



All-island Obesity News

E-bulletin of the All-island Obesity Action Forum
Volume 2, Issue 3, May/June 2010

Dear colleagues,

Welcome to this edition of All-island Obesity News. I am delighted at the interest that has been expressed in the Forum's forthcoming workshop '[Is partnership the key to addressing obesity in young people?](#)' on 15 June. There are limited places still available for anyone who would like to attend – [online registration](#) will remain open for a limited period. I look forward to great debate on the day.

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

08.06.10: Maternal obesity linked to infant wheezing (ROI, Irish Times Supplement, p.2)

Maternal obesity could have a direct impact on the immune response of the child, a Dutch study has found. A survey of just under 5,000 mothers and their infants has found that mothers with an unhealthy body mass index (BMI) value reported higher levels of wheezing in their infants. Article by Beth O' Donoghue. [Read more.](#)

07.06.10: Annual report of the EU Platform on Diet, Physical Activity and Health published (EU)

This Annual Report presents the 2009 activities and achievements of the EU Platform on Diet, Physical Activity and Health, and also examines how successfully the Platform's members are monitoring progress against their commitments. [Read report.](#)

03.06.10: Food Standards Agency host seminar on European research (UK)

Individuals with an interest in food research are invited to find out more about funding opportunities and ongoing European research projects at a free seminar to be held at the Royal Pharmaceutical Society of Great Britain, London on 16 July. [Read more.](#)

02.06.10: European Obesity Day highlights health risks of excess weight (ROI, Irish Examiner)

Around 2,000 people die early due to obesity-related illness in Ireland each year, and almost one in five people is clinically obese. European Obesity Day takes place today, to raise awareness about the health implications of being overweight. [Read more.](#)

01.06.10: Doctors highlight urgent need to tackle European obesity crisis (IOI1)

Members of the British Medical Association (BMA) and Irish Medical Organisation (IMO) will meet with representatives of the European Parliament today (01 June 2010) to urge policy makers to work together to tackle the rise in obesity levels. Both the IMO and the BMA (NI) are calling on EU Commissioners for Health to lead the way in establishing public health policy that is fit for purpose and based on the common values and principles that underpin all EU healthcare systems. [Read more.](#)

June 2010: Testing for racial/ethnic differences in the association between childhood socioeconomic position and adult adiposity (US)

In this study, the authors have tested the association between two measures of childhood socioeconomic position (SEP) and adult body mass index (BMI), stratified by race and ethnicity. Results suggest that childhood SEP is independently associated with adult BMI. However, results also suggest that the effect may depend on which measures of SEP are used and that some aspects of childhood SEP may matter more for adult BMI than others. [Read abstract](#) in the American Journal of Public Health.

June 2010: Percentage of gestational diabetes mellitus attributable to overweight and obesity (US)

This study found that if all overweight and obese women (BMI of 25 kg/m² or above) had a GDM risk equal to that of normal-weight women, nearly half of GDM cases could be prevented. It concludes that public health efforts to reduce pre-pregnancy BMI by promoting physical activity and healthy eating among women of reproductive age should be intensified. [Read abstract](#) in the American Journal of Public Health.

June 2010: Association between breast-feeding and anthropometry and CVD risk factor status in adolescence and young adulthood: the Young Hearts Project, Northern Ireland (NI)

This study examines the association between breast-feeding and blood pressure, anthropometry and plasma lipid profile in both adolescence and young adulthood. Compared with those who had not been breast-fed, individuals who had been breast-fed were taller in adulthood. Given the known association of increased adult height with improved life expectancy, the results from the present study support a beneficial effect of breast-feeding. [Read abstract](#) in Public Health Nutrition.

June 2010: Obesity stigma: important considerations for public health (US)

Stigma and discrimination toward obese persons are pervasive and pose numerous consequences for their psychological and physical health. Despite decades of science documenting weight stigma, its public health implications are widely ignored. Instead, obese persons are blamed for their weight, with common perceptions that weight stigmatization is justifiable and may motivate individuals to adopt healthier behaviours. [Read abstract](#) in the American Journal of Public Health.

June 2010: Obesity increase among low SES Australian schoolchildren between 2000 and 2006 (Australia)

This study aimed to examine change from 2000 to 2006 in obesity and overweight by gender, school year and school socioeconomic status (SES) in a national sample of students from Australia. Obesity and overweight were similar to previous Australian findings with 5.2% and 6.1% obese in 2000 and 2006, respectively, and 16.3 and 19.0% overweight. Significant increase in obesity was observed in students from low SES schools which increased from 5.8 to 8.6% ($p < 0.05$) compared to 5.5 to 6.3% ($p = 0.32$) in middle SES and 3.3 to 4.2% ($p = 0.92$) in high SES schools. [Read abstract](#) in the International Journal of Public Health.

June 2010: Severe obesity, gestational weight gain, and adverse birth outcomes (US)

This study explored associations between gestational weight gain and small-for-gestational-age (SGA) births, large-for-gestational-age (LGA) births, spontaneous preterm births (sPTBs), and medically indicated preterm births (iPTBs) among obese women who were stratified by severity of obesity. The prevalence of excessive gestational weight gain declined, and weight loss increased, as obesity became more severe. [Read abstract](#) in the American Journal of Clinical Nutrition.

June 2010: Comparing maternal and paternal intergenerational transmission of obesity risk in a large population-based sample (UK)

Previous research showed childhood obesity to be more strongly associated with maternal weight than with paternal weight. However, confidence in this finding is limited by the lack of objectively measured data from both parents. This study quantified the individual and combined effects of maternal and paternal overweight/obesity on obesity risk in children. [Read abstract](#) in the American Journal of Clinical Nutrition.

31.05.10: Report claims it is a myth that overweight people more susceptible to certain diseases (UK)

A new report has claimed it is a myth that overweight people are more susceptible to diabetes, heart disease and high blood pressure. This new research flies in the face of government attempts to combat the so-called "obesity timebomb". [Read abstract](#) in the International Journal of Obesity.

