



## All-island Obesity News

E-bulletin of the All-island Obesity Action Forum  
Volume 2, Issue 2, March/April 2010

Dear colleagues,

This seventh issue of All-island Obesity News is full of information on developments on the obesity front since the last edition. It is evident that a lot of activity is ongoing which is to be welcomed. I am pleased to announce that on 15 June the Forum will host a workshop in Belfast entitled '[Is partnership the key to addressing obesity in young people?](#)' We are delighted to have Mr Christophe Roy from the EPODE European Network to present on his work and to share ideas on how best to address obesity in the next generation. I look forward to seeing you there.

*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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### **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](mailto:hdpb@dhsspsni.gov.uk) or by post at: Room C4.12 Castle Buildings, Stormont Estate, Belfast BT4 3SQ.

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## **GENERAL NEWS**

### **20.04.10: MEND Programme to help Wales tackle childhood obesity (Wales)**

A free healthy lifestyle course for Welsh youngsters will open its doors shortly across the country. With one in three children in Wales above a healthy weight, the MEND (Mind, Exercise, Nutrition...Do it!) Programme aims to help local children become fitter, healthier and happier whilst having fun. At the 10-week after school programme, children aged between seven and 13 and their parents will learn about healthy eating and how to enjoy physical activity. [Read more.](#)

### **20.04.10: Active Fat' campaign launched by Diabetes UK (UK)**

Diabetes UK, the British Heart Foundation and Cancer Research UK today launch a new campaign to raise awareness of the dangers of carrying excess weight around your middle. The 'Active Fat' campaign urges people to measure their waistlines and make positive changes to their lifestyles if they are at risk. [Read more.](#)

### **19.04.10: FTO variant linked to CVD in men with IGT (Finland)**

Study results show that a common polymorphism of the fat mass and obesity associated gene (FTO) is associated with increased cardiovascular disease (CVD) risk in men with impaired glucose tolerance (IGT). More recently it has been suggested that the same variant could also increase CVD risk. Tiina Lappalainen (University of Kuopio, Finland) and colleagues therefore recruited 490 individuals (163 men; 327 women) from the Finnish Diabetes Prevention Study (DPS) with IGT to test this. [Read abstract](#) in Nutrition, Metabolism and Cardiovascular Diseases.

### **16.04.10: Harney must tackle childhood obesity (ROI, Irish Medical Times)**

The Health Minister should implement a parental education campaign aimed at tackling childhood obesity, delegates at the AGM heard. [Read more.](#)

### **14.04.10: Environment is key to *Building Young Hearts* and getting young people active - Launch of Position Paper (ROI)**

The [National Heart Alliance](#) (NHA) and [Irish Heart Foundation](#) (IHF) are advocating for a more supportive environment for the promotion of physical activity, particularly among young people. The introduction of a 30kph speed limit near all schools was one of 35 recommendations in a report *Building Young Hearts* launched by the NHA and IHF to help create an environment which encourages young people to be more active. [Read more.](#)

### **13.04.10: Minister Announces Funding Scheme for Youth Cafés and Launches Youth Café Guide and Toolkit (ROI)**

Minister for Children and Youth Affairs, Barry Andrews TD has announced details of a youth café funding scheme of € 1.5m from dormant accounts funds and launched two publications: [Youth Cafés in Ireland: A best practice guide](#) and [Youth Café Toolkit: how to set up and run a youth café in Ireland.](#) [Read more.](#)

### **13.04.10: 'Epidemic' of preventable childhood diseases: doctors (UK, Daily Telegraph)**

Preventable diseases such as obesity and tooth decay among children are reaching epidemic levels, doctors at one of the UK's leading hospitals warned today. Medical staff from Liverpool's Alder Hey Children's Hospital said the huge growth in the number of avoidable health complaints could lead to a generation dying before their parents. [Read more.](#)

#### **10.04.10: Routine "recess" a hit at White House obesity summit (US, Reuters)**

A doctor's endorsement of frequent recess breaks -- and not just for kids -- drew an appreciative response from experts meeting at a White House summit on childhood obesity on Friday [09/04/10]. Dozens of child advocates, public policy experts and doctors gathered to brainstorm ideas for first lady Michelle Obama's campaign to wipe out childhood obesity in a generation. Healthier foods in corporate cafeterias and linking public transportation to grocery store access were among the early suggestions. [Read more.](#)

#### **03.04.10: Deaths from throat cancer 'could triple over the next 20 years if obesity trends continue' (UK, Daily Telegraph)**

The cancer could become almost as deadly as current major killers such as bowel cancer, because of our increasing waistbands. One in four British adults is now obese, but many more are predicted to develop weight problems in the next few decades as fatty foods and inactive lifestyles take their toll. Throat, or oesophageal, cancer, is a particularly deadly form of the disease and has only around a nine per cent survival rate. It affects around 7,800 people in Britain each year, of whom around 7,000 go on to die from the disease, which is much more common in men than women and mainly diagnosed in the over 50s. [Read more.](#)

#### **31.03.10: Northern Ireland Multiple Deprivation Measure results released by NISRA**

[NISRA](#) (the Northern Ireland Statistics and Research Agency) released results for the Northern Ireland Multiple Deprivation Measure (NIMDM) 2010. NIMDM is a relative measure of spatial deprivation, and provides results for 890 small areas in Northern Ireland. These small areas (called 'Super Output Areas') have an average population of approximately 2,000 people. The NIMDM 2010 is a weighted combination of seven types or 'domains' of deprivation, consisting of 52 indicators mostly relating to 2007/08 and 2008/09. [Read more.](#)

#### **30.03.10: Female schizophrenia patients particularly prone to obesity (US)**

Patients with schizophrenia have a higher body mass index (BMI), body surface area, and percentage body fat than healthy age-matched individuals, report researchers who found that the effect was more pronounced in female patients. Although most patients were using antipsychotic medication, which has previously been linked to obesity, the emergence of a gender effect hints at some underlying propensity towards obesity. [Read abstract](#) in the journal *Psychiatry Research*.

