range of participation initiatives including those for older people, woman and those with a disability. [Read more.](#)

11.02.2010: Building the evidence base in sport and physical activity promotion (NI)

A guest lecture by Dr Charlie Foster on 'building the evidence base in sport and physical activity promotion' was hosted by Sport NI, University of Ulster and Stranmillis University College. Dr Foster's presentation will be made available on the [Sport NI website](#) by Friday 19 February.

02.02.10: British people too busy to get physical (UK)

Nearly half of adults (44%) are 'too busy' to do physical activity and two out of three are not doing the recommended 30 minutes a day, according to a survey of 2,000 people. Although three quarters of those questioned consider themselves healthy, nearly all (93 per cent) confess to having at least one health sin such as eating takeaways regularly, binge drinking, not eating enough fruit and vegetables, and smoking. [Read more.](#)

26.01.10: Funding boost to get kids walking to school (England)

A London scheme that encourages families to ditch the car and walk their children to school at least once a week will receive an £800,000 boost from the Department of Health to extend outside of the capital. [Read more.](#)

26.01.10: Too much sitting in front of TV may cut life short (Australia)

Sitting in front of a television set for hour after hour day after day may raise the risk of death from heart disease and other causes - even in people who do not weigh too much, Australian researchers say. Compared with adults who watched less than two hours of TV a day, those who watched more than four hours had a 46 percent higher risk of death from all causes and an 80% higher risk of cardiovascular death during the six-year study period. [Read article](#) in Circulation.

14.01.10: Pedestrians first (UK, Urban Realm)

There has been a rise in interest in concept of shared spaces, where pedestrian and vehicular traffic flow together. A varied mix of influences has brought about this turnaround. There is now more awareness of the dangers of speeds above 20mph causing serious

accidents and fatalities. There is a growing concern about rising levels of obesity caused, in part, by people exercising less and leading inactive lives through greater car use. [Read more](#).

11.01.10: Death of the traditional British family walk (UK, Daily Telegraph)

The traditional family walk is dying out with severe consequences for the nation's health, new research from Loughborough University warns. More than half of people say they walk less than they did ten years ago. Britons blamed lack of time and low enthusiasm from other family members for the decrease and cited factors that included not knowing where to walk, tiredness and poor motivation. [Read more](#).

02.01.10: Prospective associations between objective measures of physical activity and fat mass in 12-14 year old children (UK)

A study investigating associations between physical activity at age 12 and subsequent adiposity at age 14 has found that higher levels of physical activity, in particular activity of moderate to higher intensities, are prospectively associated with lower levels of fat mass in early adolescence. Interventions to raise levels of physical activity in children are likely to be important in the fight against obesity. [Read article](#) in the British Medical Journal.

22.12.09: British children's fitness levels 'falling twice as fast as international average' (UK, The Telegraph)

Youngsters in Britain today are significantly less fit than they were a decade ago – with their increasingly sedentary lifestyles to blame, according to new research published in the Archives of Disease in Childhood Journal. Children's fitness in the UK has declined by eight per cent, compared to an average of only four per cent for the rest of the world. [Read article](#).

17.12.09: Health Survey for England 2008 reports shows hardly any adults do the recommended amount of exercise (UK)

Only a very tiny proportion of men and women actually do the amount of exercise recommended to keep them fit and healthy. The Department of Health recommends that adults should get 30 minutes moderate exercise, five days a week. But the annual Health Survey for England (HSE) reveals that 94% of men and 96% of women do not achieve it. [Read more](#).

14.12.09: Effects of TV viewing reduction on energy intake (US)

US researchers conducting a randomized controlled trial found that adults weighing above the healthy range could burn more calories by watching less television: trial participants who cut their television viewing time in half were more active and on average burned an extra 120 more calories a day. [Read article](#) in the Archives of Internal Medicine.

18.01.10: Obesity, health concerns rise as parks and recreation programs decline (US, Medical News Today)

One way to help address the epidemic of obesity in the United States is improved access to pleasant hiking trails and an ambitious parks and recreation program, a recent study suggests, but programs such as this are increasingly being reduced in many states due to budget shortfalls. [Read more](#).

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Resources/Publications

IOI: Illustrating Ageing in Ireland North & South: Key Facts and Figures

On 25 January, the Centre for Ageing Research and Development in Ireland (CARDI) published a paper which provides a statistical summary on aspects of the lives of older people in NI and ROI. With a million people aged 60 and above now living on the island of Ireland (rising to 29% of the total population in both NI and ROI by 2041) the significance of longevity cannot be underestimated. [Read more.](#)

UK: Health practitioners guide to climate change

This book sets out what health practitioners can do to prevent the worst impacts of climate change, to make health services sustainable, and to design healthy, sustainable communities. [Read more.](#)

UK: Obesity Learning Centre

Find a wealth of information and news on obesity on the Obesity Learning Centre (OLC). The site is free to use and contains policy news, research updates, case studies and tools – [visit to find out more.](#)

NI: FSA Northern Ireland's healthy eating calendar

The Food Standards Agency Northern Ireland has produced an eatwell 2010 calendar, following the success of the version it produced last year. [Read more.](#)