30.05.10: Serve centric announces three-year Tesco deal (ROI, Sunday Business Post - Money and Markets, pg 20)

By Post Reporter Dublin-based managed services provider Servecentric has secured a three-year deal with Tesco Diets, a provider of subscription-based weight loss services. Valued at EUR140,000, the managed hosting contract is part of a broader review of the Information & Communications Technologies (ICT) strategy used by Tesco Diets, which delivers personalised diet plans and fitness programmes over the internet. [Read more.](#)

27.05.10: Modern living not to blame for obesity (UK, Herald Scotland)

A leading Scottish researcher has shattered the belief that sedentary modern living has caused the obesity crisis, saying exercising more will not help people lose weight. Professor John Speakman, of Aberdeen University, said it was a delusion to blame sedentary behaviours for the surge in the number of overweight people. We are not doing less, he said; instead the surge in obesity has simply been caused by people eating more. [Read more.](#)

27.05.10: Bacteria could play a wider role in obesity (US, Medical News Today)

Bacteria may play more of a role in people predisposed to obesity than previously thought, according to studies presented by University of Maryland School of Medicine researchers at the 110th general meeting of the American Society for Microbiology (ASM) in San Diego. [Read more.](#)

26.05.10: Opposing views on obesity time bomb from opposite sides of the world

A debate has broken out between experts on the opposite sides of the world over how to tackle the modern plague of obesity. Writing in the *British Medical Journal* today, doctors in Australia and London argue about whether physical activity or medical treatment is the best approach to addressing the obesity time-bomb. Read [yes](#) and [no](#) sides of the debate - Should health policy focus on physical activity rather than obesity? - in BMJ.

26.05.10: Children of working mothers 'more likely to be overweight' (UK, Daily Telegraph)

The authors examined members of the 1958 British birth cohort (age 7 years, $n = 8,552$) and offspring (ages 4–9 years, $n = 1,889$) born to mothers under age 30 years to establish whether risk factors for childhood obesity have changed over time (1965–1991). Prevalence of parental obesity and maternal employment had increased. Socioeconomic factors had improved across generations. [Read abstract](#) in the American Journal of Epidemiology.

24.05.10: New fatty' drug sums up our quick fix lifestyle (ROI, Irish Times, p.12)

As long as chemistry keeps offering us easy options, we'll keep taking the pizza Ann Marie Hourihane writes. A new drug threatens to revolutionise our society, and to change everything we hold dear. This drug has already swept through America and other parts of Europe, and is now making inroads into the upper echelons of Irish society. [Read more.](#)

24.05.10: Tackling weight of the world (ROI, Irish Independent - Supplement, p.13)

The Inaugural European Obesity Day was held recently in a bid to raise awareness and initiate action to tackle the condition, writes Damien Maher. According to the World Health Organisation (WHO), obesity is currently responsible for more than one million deaths and 12 million life-years of ill health each year. It is a leading cause of preventable death and disease in Europe and, as we all know by now, it has reached epidemic proportions. [Read more.](#)

24.05.10: Doctors fear causing offence over touchy weight-loss issue (ROI, Irish Independent - Supplement, p.3)

You hear the words and you understand the logic. But why are you so offended when your GP suggests you lose weight? Irish GPs recently spoke of the hostility they are facing from patients when they bring up their weight problem. One doctor said a woman complained about her to the disciplinary body, the Medical Council. The patient had a serious illness and was advised to lose weight for the benefit of her health. Needless to say, no inquiry followed. [Read more.](#)

24.05.10: Irish Heart Foundation says five years on, little done to tackle obesity (ROI)

On European Obesity Day (May 22), the Irish Heart Foundation has criticised the lack of significant progress in tackling and treating obesity in Ireland since the launch of the National Taskforce on Obesity (NTFO) this month five years ago. [Read more.](#)

20.05.10: Obesity increases risk for Type 2 diabetes more than seven fold (Australia)

Results from this meta-analysis suggest that the presence of obesity increases the risk for developing Type 2 diabetes more than seven fold. Overweight individuals also had an almost three-fold increased risk for diabetes compared with normal weight individuals. [Read abstract](#) from Diabetes Research and Clinical Practice.

19.05.10: Fighting cancer: Diet, scant exercise problems (US, Reuters)

The United States does not produce or import anywhere near enough fruits and vegetables to provide Americans the right kind of diet to prevent cancer, government researchers report. And Americans also overestimate how much they exercise, another barrier to fighting two of the biggest known cancer risks, researchers at the National Cancer Institute said. [Read more.](#)

19.05.10: NICE ask 'should incentives be used to encourage healthy living?'

Last week, NICE's Citizens Council - a group which brings the views of the public to NICE's decision-making - spent two days debating the ins and outs of using incentives as an effective way of encouraging people to make positive lifestyle changes, such as giving up smoking or losing weight. [Read more.](#)

18.05.10: Society's poorest 'most likely to be obese' – Diabetes UK (UK, Medical News Today)

A report published in the 'European Health Journal' found that the poorest in society were most likely to be obese. In countries such as Ethiopia, the cheapest foods are the least calorific and so the poor systematically lack access to energy-rich foods, and have a higher chance of malnourishment and starvation. By contrast, in Britain the cheapest foods are the most calorie-dense so the poor here are more at risk from obesity. [Read more.](#)

18.05.10: Workers in youth groups to help in obesity battle (ROI, Irish Times - Supplement, p.2)

A new booklet aims to encourage young people to adopt healthy eating habits and a more active lifestyle writes Eithne Donnellan. Youth workers in organisations across the State are to be offered training to help them encourage young people to adopt healthy eating habits and more active lifestyles. The announcement came at the publication yesterday of a special booklet by the National Youth Council of Ireland and the Irish Heart Foundation, which aims to help youth workers assist in the battle to tackle growing levels of obesity among teenagers. [Read more.](#)

17.05.10: Taking a measure on obesity (ROI, Irish Examiner, p.11)

Try this: The Munster rugby players and their counterparts could actually be classed as overweight ... that is if you measure them using the body mass index (BMI) system, a measure of body fat based on height and weight that applies to adult men and women. Obviously, Munster's fans and opponents on the receiving end of their bone-jarring tackles would testify that these men are not overweight. Some academics also agree, including Dr Lee F Monaghan, a senior lecturer in sociology at the University of Limerick, who says the BMI system is, if not flawed, often cited incorrectly. [Read more](#).