#### **29.03.10: Research reveals eight in ten parents recognise their eating habits influence their children's (IOI)**

Research conducted for the '[Little Steps](#)' campaign, reveals that eight in ten parents recognise the influence their eating habits have on their children. The research also revealed that one in three say they have reduced the amount of treats including cakes, crisps, chocolate and biscuits in their household food shopping in the past six months. [Read more.](#)

#### **26.03.10: Farming reform needed to end hunger without obesity (UK, Reuters)**

Agriculture needs revolutionary change to confront threats such as global warming and end hunger in developing nations without adding to the ranks of the obese, an international study has shown. Study author, Jules Pretty, Professor of Environment & Society at Essex University in England commented that "around the corner are a number of serious threats ... climate change, an energy crunch, economic uncertainty in the current model and rapidly changing consumption patterns,". One risk is that poor nations may imitate the tastes of rich countries, where rates of obesity are rising. [Read more.](#)

### **23.03.10: Health Minister launches new Health Development Unit in Belfast (NI)**

Health Minister Michael McGimpsey has said that partnership working is vital to promote the health and wellbeing of local communities. The Minister was speaking as he launched a new Health Development Unit in Belfast. The Belfast Health Development Unit, which has been set up as a partnership between Belfast City Council, the Public Health Agency and the Belfast Health and Social Care Trust, will help drive forward health improvements and tackle health inequalities in Belfast. [Read more.](#)

### **21.03.10: Obesity - doctors should do more (ROI, Sunday Business Post Supplement, p.21)**

There is another epidemic gripping the country that hasn't gone away with the long nights. This condition is more prevalent, and ultimately, more serious. This is because it has been linked to heart disease, diabetes, liver problems, breathing difficulties, arthritis and cancer. It is estimated to cause approximately 2,500 deaths a year and costs the taxpayer billions of euro in healthcare costs. What is it? Obesity. [Read more](#)

### **19.03.10: Centre for Maternal and Child Enquiries publishes information on obesity in pregnancy (UK)**

The Centre for Maternal and Child Enquiries (CMACE) has published the results of a survey of maternity service provision for women with obesity on the NHS. It found that the majority of maternity units now provide care to women with obesity routinely. A [joint CMACE and Royal College of Obstetricians and Gynaecologists guideline on the care of women with obesity before, during and after pregnancy](#) has been released. [Read more.](#)

### **18.03.10: US child obesity worse than previously thought (US)**

Extreme obesity among American children is much worse than previously believed, putting them at greater risk of serious health problems as they age. A study of more than 700,000 children and teens in southern California found that more than 6 percent, or 45,000, were extremely obese and more boys than girls were far too heavy. [Read abstract](#) in the Journal of Pediatrics.

### **17.03.10: Food Standards Agency E-News – available on a computer screen near you**

The second issue of FSA e-News, the Food Standards Agency's electronic monthly magazine, is now available online, providing a round-up of the latest Agency news. You can register to have the newsletter sent direct to your computer every month, wherever you are. [Read more.](#)

### **16.03.10: Remarks by the First Lady at a Grocery Manufacturers Association Conference (US)**

First Lady, Michelle Obama, addressed representatives of the Grocery Manufacturers in Washington on the subject of obesity. She provided an overview of the 'Let's Move' campaign and highlighted areas where they can contribute in tackling the issue. [Read more.](#)

### **16.03.10: Weighty issue of gastric surgery for children (ROI, Irish Times - Supplement, p.12)**

A leading researcher has called for FDA approval for gastric banding for children David Ludwig, Director of the obesity programme at Children's Hospital Boston, was against weight-loss surgery for children, he says, because it ignored the real problem, a "toxic environment" jammed with junk food. He has since, however, changed his mind. [Read more](#)

### **15.03.10: Too much weight may delay infants' ability to crawl, walk (US)**

According to a study published in the *Journal of Pediatrics* infants who are overweight may be less physically active than their slimmer counterparts. The study is part of the Infant Care, Feeding and Risk of Obesity project. The project is examining - in a population at risk of obesity - how parenting and infant feeding styles relate to infant diet and the risk of babies becoming overweight. [Read abstract](#).

### **15.03.10: IPH predicts dramatic increase in chronic diseases (IOI)**

The number of people suffering from chronic conditions such as high blood pressure, heart disease, stroke and diabetes is expected to increase dramatically by 2020. [Making Chronic Conditions Count](#) has forecast a 40% increase in the number of people living in the Republic of Ireland with these chronic conditions. A 30% increase has been forecast in Northern Ireland. [Read more](#).

### **12.03.10: Reduce safe drinking limits for overweight people, research suggests (UK)**

Alcohol limits for overweight people should be reduced because the combination of obesity and drink act like a "double whammy" greatly increasing the risk of liver disease, new studies find. While alcohol is a major cause of liver cirrhosis, recent evidence suggests that excess body weight may also play a role. [Read article](#) in the British Medical Journal.

### **10.03.10: Health to be at the centre of the fight against climate change (UK)**

As the 5<sup>th</sup> Ministerial Conference on Environment and Health begins today in Parma, Minister for Public Health Gilliam Merron has set out how improvements in public health can help tackle climate change, stating that "The Government's Change4Life movement, which is focused on fighting obesity, also improves the environment by encouraging people to walk and cycle more." [Read more](#).

### **10.03.10: Change4life launches in Wales (UK)**

In its efforts to improve the health of young families, the Welsh Assembly Government is launching Change4Life in Wales and challenging people to lead more active lives and develop better eating habits. An ambitious new advertising campaign that will help families eat well, move more and live longer will hit television screens, billboards, public transport and newspapers in March 2010. [Read more](#).

### **09.03.10: Groups present to Joint Oireachtas Committee on Health and Children on Healthy Eating, Eating Disorders and Combating Obesity (ROI)**

The Food Safety Authority of Ireland, Hospital Group, Health Service Executive, Healthy Food for All and Bodywhys presented at a Joint Oireachtas Committee meeting on the topics of healthy eating, combating obesity and eating disorders. [Read more](#).

### **08.03.10: Alcohol Consumption, Weight Gain, and Risk of Becoming Overweight in Middle-aged and Older Women (US)**

Compared with non-drinkers, initially normal-weight women who consumed a light to moderate amount of alcohol gained less weight and had a lower risk of becoming overweight and/or obese during 12.9 years of follow-up. [Read abstract](#) in the Archives of Internal Medicine.

### **04.03.10: Bugs in the gut can cause obesity (UK)**

A study, published in the journal *Science*, has found that the wrong kind of bacteria in the gut, if allowed to multiply can cause low level inflammation leading to a pre-diabetic condition and elevated appetite. [Read abstract](#) in the journal *Science*.

#### **04.03.10: Learning from state surveillance of childhood obesity (US)**

A report published in the journal *Health Affairs* calls for increased body mass index surveillance as a tool to combat the childhood obesity epidemic in the USA. The paper notes that approximately 30 states are seeking ways to address the dearth of data that is hampering efforts to tackle the epidemic, including many trying to follow the model developed successfully in Arkansas where children are screened for obesity in schools.

[Read article abstract in Health Affairs.](#)

#### **01.03.10: Overweight and obesity costs Australia over \$21 billion per year (Australia)**

In 2005, overweight and obese Australian adults cost the Australian economy \$21 billion in direct health care and direct non-health care costs, plus an additional \$35.6 billion in government subsidies, according to a recent study. The study surveyed 6140 people, and found that 42.9% were classed as obese and 32.4% were overweight. [Read abstract](#) in the *Medical Journal of Australia*.