UK: Latest consumer attitudes tracker survey published by Food Standards Agency

Consumer attitudes towards key food areas, published on 22 January, have been revealed in the latest quarterly tracker. [Read more.](#)

UK: New from the National Obesity Observatory

[Child obesity e-atlases](#) - Interactive mapping tool now including NCMP data for 2008/09

[Treating childhood obesity through lifestyle change interventions. A briefing paper for commissioners](#) - A brief guide to current best available evidence on effective treatment interventions for children and young people who are overweight or obese

[Preventing childhood obesity through lifestyle change interventions. A briefing paper for commissioners](#) - A brief guide to current best available evidence on effective obesity prevention interventions for children and young people

[Physical Activity in the Active People Survey](#) - Analysis of Sport England's Active People Survey data including walking and cycling for transport

[NCMP data maps](#) - showing prevalence of childhood obesity (2008/09 NCMP) and trend in NCMP participation by PCT in England

[Tackling obesity through the Healthy Child Programme: a framework for action](#) - provides guidance and practical direction to reduce the risks of obesity for babies, toddlers and preschool children.

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Campaigns/Initiatives

IOI: Weigh2live - put an end to yo-yo dieting

On 28 December, a new advertising campaign was launched to launched a new advertising campaign for Weigh2Live.eu (www.weigh2live.eu). Developed by nutritionists at **safefood**, with support from dietitians in the Irish Nutrition and Dietetics Institute (INDI), Weigh2live provides independent and credible advice on how to lose weight in a healthy way. [Read more.](#)

IOI: Little steps...to eating well and being active

The Littlesteps campaign, which aims to support parents and guardians as positive role models for their children regarding eating well and being active, is stepping up a gear. March will see further media activity and direct marketing which will focus on targeting lower socioeconomic groups. For more information visit www.littlesteps.eu or www.safefood.eu.

UK: Small steps towards a healthier life

On 02 February, the Food Standards Agency officially launched SmallSteps4Life - an interactive website to motivate young people to take simple steps towards improving their health and well-being, both inside and outside the classroom. [Read more.](#)

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Forthcoming events

Title: [19th Nutrition Society \(Irish Section\) Postgraduate Meeting](#)

Hosted by: University College Dublin

Date: 17–19 February 2010

Venue: Morrison Hotel, Ormond Quay, Dublin

Title: [Delivering the Active Travel Strategy: From Policy to Practice](#)

Hosted by: Living Streets

Date: 23 February 2010

Venue: BSG House, London

Title: [Ensuring safe food and healthy eating for all](#)

Hosted by: Food Standards Agency

Date: 24 February 2010

Venue: QEII Conference Centre, London

Title: [Climate Change – whose health will be affected?](#)

Hosted by: Institute of Public Health

Date: 25 February 2010

Venue: The Greenhouse, 17 St Andrew's Street, Dublin 2

Title: [Nutrition and Health: What's New](#)

Hosted by: Dairy Council for Northern Ireland

Date: 25 February 2010

Venue: W5, The Odyssey, Belfast

Title: [Marmot and the Third Sector: Addressing Health Inequalities Together](#)

Hosted by: Department of Health's third sector strategic partners

Date: 09 March 2010

Venue: Congress Centre, London

Title: [Children in the commercial world](#)

Hosted by: Westminster Media Forum Keynote Seminar

Date: 17 March 2010

Venue: Central London

Title: [EGEA 2010 -Social and Health benefits of balanced diet: the role of fruit and vegetables](#)

Hosted By: Aprifel

Date: 05-07 May 2010
Venue: Brussels

Title: [Nutrition: getting the balance right in 2010](#)
Hosted by: Nutrition Society (Irish Section)
Date: 16-18 June 2010
Venue: University of Ulster, Coleraine

Title: [Nutrition and health: cell to community](#)
Hosted by: Nutrition Society (Scottish Section)
Date: 28 June – 01 July 2010
Venue: Scotland

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Reports from past events

Title: [Plenary meeting of the Diet, Physical Activity and Health - A European Platform for Action](#)
Hosted by: European Commission
Date: 11 September 2009
Venue: Brussels

Title: [Sixth Plenary meeting of the High Level Group on Nutrition and Physical Activity](#)
Hosted by: European Commission
Date: 14 July 2009
Venue: Brussels

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Consultations

There are no new consultations at this time.

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Upcoming courses

Title: [Who to target and what to change in physical activity and diet: Understanding factors that encourage healthier lifestyles](#)
Date: 22 June 2010
Venue: University of Bristol Department of Exercise, Nutrition and Health Sciences

Title: [Interventions: Designing programmes to change physical activity and diet: from concept to evaluation](#)
Date: 24-25 June 2010
Venue: University of Bristol Department of Exercise, Nutrition and Health Sciences

Title: [Measuring Lifestyle Behaviours: diet and physical activity assessment tools in practice and research](#)
Date: 28-29 June 2010
Venue: University of Bristol Department of Exercise, Nutrition and Health Sciences

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Members of the all-island Obesity Action Forum

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