17.05.10: Parents 'more worried about murder than obesity' threat (UK, BBC News)

Parents worry more about their children being murdered than much more widespread health problems such as obesity, a survey suggests. The findings, in a YouGov poll of 1,244 parents, contrast with data showing the risk of a child being killed by a stranger is a million to one. The risk of severe health problems for children due to lack of exercise is one in three, figures have suggested. The latest figures show walk-to-school rates have fallen to a new low of 48%. [Read more](#).

14.05.10: Basic Instinct (ROI, Examiner - Supplement, p.8)

We know we eat too much. We want to stop, but we can't — it's too hard to resist all those delicious, high-calorie foods. But suppose an internationally-accredited scientist, working mother, weight-control enthusiast and former chef came up with a diet that let you lose up to 10lbs in the first fortnight, 16lbs in two months, and confidently promised an overall weight loss of 30lbs? US scientist, Dr Susan Roberts of the Massachusetts Institute of Technology and the Tufts Human Nutrition Research Centre has come up with five instincts that affect eating behaviour and how they can be controlled — 'the instinct diet'. [Read more](#).

12.05.10: Childhood obesity task force unveils action plan: solving the problem of childhood obesity within a generation (US, Medical News Today)

First Lady Michelle Obama joined Domestic Policy Council Director Melody Barnes and members of the Childhood Obesity Task Force to unveil the Task Force action plan: Solving the Problem of Childhood Obesity Within a Generation. In conjunction with the release of the action plan, Cabinet Members and Administration Officials will hold events across the country to highlight the importance of addressing childhood obesity. [Read more](#).

12.05.10: Children of mothers with GDM more likely to be overweight (Finland)

The combination of gestational diabetes mellitus (GDM) and maternal pre-pregnancy overweight significantly increases the risk for offspring overweight by the age of 16 years, suggest study results. [Read abstract](#) in Diabetes Care.

12.05.10: Obesity linked to asthma in US population (US, MedWire News)

Obesity is independently associated with both atopic and non-atopic asthma, independently of insulin resistance and socio-demographic factors, researchers report. Jun Ma (Palo Alto Medical Foundation Research Institute, California, USA) and colleagues analyzed data from the 2005–2006 National Health and Nutrition Examination Survey, using multivariate logistic regression and controlling for gender, age, ethnicity, income, and smoking status. [Read abstract](#) in Allergy.

12.05.10: US obesity drive targeting mothers-to-be (ROI, Irish Examiner, p.12)

WOMEN could help reduce childhood obesity by maintaining a healthy weight when they become pregnant and by breast-feeding, according to a US survey. The suggestions were among 70 recommendations in the government panel's report. First Lady Michelle Obama released the findings as part of her campaign against childhood obesity. [Read more](#).

11.05.10: White House Task Force on Childhood Obesity urges action (US)

In February, First Lady Michelle Obama launched the Let's Move! campaign to solve the childhood obesity epidemic within a generation. As part of this effort, President Barack Obama established the Task Force on Childhood Obesity to develop and implement an interagency plan that details a coordinated strategy, identifies key benchmarks, and outlines an action plan to end the problem of childhood obesity within a generation. The action plan defines the goal of ending childhood obesity in a generation as returning to a childhood obesity rate of just 5% by 2030, which was the rate before childhood obesity first began to rise in the late 1970s. [Read more](#).

09.05.10: Britain's New government must make diabetes its healthcare priority, Diabetes UK (UK, Medical News Today)

Diabetes UK is calling for diabetes to be made a top health priority to improve the lives of people with the condition. Donna Castle, Public Affairs Manager at Diabetes UK, outlines the policies the charity would recommend the new government to prioritise from day one. [Read more](#)

07.05.10: Obesity, insulin resistance and the prevalence of atopy and asthma in US adults (US)

Researchers in the US investigated whether there is an association of obesity and insulin resistance with asthma and atopy prevalence in US adults. They found that obesity was independently associated with asthma, and atopic and non-atopic asthma, after controlling for insulin resistance and socio-demographic factors. There was no evidence that insulin resistance was associated with atopy or asthma. [Read abstract](#) in Allergy.

06.05.10: Doctors say obese kids shouldn't have ops (UK, Sky News)

Obese children should only have weight-loss surgery in the most extreme circumstances, doctors are warning. Experts writing in The Lancet medical journal caution the risks of surgery are substantial. They say the procedure to reduce the size of a patient's stomach should only be considered in the most severely obese children. Nearly 17% of boys and 15% of girls under the age of 16 are now clinically obese. The doctors say that in nine out of 10 cases lifestyle is to blame, not genes or hormonal issues. [Read article](#) or [read abstract](#) in The Lancet.

05.05.10: Study shows trend of increasing obesity in pregnant mothers contributing to higher body fat in newborns (US, Medical News Today)

A new study has found for the first time that as Americans are gaining more body fat, so are their babies. The research, which reviewed data from more than 74,000 births, found that a key measure of body fat composition in newborns increased significantly over a 15-year period, mirroring similar increases among pregnant mothers. The findings were presented on 02 May 2010 by researchers from Children's Mercy Hospitals and Clinics at the Pediatric Academic Societies annual meeting. [Read more](#).

05.05.10: Study finds inadequate sleep a risk factor for childhood obesity, especially among boys, Middle School students (Canada, Medical News Today)

Adolescents who don't get enough sleep may gain more than some extra time to play video games or text their friends. They also may gain weight, according to research being presented Tuesday, May 4 at the Paediatric Academic Societies (PAS) annual meeting in Vancouver, British Columbia, Canada. This is one of the first studies to document an association between sleep duration and weight in adolescents, even after controlling for calorie intake, activity level and depressive symptoms. [Read more](#).