#### **01.03.10: Obese children show signs of heart disease (US, BBC News)**

A study carried out at the University of North Carolina has found that out of 16,000 children surveyed, in obese children 40% had signs of an inflammatory marker which can predict future heart disease, compared to 17% of healthy weight children. [Read more.](#)

#### **24.02.10: FSA publish science and evidence strategy (UK)**

The Agency has published its new Science and Evidence Strategy 2010-15 and Evidence Plan 2010. These set out how science and evidence will be used to improve food safety and the balance of people's diets. [Read more.](#)

#### **22.02.10: Obesity rise on death certificates, researchers say (UK)**

Research carried out by a team at the University of Oxford has found that there has been a rise in the number of obesity related deaths from 358 in 2000 to 757 in 2009. The team obtained the figures by looking at death certificates, counting those which included obesity as a contributory factor towards death. [Read article](#) in the *European Journal of Public Health*.

#### **22.02.10: Preventing overweight and obesity in Scotland: A route map towards healthy weight published (Scotland)**

Scotland's obesity epidemic is costing the country around £450 million a year, according to a government study. NHS Scotland already spends £175m a year treating problems associated with excess weight, including £48m tackling Type 2 diabetes, £38m on hypertension and £4.4m on specialised medical equipment for coping with heavy patients. [Read more.](#)

#### **20.02.10: Childhood obesity – affecting choices (US)**

For parents, choosing the right food for a young child can be very difficult: cost, convenience, availability, familiarity, comfort, reward, and peer pressure all compete with the inherent desire to do what is best for the child's health. There is thus an urgent need for more advice and support for parents of children between 6 months and 2 years of age. The face-to-face nutritional advice offered by health-care professionals to pregnant women and new mothers must be extended through the crucial stages of weaning and beyond, and must be coupled with schemes to make healthier food more affordable and accessible. [Read article](#) in the *Lancet*.

#### **20.02.10: Do working mothers raise couch potato kids? (Australia)**

According to a study published in the journal *Social Science and Medicine*, children whose mothers have a part-time job eat fewer unhealthy meals, watch less television and are

more physically active than other youngsters the same age. However, the study authors said that it was still unclear why children whose mothers did not work were more likely to be obese. The study pointed out that as some of the mothers who were not working were unemployed, rather than choosing to stay at home, there was likely to be a link between poverty and children's weight. [Read abstract.](#)

#### **19.02.10: Obesity hits New York's poorest neighbourhoods hardest (US)**

Researchers from New York University and the University of British Columbia in Vancouver have found that while New York's obesity rates have climbed as a whole in recent years, it is the lower income neighbourhoods that have seen the biggest increase. The research found that between 2003 and 2007, the prevalence of obesity citywide increased to 22% from 20% but with large variations in neighbourhoods. [Read article](#) in the American Journal of Epidemiology.

#### **18.02.10: Miller school researchers publish findings on obesity prevention intervention (US)**

A study carried out at the University of Miami Miller School of Medicine and the Agatston Research Foundation, examining the effects of a school based obesity prevention programme has been published in the American Journal of Public Health. The study shows that the intervention resulted in a decrease in BMI and an improvement in performance in elementary school age children. [Read abstract.](#)

#### **17.02.10: Prevalence of childhood chronic health conditions has increased (US)**

The rate of chronic health conditions among children in the U.S. increased from 12.8 percent in 1994 to 26.6 percent in 2006, for conditions such as obesity, asthma and behaviour/learning problems, according to a recent study. The researchers found that prevalence of any chronic condition, including obesity, increased with subsequent groups. [Read abstract](#) in JAMA.

#### **17.02.10: National Heart Forum publish a prediction of obesity trends for adults and their associated diseases (UK)**

A new analysis of the data from the Foresight report, published in 2007, predicts that 81% of men aged between 20 and 65, and 68% of women will be overweight or obese. The analysis was carried out by the National Heart Forum, and shows estimated obesity rates which are only marginally less than those featured in the original Foresight calculations. [Read more.](#)

#### **17.02.10: More than one million mums already making healthier choices with Change4Life (UK)**

One million mums say their families are eating better and being more active, and people are making positive changes to their shopping habits, thanks to Change4Life. This new data comes as the Government's healthy living movement celebrates its first year of activity. The next phase of Change4Life will bring a new wave of advertising to television screens encouraging adults to 'Swap it, Don't stop it' - make simple changes in their diet and lifestyle which will help them lead longer, healthier lives, and lose that unwanted spare tyre. [Read more.](#)

#### **15.02.10: Identifying the "Tipping Point" Age for Overweight Pediatric Patients**

A recent study found that more than half of the children participating became overweight before age 2, and all patients were obese or overweight by age 10. This study indicates that the critical period for preventing childhood obesity in this subset of identified patients is during the first 2 years of life and for many by 3 months of age. [Read online first article.](#)

#### **11.02.10: Childhood obesity a risk for premature death (Sweden)**

A study conducted by Associate Professor Paul Franks of Umeå University in Sweden, in collaboration with researchers in the US, shows how childhood obesity, together with other risk factors for cardiovascular disease, affects premature death. This is the first study of its kind and is especially interesting since the group under study, as children as early as the 1940s, had an equally high level of obesity as many children today. [Read article](#) in The New England Journal of Medicine.

#### **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.

#### **11.02.10: Poorest in England 'live seven years less on average' (UK)**

The Marmot Review has found that there is a major gap in health of the richest and poorest in England. The Review, has found that up to 202,000 early deaths could be prevented if the whole population enjoyed the same health as university graduates. The National Heart Forum was involved in the initial stages of the review during the process of evidence collection on cardiovascular disease prevention. [Read more](#).

#### **11.02.10: Northern Ireland Public Accounts Committee publish report on the performance of the health service (NI)**

The latest report from the Public Account Committee of the Northern Ireland Assembly has found that although the health of the population in Northern Ireland has improved, with a drop in the number of deaths from heart disease, cancer and strokes, there has been an increase in levels of obesity. [Read more](#).

#### **11.02.10: GPs need incentives to tackle unhealthy lifestyles, say top Department of Health advisors (UK)**

A new report, 'Enabling Effective Delivery of Health and Wellbeing' by advisors to the Department of Health says that GPs should be given greater control and more cash to help patients to take up healthier lifestyles. The report makes further recommendation on how to tackle four behavioural risk factors – tobacco use, physical inactivity, excess alcohol consumption and poor diet. [Read report](#).