04.05.10: Doctor still not giving much healthy eating advice to their adult obese patients (US, Medical News Today)

Only about half of obese adult Americans were advised by their doctors to cut down on fatty foods in 2006, and the rate had not significantly changed since 2002, according to the latest News and Numbers from the Agency for Healthcare Research and Quality. [Read more](#).

04.05.10: Obese women are diagnosed with larger, later stage breast cancers (US, Medical News Today)

Obese women are more likely to have breast cancer detected at a later stage and to have lymph node metastases when diagnosed than women who are not obese, according to a study presented this week at the Annual Meeting of the American Society of Breast Surgeons. The research also found obese women had a lower overall cancer survival rate, probably due to later stage disease at diagnosis. However, other illnesses associated with obesity may also affect survival. [Read more](#).

May 2010: Excess body weight and incidence of stroke: meta-analysis of prospective studies with 2 million participants (Italy)

This study evaluated the occurrence of a graded association between overweight, obesity, and incidence of ischemic and hemorrhagic stroke by a meta-analysis of cohort studies. Overweight and obesity were found to be associated with progressively increasing risk of ischemic stroke, at least in part, independently from age, lifestyle, and other cardiovascular risk factors. [Read abstract](#) in Stroke.

May 2010: Ke 'Ano Ola: Moloka'I's community-based healthy lifestyle modification program (US)

This study evaluated a community-based 12-week healthy lifestyle program in Moloka'i, HI, called Ke 'Ano Ola, which was developed to decrease chronic disease risk through health education emphasizing weight loss, exercise, and risk factor reduction. [Read abstract](#) in the American Journal of Public Health

May 2010: Obesogenic diet and physical activity: independent or associated behaviours in adolescents? (UK)

Associations between diet and physical activity may identify behaviours that could be changed together to prevent childhood obesity. The present study examines associations between physical activity and obesogenic dietary behaviours in a large UK adolescent cohort. Obesogenic diet and physical activity behaviours were weakly associated, suggesting that interventions should focus on implementing strategies that are independently successful at changing diet or physical activity behaviours either separately or in combination. [Read abstract](#) in Public Health Nutrition

May 2010: Body mass index patterns over 5y in obese children motivated to participate in a 1-y lifestyle intervention: age as a predictor of long-term success (US)

Long-term outcome after lifestyle interventions in obese children is largely unknown. The aim of this study was to identify predictors of long-term changes in body mass index (BMI) after lifestyle intervention. The researchers found that younger age was associated with the best long-term outcome after participation in the lifestyle intervention, which supports the need for early intervention in childhood obesity. [Read abstract](#) in the American Journal of Clinical Nutrition.

29.04.10: 121 Dietitian highly commended at Belfast Business Awards 2010 (NI)

[121 Dietitian](#) was awarded 'highly commended' at the Belfast Business Awards 2010 for 'Best Innovative Use of IT'. 121 Dietitian, a nutritional consultation via a web-cam worldwide, was founded in 2009 by Gillian Killiner BSc. (Hons) MSc. RD BDA HPC. [Read more](#) about the awards.

29.04.10: Reducing health inequalities in priority public health conditions: using rapid review to develop proposals for evidence-based policy (UK)

In November 2008, the Secretary of State for Health (England) commissioned an independent review to propose effective strategies for reducing health inequalities. Review task groups were given just three months to make preliminary evidence-based recommendations. This paper describes the methodology used, and the recommendations made, by the group tasked with inequalities in priority public health conditions. [Read abstract](#) in the Journal of Public Health.

28.04.10: Mothers' obesity tied to newborn heart defects (US, Reuters)

Using a database of births in New York State over a decade, researchers found that obese women were 11% more likely than normal-weight women to have a baby with a congenital heart defect. Meanwhile, women who were morbidly obese -- or about 100 pounds over their ideal weight -- had a 33 percent higher risk than normal-weight women did. [Read more](#).

27.04.10: 'My boyfriend has stuck with me through thick and thin - literally!' (ROI, Irish Independent, p.17)

While Michelle Obama spearheads a campaign to combat childhood obesity in the USA, Ireland is turning a blind eye to what experts say is a future time-bomb in this country. More than 300,000 Irish children are now clinically overweight or obese, and the national Taskforce on Obesity Estimated in 2005 that the number was growing by 10,750 a year. Already, the health problems associated with obesity are making their mark on an overfed and underactive generation. [Read more](#).

26.04.10: Keep the pasta bowl off the table and eat 20 percent less (US, Eurekalert)

ANAHEIM, CA: Can eating less be as simple as leaving serving dishes on the stove and off the table? According to a team of researchers from Cornell University, it can. At this week's Experimental Biology conference in Anaheim, Calif., researchers led by Brian Wansink, director of the Cornell Food and Brand Lab, shared findings of their "Serve Here; Eat There" study of 78 adults. [Read more](#).

April 2010: Effect of a two-year obesity prevention intervention on percentile changes in body mass index and academic performance in low-income elementary school children (US)

This study assessed the effects of a school-based obesity prevention intervention that included dietary, curricula, and physical activity components on body mass index (BMI) percentiles and academic performance among low-income elementary school children. The results show that school-based interventions can improve health and academic performance among low-income schoolchildren. [Read abstract](#) in the American Journal of Public Health

April 2010: High adiposity and high body mass index-for-age in US children and adolescents overall and by race-ethnic group (US)

Body mass index (BMI)-for-age has been recommended as a screening test for excess adiposity in children and adolescents. This study quantified the performance of standard categories of BMI-for-age relative to the population prevalence of high adiposity in children

and adolescents overall and by race-ethnic group in a nationally representative US population sample by using definitions of high adiposity that are consistent with expert committee recommendations. [Read abstract](#) in the American Journal of Clinical Nutrition.