#### **11.02.10: Obesity 'often set before age of two' (US)**

US research involving more than 100 obese children and teenagers indicates that over half of those children were already overweight by the age of two. 90% were overweight by the age of five. Although the reason for rapid weight gain in early life is not well understood, contributing factors are likely to be poor diet, early introduction of solid food, and not getting enough exercise, the researchers said. [Read abstract](#) in Clinical Pediatrics.

#### **09.02.10: Grandparents who care for children 'boost obesity risk' (UK)**

A study published in the International Journal of Obesity has found that children from more advantaged families who use informal childcare are at increased risk of overweight. Children who are regularly cared for by their grandparents were found to have a 34% higher risk of obesity. [Read abstract](#).

#### **02.02.10: Maternal obesity puts a load on her offspring that lasts a lifetime (US)**

Research published in the FASEB Journal has found that maternal obesity dramatically increases the risk of diseases caused by inflammation, such as heart disease and stroke. In

the study, this effect was seen to continue in the children of obese mothers from the day that they were born, even if the children did not become obese themselves. [Read abstract](#) in FASEB.

### **Recently published research in obesity journals**

Obesity: A Research Journal

- [Volume 18, Issue 4 \(April 2010\)](#)
- [Volume 18, Issue 3 \(March 2010\)](#)

International Journal of Obesity

- [Volume 34, Issue 4 \(April 2010\)](#)
- [Volume 34, Issue 3 \(March 2010\)](#)
- [Volume 34, Issue 2 \(February 2010\)](#)

American Journal of Clinical Nutrition

- [Volume 91, Issues 5 \(May 2010\) – Special Supplement on National Conference on Childhood Obesity](#)

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## **NUTRITION NEWS**

### **19.04.10: Jamie Oliver to spend own millions on school meals (UK, BBC News)**

Jamie Oliver plans to spend millions of pounds of his own money over 10 years to improve food education and meals in UK primary schools, he has revealed. Individual schools could bid for "literally hundreds of thousands of pounds" to take measures including building gardens and new kitchens. [Read more.](#)

### **18.04.10: Bowl of cereal 'packed with as much sugar as jam doughnut' (UK, Daily Telegraph)**

An analysis of a number of popular breakfast cereals – many of which are marketed as being nutritious – showed that in many cases each bowl contains more than a quarter of the recommended daily sugar intake for an adult. Kellogg's Crunchy Nut Cornflakes was found to have 13.6g of sugar and 0.5g of salt in every 40g serving. Nestle Cheerios was the second had 8.6g of sugar and 0.5g of salt in a standard bowl, the analysis by the price-comparison website MySupermarket.co.uk found.

### **09.04.10: Food industry to Obama: we'll improve nutrition (US, Reuters)**

The U.S. food industry agrees the White House can take the lead on making healthier school meals but said on Friday it could improve the food available in stores without government intervention. First lady Michelle Obama is leading an initiative to combat child obesity. She has urged food makers to work faster to reformulate or repackage food to make it healthier. Food manufacturers need "to do their part to improve the quality of the food that they provide," she said at a White House 'Childhood Obesity Summit' on Friday. [Read more.](#)

### **08.04.10: Why you really can't resist that piece of cake... (ROI, Irish Independent, pg 16)**

Neil Tweedie writes about David Kessler's (the former head of the US United States Food and Drug Administration) book in which he argues that the food we eat, or rather the processed, ready-made, fast food we eat, is not really food at all, he says. It's a drug, in its own way as addictive as cocaine. [Read more.](#)

### **06.04.10: Simply eating your five a day will not protect you against cancer (EU)**

In one of the largest and longest studies into the link between diet and cancer, scientists surveyed the fruit and vegetable consumption of almost 400,000 men and women in 10 European countries over almost nine years. They found that eating an extra 200g of fruit

and vegetables each day, equivalent to two servings, reduced the incidence of cancer by about 4 per cent. However, there is still good evidence that fruit and vegetables protect against heart disease and stroke. [Read abstract](#) in the Journal of the National Cancer Institute.

**06.04.10: Secret to dieting is in the genes, research finds (UK, Daily Telegraph)**

Findings of a study reported at the American Heart Association's annual conference show that some women are genetically programmed to have more success in shedding pounds through certain weight-loss schemes than others. The team found that women following diets that matched their genotype, or genetic make-up, shed nearly a stone on average over a year – almost three times more than the other women. [Read more](#).

**06.04.10: UK as bad as the US for lifestyle-related cancers says World Cancer Research Fund (UK)**

Britain's record on so-called lifestyle cancers is as bad as America's and around one in three cases of some of the most common cancers could be avoided with healthier diet and exercise, the World Cancer Research Fund has said. They estimate around 80,000 cases of cancer could be prevented in Britain. [Read more](#).

**04.04.10: The right to eat your way to obesity and early death has become the new American dream. Jamie Oliver doesn't stand a chance. Let's hope President Obama does (ROI, Sunday Tribune p.18)**

Diarmuid Doyle speaks about Jamie Oliver's new show in the US in which he aims to change food consumption habits in the people of Huntington, West Virginia, the unhealthiest town in the USA. [Read article](#).

**03.04.10: How to solve the junk food problem in Romania: tax (UK, The Independent)**

The Romanian government is seeking to become the first in the world to impose a tax on junk food. The proposed levy on "unhealthy" products high in fat, sugar and salt is aimed at improving the poor quality of its citizens' diets – but will also boost the national exchequer by an estimated £860m. [Read more](#).

**31.03.10: Acute partial sleep deprivation increases food intake in healthy men (France)**

In a study, researchers found that normal-weight young men ate a Big Mac's-worth of extra calories when they'd gotten four hours of sleep the night before compared to when they slept for eight hours. [Read abstract](#) in the American Journal of Clinical Nutrition.

**29.03.10: Junk food could be addictive 'like heroin' (US, The Independent)**

Junk food may be addictive, according to a study showing that laboratory rats will endure painful electric shocks to satisfy their craving for high-calorie snacks. Scientists have found that a diet of fatty, sugary food results in compulsive overeating among rats and causes neuro-chemical changes to the brain that mimic the sort of alterations in the human brain brought about by addiction to heroin and cocaine. [Read abstract](#) in Nature Neuroscience and [more](#).

**26.03.10: Food Standards Agency issue recommendations for reducing saturated fat and sugar in sweet foods (UK)**

Following a public consultation in the summer of 2009, the FSA has recommended that food manufacturers reduce saturated fat in foods such as biscuits, cakes, buns, chocolates and added sugar in soft drinks. [Read more](#).