April 2010: Combined effects of weight loss and physical activity on all-cause mortality of overweight men and women (Denmark)

The aim of this study was to estimate the excess deaths associated with weight loss in combination with leisure time physical activity among overweight or obese people. The research found that weight loss among the overweight or obese seemed hazardous to survival. However, weight loss seemed less hazardous to survival among those who remained physically active or those who became active. [Read abstract](#) in the International Journal of Obesity.

April 2010: A rapidly occurring compensatory decrease in physical activity counteracts diet-induced weight loss in female monkeys (US)

To study changes in energy balance occurring during the initial phases of dieting, 18 adult ovariectomized female monkeys were placed on a low-fat diet, and available calories were reduced by 30% compared with baseline consumption for 1 month. Surprisingly, there was not significant weight loss; however, daily activity level (measured by accelerometry) decreased soon after diet initiation and reached statistical significance by the 4th week of dieting. [Read abstract](#) in the American Journal of Physiology

April 2010: More of the same? Conflicting perspectives of obesity causation and intervention amongst overweight people, health professionals and policy makers (UK)

This paper presents the findings of a qualitative study conducted in the UK of the perceptions of overweight individuals, as well as health professionals and policy makers working in the area of obesity prevention and weight management. [Read abstract](#) in Social Science & Medicine.

April 2010: Risk factors for rapid weight gain in preschool children: findings from a UK-wide prospective study (UK)

This study aimed to examine risk factors for rapid weight gain between 3 and 5 years of age. A total of 11,653 preschool children participating in the UK Millennium Cohort Study, with anthropometry at 3 and 5 years were included in the study. Factors operating during pregnancy and early life were found to increase the risk of rapid weight gain in young children; thus, signalling the importance of obesity prevention programmes before and during pregnancy and for children at an early age. [Read abstract](#) in the International Journal of Obesity.

April 2010: Obesity, inflammation, and cardiovascular risk (Canada)

Obesity, a highly prevalent condition, is heterogeneous with regard to its impact on cardiovascular disease (CVD) risk. Epidemiological observations and metabolic investigations have consistently demonstrated that the accumulation of excess visceral fat is related to an increased risk of CVD as well as several metabolic and inflammatory perturbations. In the past decade, data from several studies have served to emphasize that atherosclerosis has an inflammatory component that may contribute to several key pathophysiological processes. [Read abstract](#) in Clinical pharmacology and therapeutics.

March 2010: Interventions to change the behaviour of health professionals and the organisation of care to promote weight reduction in overweight and obese people (UK)

The prevalence of obesity is increasing globally and will, if left unchecked, have major implications for both population health and costs to health services. The objective of this study was to assess the effectiveness of strategies to change the behaviour of health professionals and the organisation of care to promote weight reduction in overweight and obese people. [Read abstract](#) in the Cochrane Database of Systematic Reviews.

Recently published research in obesity journals

Obesity: A Research Journal

- [June 18, Issue 6 \(June 2010\)](#)
- [Volume 18, Issue 5 \(May 2010\)](#)

International Journal of Obesity

- [Volume 34, Issue 5 \(May 2010\)](#)

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NUTRITION NEWS

04.06.10: Food Standards Agency provide advice to make healthy eating your world cup goal (UK)

As the build-up to the World Cup gets into full swing, the Food Standards Agency is offering tips on how to combine watching hours of football with making choices about healthier eating. [Read more.](#)

02.06.10: European Commission provides update on status of nutrition and health claims (EU)

Today, EFSA published information on a number of areas concerning nutrition and health claims: [Health Claims - Comments to the Commission on EFSA's opinions](#) and [Community Register of nutrition and health claims made on food - Authorized health claims & Rejected health claims.](#)

01.06.10: Cancer charity's concern for World Cup sponsorship (Int)

Having McDonald's, Coca Cola and Budweiser as sponsors or partners for the World Cup means millions of children will be subjected to the marketing of unhealthy foods and drinks, a cancer charity has warned. World Cancer Research Fund (WCRF) is concerned about the potential impact of this type of marketing and has urged parents to counteract the effect on their children by promoting healthy eating during the tournament. [Read more.](#)

01.06.10: Think small for a happy heart (ROI, Irish Times - Supplement, p.3)

Model Ruth Griffin with chefs Mark Bodie from Pearl, Sebastian Scheer from Pelloes and Tao Trakoolwattana from Saba pictured at the launch of the 2010 Happy Heart Eat Out campaign, in conjunction with the Irish Heart Foundation, **safe food** and HSE. And their message? If you like to dine out, think small. [Read more.](#)

01.06.10: Children's intake of calcium not high enough, warns dairy body (ROI, Irish Times - Supplement, p.3)

The diets of Irish children and teens do not include enough calcium, leaving them deficient in this and other nutrients, according to research quoted by the National Dairy Council (NDC). More than 40 per cent of teenage girls and 23 per cent of teenage boys do not take enough calcium in their diets, the council said. [Read more.](#)

01.06.10: Would great grandma recognise this? (ROI, Irish Times - Supplement, p.6)

A rule book by food writer Michael Pollan, based on grandmothers' advice, common sense and science, is causing a stir in the US and is now available here FOOD WRITER Michael Pollan has seven simple words of advice for people who want to eat healthily: Eat food. Not too much. Mostly plants. [Read more](#).

01.06.10: Millions of British women on danger diets (UK, Daily Telegraph)

Millions of British women have potentially dangerous diets ranging from teenage girls missing out on healthy food to pensioners not getting their vitamins it is claimed. Health experts pulled together the results of 110 separate scientific and medical research studies to paint a worrying picture of what the UK's female population eats. [Read more](#).