**24.03.10: Food Standards Agency launches Planet Cook teachers' resource (UK)**

An innovative, interactive web-based education resource for primary school teachers was launched by Platinum Films, in conjunction with the Food Standards Agency. [Read more.](#)

**24.03.10: GPs want more nutrition information in order to better advise patients (UK, Medical News Today)**

Research has revealed that diabetes and obesity are the chronic disease areas which GPs want more information about and that, in order to better advise patients, they also wish to have much greater access to nutrition and diet resources. The survey, carried out by Doctors.net.uk, revealed that over two thirds (67 per cent) of doctors with an opinion want to receive nutritional information from food and nutraceutical manufacturers, with three in five (62 per cent) requesting online access to that information. [Read more.](#)

**24.03.10: US Restaurant chains to show calorie counts under new health law (US, Medical News Today)**

One of the many pieces of legislation included in the new US health care bill, signed by President Barack Obama into law on Tuesday, is that restaurant chains with 20 or more outlets will be required to show calorie counts next to food items on menus and menu boards: even drive-throughs will have to follow the new rule. They will also have to show how many calories a healthy person should eat in a day. [Read more.](#)

**23.03.10: EU rules out food warning labels (ROI, Irish Times Supplement p.3)**

MEPs have rejected proposals for colour-coded warnings on packaging as a means of warning increasingly obese consumers of the dangers lurking in the food they consume. The defeat of proposals for a "traffic light" system is seen as a victory for big food companies, which lobbied vigorously against it. [Read article](#) by Paul Cullen.

**21.03.10: Pepsi to cut salt, sugar and saturated fats (US, Reuters)**

PepsiCo Inc said it would cut the levels of salt, sugar and saturated fats in its top-selling products. It also would reduce the average saturated fat per serving by 15 percent by 2020, and cut the average added sugar per serving in key global beverage brands by 25 percent by 2020. U.S. first lady Michelle Obama -- who is leading a major administration initiative on child obesity -- has urged food makers to work faster to re-formulate or re-package food to make it healthier for kids. [Read more.](#)

**19.03.10: Food Standards Agency welcomes healthy pub progress (UK)**

The Agency today welcomes progress made by companies representing more than five thousand UK pubs to help their customers make healthier choices. [Read more.](#)

**18.03.10: Review of Food Standards Agency's nutrition research (UK)**

A strategic review of the Agency's nutrition research and surveys portfolio has now been completed, following consultation with external stakeholders. [Read more.](#)

**18.03.10: Salt and sodium research published by the Food Standards Agency (UK)**

The Food Standards Agency has published details of qualitative research exploring people's preferences and understanding of the way in which salt and sodium information is presented on food labels. [Read more.](#)

**18.03.10: Food Standards Agency 'steps up' its schools work with eatwell mat (UK)**

School children all over Scotland will soon have a fun way of working out in the classroom what makes up a balanced diet, following the launch of the Food Standards Agency eatwell plate floor mats. [Read more.](#)

**17.03.10: Head of Sony calls for healthier alternative to popcorn in cinemas (US, Daily Telegraph)**

The head of Sony Pictures has suggested that cinemas should offer healthier snacks to help fight obesity and give audiences a broader range of food choices, rather than popcorn, fizzy drinks and chocolate. Michael Lynton, chairman and chief executive officer for Sony, told theatre owners at their annual ShoWest convention that a survey by the studio at 26 theatres in America had found that two-thirds of film-goers would be likely to buy healthy concessions if available. [Read more.](#)

**16.03.10: Nutrition & Health Foundation and Dublin City University become Irish Partners in the European Food Framework (ROI)**

The European Food Framework project seeks to establish a unique food, nutrition and lifestyle resource to promote healthy active lifestyles to children and young people (aged 5 to 16 years) throughout Europe. This two-year project started in February 2010 and is being co-ordinated by the British Nutrition Foundation. The [Nutrition and Health Foundation](#) and [Dublin City University](#) are the Irish partners in this European project. [Read more.](#)

**16.03.10: First lady to food makers: Hurry up on healthy food (US, Reuters)**

Food manufacturers need to work faster to re-formulate and re-package food so that it is healthier for kids, U.S. first lady Michelle Obama said on Tuesday [15/03/10]. The Obama administration said last month it would provide \$400 million for its Healthy Food Financing Initiative to eliminate "food deserts" where the only food sources are typically convenience stores or gas stations. [Read more.](#)

**16.03.10: Nutrition experts to advise Government on food standards in nurseries (UK)**

Food standards in nurseries are to be reviewed by a new panel of experts and nutritionists, to see if food and drink served to children in early years settings could be improved. This follows new findings, published today by the School Food Trust (SFT), which suggest that more needs to be done to ensure food in early years settings is healthy and nutritious. [Read more.](#)

**14.03.10: Chew on this – calorie counts on food are too high (UK, The Times)**

According to new research, supermarkets are overstating the number of calories on food labels by as much as 20% due to the use of flawed measurements. Critics say existing calorie counts fail to factor in the extra energy needed to chew and digest foods that are high in protein. [Read more.](#)

**12.03.10: Health groups to battle food firms on nutrition labels (The Examiner, Ann Cahill)**

Consumer and health groups are pitted against the processed food industry in a battle about how to illustrate food packaging with information on what is in our food. [Read more.](#)

**11.03.10: Review of infant formula and follow-on formula advertising controls (UK)**

The Food Standards Agency and the Department of Health have published an independent review looking at the effectiveness of controls on the advertising of follow-on formula. Such formula is only intended for babies over the age of six months. [Read more.](#)

**11.03.10: Food industry wins battle over warning labels on 'junk' meals (UK, The Independent)**

The Food Standards Agency has decided not to enforce the adoption of a single 'traffic-light' food labelling system on all food retailers in the UK. Instead, the FSA decided that retailers

could display two of the following three methods to indicate the healthiness of food: the colours red, amber and green; the words 'high', 'medium' or 'low'; or percentages of nutrients such as salt and fat. The FSA decision must now be approved by the Health Secretary. [Read more.](#)

#### **10.03.10: Estimating cardiovascular mortality reduction with different food policy options - '20,000 lives a year could be saved if people made tiny changes to eating habits' (UK)**

Research carried out by a team of experts from institutions including Oxford and Liverpool universities, has found that the death toll from heart disease would drop if consumers ate just one gram less of salt each day, and one extra piece of fruit or veg, and got one per cent more of their energy from unsaturated fats rather than saturated or trans fats. The research was presented at the Joint Conference 50th Cardiovascular Disease Epidemiology and Prevention and Nutrition, Physical Activity and Metabolism 2010 in San Francisco Abstract 17, p.85). [Read more.](#)

#### **10.03.10: Food Standards Agency's Board agrees single front-of-pack label plan (UK)**

The Food Standards Agency's Board agreed to the implementation of a single approach to front-of-pack (FOP) nutrition labelling that will best help consumers make healthier choices when they buy food. [Read more.](#)