June 2010: Food group intake and central obesity among children and adolescents in the Third National Health and Nutrition Examination Survey (US)

This study aimed to explore mean food group intakes associated with central obesity anthropometry among children and adolescents enrolled in the Third National Health and Nutrition Examination Survey (NHANES III). In younger children, there was no relationship between central adiposity and mean intakes of dairy, fruit, vegetables or grains, while a positive association with meat intake was found among boys. In adolescent boys and girls, central body fat measures were inversely associated with mean dairy and grain intakes. [Read abstract](#) in Public Health Nutrition.

June 2010: Small, medium, large or supersize: trends in food portion sizes in The Netherlands (Netherlands)

Larger food portion sizes lead to increased energy intake levels and might contribute to the current obesity epidemic. Only a very limited number of studies are available on the actual development of food portion sizes during past decades. The present study aims to reveal trends in portion sizes of some high-energy-dense food products during recent decades in The Netherlands. [Read abstract](#) in Public Health Nutrition.

June 2010: Parental child-feeding strategies in relation to Dutch children's fruit and vegetable intake (Netherlands)

This study aimed to identify parental child-feeding strategies that may increase children's fruit or vegetable intake, since the relationship between these strategies and children's intake has never been investigated for fruit and vegetables as two separate food groups. [Read abstract](#) in Public Health Nutrition.

June 2010: Nutritional imbalance endorsed by televised food advertisements (US)

The purpose of this study was to compare the nutritional content of food choices endorsed on television to nutritional guidelines. Results suggest that a diet consisting of observed food items would provide 2,560% of the recommended daily servings for sugars, 2,080% of the recommended daily servings for fat, 40% of the recommended daily servings for vegetables, 32% of the recommended daily servings for dairy, and 27% of the recommended daily servings for fruits. [Read abstract](#) in the Journal of the American Dietetic Association.

31.05.10: Smaller portion sizes on the menu for Happy Heart Eat Out Month (ROI)

Research conducted for the 'Happy Heart Eat Out' campaign, revealed that 68% of consumers think offering smaller portion sizes is a good idea. The research also revealed that 75% of the participating catering establishments noted an increase in requests for healthy options during the 'Happy Heart Eat Out' campaign. The Irish Heart Foundation, **safefood** and the HSE have joined together for this year's campaign, which encourages

establishments to offer healthy options on their menus, and encourages customers to 'Think Small' when it comes to portion sizes throughout the month of June. [Read more](#).

26.05.10: Food Reformulations to Reduce Trans Fatty Acids, says Centre for Science in the Public Interest (US)

CSPI investigated changes in the levels of trans fat and saturated fat in major brand-name U.S. supermarket and restaurant foods that were reformulated to reduce trans fatty acid content from 1993 through 2006 (first evaluation) and 2008 through 2009 (second evaluation). Their findings do not support concerns that voluntary or mandatory reductions in trans fat from partially hydrogenated oils would lead to broad increases in the saturated fat content of U.S. foods. [Read article](#) in NEJM.

25.05.10: Reducing consumption of sugar-sweetened beverages is associated with reduced blood pressure (US)

Increased consumption of sugar-sweetened beverages (SSBs) has been associated with an elevated risk of obesity, metabolic syndrome, and type II diabetes mellitus. This study found that, after potential confounders were controlled for, a reduction in SSB of 1 serving per day was associated with a 1.8-mm Hg (95% confidence interval, 1.2 to 2.4) reduction in systolic BP and 1.1-mm Hg (95% confidence interval, 0.7 to 1.4) reduction in diastolic BP over 18 months. [Read abstract](#) in Circulation.

25.05.10: FSAI says Food Businesses Can Benefit From Approved Health Claims (ROI)

Some 40 nutrition and health claims have now been approved for use in the EU, a seminar on Health Claims on Foods and Food Supplements hosted by the Food Safety Authority of Ireland (FSAI) heard. This offers a significant market opportunity for food businesses in Ireland, who can use these approved health claims on their food and food supplement products. [Read more](#).

18.05.10: Nutrient profiling vote unlikely before June (UK, Nutra Ingredients)

The European Parliament is unlikely to vote on a proposal to scrap nutrient profiling before mid-June, FoodNavigator.com has learned. A draft report suggesting that the controversial food measurement be binned was approved by Members of the European Parliament (MEPs) sitting on the European Parliament's Environment, Public Health and Food Safety (ENVI) Committee in March, with a first plenary vote expected at the end of this month. [Read more](#).

18.05.10: Healthy school meals give pupils a growing taste for junk food (Scotland, The Times)

A "draconian" healthy eating regime in Scottish secondary schools may be encouraging pupils to go in search of junk food, it has been claimed. The uptake of school lunches has plummeted since national policies were introduced to determine fat and vitamin content. In Glasgow, the biggest local authority area, uptake has dropped from 61% of children in 2006 to 38% this year — a fall replicated across Scotland. [Read more](#).

18.05.10: Michelle Obama talks US food companies into cutting calories (US, Daily Telegraph)

First Lady Michelle Obama has praised US food manufacturers for agreeing to cut 1.5 trillion calories from their products, in a boost for her anti-obesity campaign. Sixteen corporations, accounting for up to 25 per cent of the American food supply chain, have signed up to trim a total of one trillion calories by 2012 and 1.5 trillion calories by 2015. [Read more](#).

17.05.10: Dieters 'underestimate how many calories they are eating' (UK, Daily Telegraph)

Data from 10,000 slimmers and 200 doctors found 87% of GPs believe dieters are in the dark about how much they actually eat. Meanwhile, more than nine out of 10 people (92 per cent) see their dieting attempts end in failure, with 18% ending up weighing more than when they started. Only around one in three (32% people take up more exercise when they are trying to lose weight, while only 23% check food labels before buying. [Read more.](#)

17.05.10: Health experts call for total ban on junk food ads (UK, Marketing Week)

A group of over 100 diabetes experts have called on the Government to introduce a law banning all forms of "unhealthy food" adverts targeting children. They are calling for the ban because they believe that current restrictions on television advertising during children's programmes should extend to all adverts, including those in newspapers, magazines and on billboards, to stop an increase in the number of obese youngsters. [Read more.](#)

17.05.10: Eating Processed Meats, but Not Unprocessed Red Meats, May Raise Risk of Heart Disease and Diabetes (US)

In a new study, researchers from the Harvard School of Public Health (HSPH) have found that eating processed meat, such as bacon, sausage or processed deli meats, was associated with a 42% higher risk of heart disease and a 19% higher risk of type 2 diabetes. Read [press release](#) and article in Circulation.

13.05.10: Use of local food boosts hospital funds (UK, BBC News)

Hospital food cooked with fresh local ingredients could put hundreds of millions of pounds back into the NHS, one hospital trust has said. Catering managers at Nottingham City Hospital and the Queen's Medical Centre have switched to such a menu. The trust says the daily plate saving is £2.50 per patient - that is more than £6m a year. [Read more.](#)

10.05.10: Four out of five children not getting enough fruit and veg 'putting future health at risk' (UK, Daily Telegraph)

Four out of five children are not getting their 'five a day' potentially storing up health problems for the future, a cancer charity has warned. Most of Britain's youngsters do not get enough of the vital vitamins and nutrients included in fresh fruit and vegetables, the World Cancer Research Fund (WCRF) warns. [Read more.](#)

10.05.10: Four out of five children don't eat enough fruits and vegetables (UK)

Ahead of its annual Fruity Friday campaign, World Cancer Research Fund (WCRF) is highlighting the importance of eating a plant based diet with at least five portions of fruits and vegetables a day after revealing that 80 per cent of children in England are not eating enough, which may affect their cancer risk in the future. [Read more.](#)

10.05.10: 'Fat tax' on junk food will put up prices (UK, Thisismoney.co.uk)

Junk food and sugary drinks could be hit with 'fat taxes' in an effort to combat obesity and help fill the black hole in Government finances. The Food Standards Agency is planning to consult on whether such taxes would help make people eat healthier food. If imposed, the taxes would operate on the same principle as those on tobacco and drink to change behaviour and raise money. [Read more.](#)

09.05.10: 'Healthy' snacks loaded with sugar (UK, The Times)

"HEALTHY" low-fat snacks sold by Britain's supermarkets contain up to 69% sugar — more than three times the amount found in chocolate ice cream. A range of products — bought as healthy options for children's lunchboxes and office snacks — are being sweetened with

extra sugar and glucose syrup. Many low-fat options have a sugar content significantly higher than in the conventional products. [Read more](#).

05.05.10: Children will eat more fruit 'as long as it looks good' (UK, BBC News)

Making fruit look good holds the key to getting children to eat more of it, a study suggests. In tests, when offered the same amount and types of fruit, children ate far more if it was made fun and attractive, the journal *Appetite* reports. The researchers, who studied nearly 100 pupils in the Netherlands and Belgium, say parents and schools should follow this example. [Read more](#).

May 2010: Healthy eating index-C is positively associated with family dinner frequency among students in grades 6-8 from Southern Ontario, Canada (Canada)

Unhealthy eating behaviours may contribute to the rising prevalence of childhood obesity in Canada. The purpose of this study was to describe family dinner frequency (FDF) and its associations with overall diet quality. Increased family dinner meals were positively associated with daily diet quality and negatively associated with breakfast and lunch skipping. Promoting family dinner meals in healthy living intervention strategies is advised. [Read abstract](#) in the *European Journal of Clinical Nutrition*.

29.04.10: Happy Meals have had their chips, say welfare chiefs (US, The Times)

Local officials in Silicon Valley have voted to ban McDonalds restaurants from giving away toys with unhealthy children's meals. And while McDonald's and its rivals have introduced healthier meals for children, critics say they have failed properly to tackle obesity. Now, the Santa Clara County Board of Supervisors has decided to act. Its ordinance only allows restaurants to give away toys with meals that meet US nutritional criteria. [Read more](#).

April 2010: Knowledge, attitudes and potential response to menu labelling in an urban public health clinic population (US)

This study examines the receptivity to and potential effects of menu labelling on food choices of low-income and minority individuals – a group often at disproportionate risk for preventable, lifestyle-related health conditions (e.g. obesity, diabetes and CVD). [Read abstract](#) in *Public Health Nutrition*.

April 2010: Barriers to increasing fruit and vegetable intakes in the older population of Northern Ireland (NI)

This study was conducted using a telephone survey assessing f + v intakes, barriers to increasing intakes and various demographic and lifestyle characteristics. Barriers to increasing intakes were investigated using twenty-two closed-response items and one open-response item. [Read abstract](#) in *Public Health Nutrition*.

April 2010: Fruit and vegetable intake in Austrian adults: intake frequency, serving sizes, reasons for and barriers to consumption, and potential for increasing consumption (Austria)

This study was carried out using a nationwide postal questionnaire survey, conducted in 2006 over all four seasons. The participants were stratified according to occupation and sex. The response rate for 5130 questionnaires sent out was 52.7 %. Analysis of the responses found that Austrian adults still consume less fruit and vegetables than recommended. Strategies to increase intake should pay more attention to the taste instead of the various health aspects. [Read abstract](#) in *Public Health Nutrition*.

April 2010: Promoters and barriers to fruit, vegetable, and fast-food consumption among urban, low-income African Americans – a qualitative approach (US)

To identify promoters of and barriers to fruit, vegetable, and fast-food consumption, we interviewed low-income African Americans in Philadelphia. Salient promoters and barriers were distinct from each other and differed by food type: taste was a promoter and cost a barrier to all foods; convenience, cravings, and preferences promoted consumption of fast foods; health concerns promoted consumption of fruits and vegetables and avoidance of fast foods. [Read abstract](#) in the American Journal of Public Health.

April 2010: Dietary energy density as a marker of dietary quality in Swedish children and adolescents: the European Youth Heart Study (Sweden)

This study aimed to investigate if dietary energy density is associated with measures of dietary quality (food group, micronutrient and macronutrient intakes) in children and adolescents. The researchers found that subjects with low-energy-density diets were significantly more likely to consume fruits, vegetables, pasta, rice, potatoes and cereals and less likely to consume sweetened drinks, sweets and chocolate. [Read abstract](#) in the European Journal of Clinical Nutrition.