#### **10.03.10: Asda, Which? and charities unite over food labelling rules (UK, Talking Retail)**

Organisations including the National Heart Forum, CASH, Diabetes UK and retailers Asda and Which? have written to the Food Standards Agency urging the body to continue to recommend a single-front of pack labelling scheme. There is concern that while the FSA's own research has proved that a single front-of-pack labelling scheme works best for consumers, under proposals being discussed by the agency's board today, food companies would be allowed to press ahead with their own labelling schemes. [Read more.](#)

#### **09.03.10: 'Eating for two' may harm baby (US, Times Online)**

Pregnant women are often assumed to be "eating for two", but a high-calorie diet may also be influencing the sex and health of their child, researchers say. A study, published in the *Proceedings of the National Academy of Sciences* found that diet and nutrition of a mother while pregnant could affect several aspects of the health of the baby, and that this differs depending on the sex of the child. Read [research article](#) and [more.](#)

#### **09.03.10: Higher fast food prices lead to lower weight, diabetes risk (US Medical News Today)**

A 20-year study published in the journal *Archives of Internal Medicine* has found that increasing the prices of fast food can have a positive affect on adult's weight and diabetes risk. The reverse was also found to be true, in that in areas where fast food prices were lower, consumption of fast food and weight and diabetes risk all increased. [Read abstract.](#)

#### **08.03.10: Food Surcharges and Subsidies: Putting Your Money Where Your Mouth Is (US)**

Obesity and type 2 diabetes mellitus are epidemic in the developed world. Exhorting patients to eat better and exercise more is necessary, but insufficient, to reverse these trends. Additional methods for decreasing caloric consumption and increasing energy expenditure are needed. One strategy that has been receiving increased attention is the use of surcharges (added taxes or fees) on sugar-sweetened beverages to discourage their use

and/or to fund interventions that promote alternative beverages. [Read article](#) in the Archives of Internal Medicine.

**08.03.10: Drinking sugar-sweetened beverages daily linked to diabetes, cardiovascular disease, increased healthcare costs (UK, Medical News Today)**

Research published at the American Heart Association's annual conference has found that between 1999 and 2000, consumption of sugary drinks contributed to 130,000 new cases of diabetes and 14,000 new cases of coronary heart disease. Researchers are calling for a health tax on soft drinks to pay for the increase costs of treating victims of coronary disease and diabetes. [Read more.](#)

**04.03.10: Employers commit to calorie labelling in staff canteens (UK, Personnel Today)**

Some of the UK's major employers including Unilever and Nestle have agreed to include calorie labelling in menus in their staff canteens. A Food Standards Agency spokeswoman said: "Many people eat regularly in their workplace canteen/restaurant and we are working with a number of them – including Unilever's caterer Sodexo – the help encourage the provision of healthier food and choices. [Read more.](#)

**03.03.10: Anti-obesity campaigners' horror at McDonald's link to Weight Watchers (New Zealand, The Times)**

Weight Watchers have signed a deal with McDonalds which involves the placement of Weight Watchers logo on the packaging of three McDonalds meals. As part of the deal, McDonald's will use the Weight Watchers logo on its menu boards and tray mats. In turn Weight Watchers will promote McDonald's to the millions of members on the company's weight loss programme. Nutritionists have blasted the deal as a ploy to lure dieters into the fast-food restaurants where they will be enticed by fatty alternatives. [Read more.](#)

**01.03.10: Trends in snacking among US children (US)**

Research published in the journal Health Affairs has found that U.S. children eat an average of 3 snacks a day in addition to their regular meals. According to the study children have increased their calorie intake by 113 calories a day between 1977 and 2006. [Read article.](#)

**28.02.10: Scottish Government promote healthy food choices (Scotland)**

The Scottish Government plans to invest £679,000 over three years to extend the Scottish Grocers' Federation (SGF) Healthyliving Programme, matched by a £650,000 investment from retailers. The Healthyliving Programme provides shops with the means to display - including chillers and shelving - and promote fresh, healthy produce. [Read more.](#)

**27.02.10: Food Standards Agency issues health warning over calories and fat in cinema snacks (UK, The Times)**

The Food Standards Agency is calling for more information about the calorie content of cinema snacks, which are often high in sugar, fat and salt. Filmgoers should be told how many calories there are in the popcorn, ice cream and fizzy drinks that they buy in cinemas, according to the Agency. Smaller popcorn buckets and drink cups should also be made available, the nutrition watchdog said. Tim Smith, chief executive of the agency, told *The Times* that cinemas should help to tackle the country's obesity crisis. [Read more.](#)

**19.02.10: US launches program to end "food deserts" (US, Reuters)**

The US government has launched a Health Food Financing Initiative, which it hopes will encourage food retailers to stock more healthy foods in low-income areas, which have been underserved by sellers of healthy food in the past. [Read more.](#)

### **17.02.10: A helping hand for schools (UK)**

The Food Standards Agency is offering grants towards half the cost of Cookits for primary schools. Cookit is a set of high quality cooking equipment, containing all the equipment needed to teach basic cooking and baking skills to up to 12 pupils. [Read more.](#)

### **11.02.10: School Food Trust find more pupils eat their greens (UK)**

Almost three quarters of primary school children in England are now taking vegetables or salad as part of their average school lunch following the introduction of mandatory standards for school food. A national study carried out by the School Food Trust - the first of its kind since the Government's new standards came into effect in 2006 - has also found that the lunches taken by pupils in 2009 were healthier than those of children four years earlier. [Read more.](#)

### **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.](#)

### **10.02.10: The impact on children of food product placements in the movies (USA Medical News Today)**

Research published by the Hood Center for Children and Families at Dartmouth Medical School has found that most of the advertising for food seen in films is for energy-dense, nutrient-poor food. Advertisements in comedies, and PG and PG13 rated films are of particular concern. In addition, the study found that six companies account for 45% of all advertising including PepsiCo, Coca-Cola, Nestle USA, McDonalds and Burger King. [Read more.](#)

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## **PHYSICAL ACTIVITY NEWS**

### **15.04.10: Dieting is ineffective without exercise, research suggests (UK)**

Reducing caloric intake is ineffective unless accompanied by an increase in exercise, according to researchers. This appears to be due to a natural compensatory mechanism that prompts the body to cut back its physical activities in response to a reduction in calories. [Read abstract](#) in the American Journal of Physiology – Regulatory, Integrative and Comparative Physiology.

### **10.04.10: Fast track to getting kids back into shape (ROI, Irish Times - Supplement, pg 12)**

Ian O' Riordan writes that few politicians can afford to have any sense of humour these days, but when Jimmy Devins told the Dáil last week that we now have the fattest children in Europe, was I the only one who thought this was a sick joke? [Read more.](#)

### **08.04.10: Kellogg's launch field of dreams competition in Croke Park (ROI)**

The Kellogg's Field of Dreams Survey found that one third of parents say their children play one or two sports, while just 9% say their child plays three or four sports. The survey was launched with the Field of Dreams Competition at Croke Park — where personalities like rugby star Rob Kearney and RTE presenters Des Cahill launched the all-island competition. The comp has been endorsed by the Federation of Irish Sports and is in partnership with

RTE. The winning local community sports club or organisation will get the chance to transform their local playing field by winning a makeover worth EUR100,000. Three runners-up will each win EUR10,000 to update their facilities. [Read more](#).

**06.04.10: Walking to a colleague's office instead of sending emails can help you lose weight (US, Daily Telegraph)**

Research carried out in the US has shown that the habit of gentle exercise was both a benefit in itself and helped motivate people to do more vigorous exercise. The study examined 200 university students for a connection between physical activity and level of "unintentional activity". Examples of unplanned exercise were climbing stairs instead of waiting for the lift, or parking in the first available slot when driving and walking further to the shops than you might have done. [Read more](#).

**01.04.10: Exercise associated with reduced effects of obesity gene in teens (EU)**

Performance of an hour or more of physical activity per day by adolescents is associated with control of body weight even among those who are genetically predisposed to obesity, says new research. [Read abstract](#) in the Archives of Pediatrics & Adolescent Medicine.

**24.03.10: Irish Sports Council present to Oireachtas Joint Committee (ROI)**

The Irish Sports Council presented to the Oireachtas Joint Committee on Arts, Sport, Tourism, Community, Rural and Gaeltacht Affairs during their session on Fitness and Well Being through Individual and Community Initiatives. [Read more](#).

**24.03.10: Physical activity and weight gain prevention (US)**

A study published in the *Journal of the American Medical Association* has found that middle-aged women need to get at least an hour a day of moderate exercise if they hope to ward off the creep of extra pounds that comes with aging. [Read abstract](#).

**24.03.10: Exercise Training in Pregnancy Reduces Offspring Size (US/NZ)**

Light exercise during pregnancy may improve the future health of a child by controlling weight in the womb, New Zealand and US researchers say. Overweight or obese mums are more likely to have larger babies which could be at higher risk of health problems later in life. [Read article](#) in the Journal of Clinical Endocrinology and Metabolism.

**23.03.10: Play England launch manifesto for children's play (UK)**

Children's access to safe places to play should be treated as a serious political issue, say campaigners promoting the right to play. Play England has issued a manifesto - including demands for a 20mph (32km/h) speed limit in residential areas. Fears over children's safety and worries about traffic have caused "play deprivation", with children stuck inside and ferried between activities, according to campaigners. [Read more](#).

**15.03.10: Call for child fitness tests in schools (UK, BBC News)**

Fitness tests should be introduced for children in secondary schools to help make people more active, the chief medical officer for England says. Sir Liam Donaldson said routine 'bleep tests' could help reverse the declining fitness levels of children. He suggested piloting bleep tests - where pupils carry out a series of shuttle runs - could make an important contribution in identifying where there were particularly bad problems. [Read more](#).

**15.03.10: Short blasts of exercise as good as hours of training, scientists find (UK)**

According to a study published in the *Journal of Physiology*, high-intensity interval training (HIT) can be as effective as a longer training session. HIT involves running or cycling at almost maximum effort for a minute and then resting for a minute before repeating the process around 10 times. [Read article](#).

### **10.03.10: Drive to boost number of students playing sport (England)**

Sport England announced a £10 million National Lottery funding round, Active Universities, aimed at getting more university students playing sport. Just under three in 10 university students currently play sport regularly. Active Universities is a drive to get 100,000 more students participating at least three times a week by creating accessible sporting opportunities for the 72% who say they would like to do more sport. [Read more.](#)

### **04.03.10: Inactive children get help to move more (UK)**

A new team of specially trained coaches are being deployed to help children become more active - setting them on the path to a healthier future. The new Active Lifestyle Coaches are people who the children know well, but are specially trained and come from a range of backgrounds. In addition to school PE, the programme offers children the opportunity to take part in fun alternative activities such as break dancing, yoga or free running. It is expected that 20,000 children from the ages of four to five, and 10 to 11 will take part in the programme. The launch of the programme coincides with publication of '[Healthy Weight, Health Lives: Two Years On](#)', the government's report into the impact of the cross-government obesity strategy so far. [Read more.](#)

### **02.03.10: Public health improves due to investment in cycling in England (UK)**

Investment in cycling as part of the Cycling Demonstration Towns project has had a positive impact on those towns most inactive residents, according to research carried out by the National Obesity Observatory and Sustrans. The research shows that there has been a 10% reduction in the number of physically inactive people. [Read more.](#)

### **01.03.10: Scotland to become an 'active nation' (Scotland)**

The Scottish Government has officially launched a new campaign aimed at improving Scottish health. Active Nation, part of the games legacy for Scotland, will use the inspirational affect of the 2014 Commonwealth Games to motivate Scots to increase their physical activity and live longer healthier lives. Delivering Active Nation on the ground will be a growing range of partners from the public, commercial and third sector who will help develop a diverse programme of Active Nation branded events and activities across the country. [Read more](#) or visit the [Active Nation website](#).

### **24.02.10: Physical activity in schools 'makes children fitter' (Switzerland)**

A Swiss study has found that children given more exercise at school are fitter and put on less weight than other children. Previous studies have suggested that children simply compensate for the extra sport at school by being more sedentary for the rest of the time. [Read article in the British Medical Journal.](#)

### **22.02.10: Government outlines vision for an active England (UK)**

The Department of Transport has published its 'Active Travel Strategy', which aims to promote walking and cycling integral to public health and local transport strategies over the next decade. The strategy is supported by a £12.5 million package of investment to secure cycle training for half a million additional school children by 2012. Read [press release](#) or [download strategy](#).

### **17.02.10: Emphasising emotional benefits 'encourages teens to exercise' (UK)**

Psychologists at Leeds University have carried out a study, which found that promoting emotional benefits of exercise may be more effective than the traditional method of highlighting health and physical benefits in encouraging teens to do more exercise. [Read abstract](#) in the British Journal of Health Psychology.

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## **RESOURCES/PUBLICATIONS**

**Australia: [The Collaboration of Community-based Obesity Prevention Sites \(CO-OPS Collaboration\)](#)** is an initiative funded by the Australian Government Department of Health and Ageing which aims to support community-based obesity prevention initiatives through a collaborative approach to promoting best practice, knowledge translation and by providing networking opportunities, support and advice.

**Europe: [A healthy city is an active city – a physical activity planning guide](#)**

This report from the World Health Organisation Regional Office for Europe contains ideas, information and tools for developing a healthy, active city.

**ROI: Weight Management Resources from the Weight Management Interest Group (WMIG) of the Irish Nutrition and Dietetic Institute (INDI)**

The WMIG Weight Management Resource Pack on CD is now available to order from the INDI office (cost €150). It provides a range of resources to support behavioural dietetic interventions underpinned by evidence based practice. The resource pack for dietitians was developed for adult weight management in a one-to-one setting by adopting weight management resources originally created by the British Dietetic Associations' group 'Dietitians Working in Obesity Management' (DOM UK, with their kind permission) in addition to development of an additional resource by the WMIG working group on weight maintenance. [Read more](#).

**ROI: Healthy eating leaflet for people with Type 2 Diabetes**

The Diabetes Interest Group of the Irish Nutrition & Dietetic Institute has prepared a leaflet on healthy eating for people with type 2 diabetes. For more information visit [www.diabetes.ie](http://www.diabetes.ie), [www.indi.ie](http://www.indi.ie) or [www.safefood.eu](http://www.safefood.eu).

**UK: Tackling Obesity Training Podcasts**

The Cross-Government Obesity Unit (responsible for the Government's Healthy Weight, Healthy Lives strategy) and BMJ Learning have jointly produced a series of podcasts on obesity. Aimed at the National Health Service workforce, these podcasts are designed to provide a valuable Continuing Professional Development resource. They include how to raise the issue of weight, guidance on first-line interventions to assist with weight management and information about multi-disciplinary and specialist interventions. To access these podcasts register at <http://www.learning.bmj.com> and search 'obesity'.

**UK: Synthesis report on food related consumer behaviours published by DEFRA**

The Department for Environment, Food and Rural Affairs published a report on 18 February which synthesises findings from a wide range of existing research on consumer attitudes and behaviours to food and environment. The report aims to provide an accurate picture of existing policy-relevant evidence on consumer behaviour and attitudes to food in the UK. [Read more](#).

**UK: Annual Evidence Update – Childhood Obesity published by NHS Evidence National Library for Public Health**

The third [Annual Evidence Update on Childhood obesity: surveillance and prevention](#) has been published. In the last year, a number of related strategies and reports have been published along with 28 systematic and literature reviews.

### **UK: New from the National Obesity Observatory**

[Epidemiology of morbid obesity](#) This resource looks at the definition, prevalence, causal factors and health consequences of morbid obesity.

[Dietary surveillance and nutritional assessment in England: what is measured and where are the gaps?](#) This paper identifies, describes and discusses the main sources of data for national-level dietary intake and nutritional status in adults and children in England.

[Treating adult obesity through lifestyle change interventions: a briefing paper for commissioners](#) This briefing paper aims to support commissioners by providing a brief guide to current best available evidence on the effective treatment of obesity through lifestyle change interventions for adults who are overweight or obese.

### **Worldwide: New book 'Preventing Childhood Obesity – Evidence Policy and Practice'**

Boyd A. Swinburn Director of the WHO Collaborating Centre for Obesity Prevention at Deakin University together with CO-OPS Steering Committee member Elizabeth Waters of University of Melbourne and Jacob C. Seidell of VU University, Amsterdam and Ricardo Uauy of University of Chile have a new book available: 'Preventing Childhood Obesity: Evidence Policy and Practice'. This book brings together contributors from around the world and showcases the latest evidence-based research on community and policy interventions to prevent unhealthy weight gain and improve the health and well-being of children. The authors highlight from the evidence available what is and what is not effective and provide recommendations on how to implement and evaluate promising interventions for obesity prevention. Click here to purchase or read more about: [Preventing Childhood Obesity: Evidence Policy and Practice](#)

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## **CAMPAIGNS/INITIATIVES**

### **ROI: Children's Food Campaign website**

The aim of the [Children's Food Campaign website](#) is to keep parents, policy makers and other interested parties informed on issues relating to food marketing to children and to encourage ongoing debate on the issue. The Children's Food Campaign is led by the [National Heart Alliance](#) and the [Irish Heart Foundation](#).

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

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. For more information visit [www.safefood.eu/weigh2live](http://www.safefood.eu/weigh2live).

### **IOI: Little steps to eating well and being active...in the community**

The Little Steps campaign is an all island campaign, from **safefood** and the HSE, designed to help parents make changes to their lifestyles and encourage their families to eat well and be more active. A Little Steps community resource has been developed to help community groups and organisations provide practical advice and promote healthier lifestyle choices with parents and families they meet and work with. Groups can order their free Little Steps Community Pack by clicking [here](#) or by logging onto the resources section of [www.littlesteps.eu](http://www.littlesteps.eu). The next phase of radio advertising will occur from 10 to 30 May with further bursts later in the year.

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## **FORTHCOMING EVENTS**

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

## **REPORTS FROM PAST EVENTS**

Title: [Climate change - whose health will be affected?](#)  
Hosted by: Institute of Public Health  
Date: 26 February 2010  
Venue: Dublin

Title: [The evidence base for sport and physical activity](#)  
Hosted by: Sport NI in partnership with the School of Sports Studies and Stranmillis University College  
Date: 11 February 2010  
Venue: Stranmillis University College

Title: [Plenary meeting of Diet, Physical Activity and Health - A European Platform for Action](#)  
Hosted by: European Commission  
Date: 04 December 2009  
Venue: Brussels

Title: [Second joint session HLG & EU Platform](#)  
Hosted by: European Commission  
Date: 03 December 2009  
Venue: Brussels

Title: [Seventh Plenary meeting of the High Level Group on Nutrition and Physical Activity](#)  
Hosted by: European Commission  
Date: 03 December 2009  
Venue: Brussels

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## **CONSULTATIONS**

### **UK: Dietary interventions and physical activity interventions for weight management in pregnancy**

NICE is currently in the process of drafting guidelines on dietary interventions and physical activity interventions for weight management in pregnancy. Consultation on the draft guidance ran from **06 January to 03 February 2010**. The estimated publication date is June 2010. [Read more](#).

### **UK: Preventing obesity: a whole-system approach call for evidence**

The National Institute for Health and Clinical Excellence (NICE) has been asked by the Department of Health to develop guidance on Preventing Obesity: whole systems approach at local and community level. This guidance is due to be published in March 2012. The guidance is being developed in line with the final scope. A series of evidence reviews and an economic analysis are being conducted to address the key questions that are set out in the scope. NICE would like to receive any research or local information that could contribute to these reviews by **5pm on 29 April 2010**. [Read more](#).

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## **UPCOMING COURSES**

Title: [Obesity Journey Course](#), INDI  
Date: 14-15 May 2010  
Venue: Community Nutrition, HSE West City Centre, Seamus Quirke Road, Galway

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

## **Members of the all-island Obesity Action Forum**

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

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