April 2010: Associations of socioeconomic factors with inadequate dietary intake in food aid users in France (The ABENA study 2004-2005) (France)

Few studies in Europe have examined the relationship of socio-demographic and economic factors with diet in deprived populations. This study analysed the association between socioeconomic characteristics and consumption of different food groups in food aid users. [Read abstract](#) in the European Journal of Clinical Nutrition.

April 2010: Diet quality and obesity in women: the Framingham Nutrition Studies (US)

A composite diet index to evaluate total diet quality may better assess the complex relationship between diet and obesity, providing insights for nutrition interventions. The purpose of the present investigation was to determine whether diet quality, defined according to the previously validated Framingham nutritional risk score (FNRS), was associated with the development of overweight or obesity in women. [Read abstract](#) in the British Journal of Nutrition.

April 2010: Policies that restrict sweetened beverage availability may reduce consumption in elementary-school children (US)

This study investigates whether having a policy regarding the availability of sweetened beverages in school is associated with children's purchase and total weekly and daily consumption of sweetened beverages. Data were obtained from 10,719 children aged 9–13 years and 2,065 elementary schools in the Early Childhood Longitudinal Study–Kindergarten cohort. [Read abstract](#) in Public Health Nutrition.

08.03.10: Food price and diet and health outcomes: 20 years of the CARDIA study (US)

This 20-year longitudinal study included 12,123 respondent days from 5,115 participants in the Coronary Artery Risk Development in Young Adults (CARDIA) Study. The study concludes that policies aimed at altering the price of soda or away-from-home pizza may be effective mechanisms to steer US adults toward a more healthful diet and help reduce long-term weight gain or insulin levels over time. [Read abstract](#) in Archives of Internal Medicine.

March 2010: Effectiveness of school-based interventions in Europe to promote healthy nutrition in children and adolescents: systematic review of published and 'grey' literature (Europe)

This review summarises the existing European literature on the effectiveness of school based interventions to promote a health diet in children between the ages of 6 and 18. The review concludes that there is some evidence of the effectiveness of interventions, particularly for multi-component programs. [Read abstract](#) in the British Journal of Nutrition

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PHYSICAL ACTIVITY NEWS

29.05.10: John Treacy launches "Be Heart Wise, Take Regular Exercise" Campaign (ROI)

To help people to start to become more active to improve their heart health, the Irish Society of Chartered Physiotherapists (ISCP) are launching their annual Move4Health Campaign, entitled "Be Heart Wise, Take Regular Exercise" on the 29th & 30th May at the National Community Games Finals in Athlone. [Read more.](#)

26.05.10: Parent and child physical activity and sedentary time: Do active parents foster active children? (UK)

This study conducted at the uNiversity of Bristol found there are associations in the sedentary time of parents and daughters. Higher parental TV viewing was associated with an increased risk of high levels of TV viewing for both boys and girls. There were no associations between the time that parents and children spend engaged in physical activity. [Read article](#) in BMC Public Health.

24.05.10: Participation Sports Partnership Funding for 2010 announced (ROI)

The Minister for Tourism, Culture and Sports Mary Hanafin T.D. announced the Irish Sports Council's funding package for the national network of Sports Partnerships. The 32 Partnerships have been allocated almost €6.3 million in funding in 2010 and this will be matched by revenue from other sources bringing the total invested in local participation initiatives through the Partnerships to more than €12.5 million in 2010. [Read more.](#)

19.05.10: Britons spend more than 14 hours a day sitting down (UK, Daily Telegraph)

The average Briton spends an average of 14 hours and 39 minutes sitting down every day, a survey has claimed. A study found commuting to work, a day at the office and then an evening in front of the television means millions of adults spend hardly any time on their feet. It emerged the typical working adult spends four hours and 17 minutes at their desk and a further two hours and 27 minutes parked in front of the TV. The statistics also showed the average person exercises just twice a week for 25 minutes a time, way below the Government guideline of 30 minutes every day. [Read more.](#)

13.05.10: Minister outlines his vision for sport in Northern Ireland (NI)

A new 10 year Northern Ireland strategy for sport and physical recreation was launched today by Sports Minister Nelson McCausland. Entitled 'Sport Matters: The Northern Ireland Strategy for Sport and Physical Recreation, 2009-2019', the Strategy outlines a new vision for sport and physical recreation in Northern Ireland. It also establishes key targets and priorities for sport's future development as identified by the sports sector, the community at large and a range of other interests across central and local government, the voluntary sector and business. [Read more.](#)

11.05.10: Active Communities Programme to Generate 50,000+ Sporting Opportunities in North Down and Ards (NI)

North Down and Ards Borough Councils launched a new sports programme for the local area that will generate 50,000+ sporting opportunities each year and benefit more than 3,500 people between now and 2014. The Programme, called Active Communities, is funded by Sport Northern Ireland. It seeks to employ, deploy and train a network of full and part-time sports coaches/leaders to deliver activities in community and club settings across Northern Ireland. [Read more.](#)

08.05.10: Toronto Charter for Physical Activity: A global call to action launched (International)

The *Toronto Charter for Physical Activity: A Global Call for Action* was launched at the 3rd International Congress for Physical Activity and Health in Toronto Canada during the closing plenary session. Organisations and individuals interested in promoting physical activity can use this Charter to influence and unite decision makers, at national, regional and local levels, to achieve a shared goal. [Read more.](#)

05.05.10: Physical activity reduces the effect of the obesity gene in adolescents (Spain)

Among the genes correlated to obesity, the FTO (or fat mass gene) is one of the genes responsible for the accumulation of fat in humans. Several studies are now attempting to reveal the factors that play a key role in fighting against it. A new study led by Spanish researchers shows that a physically active lifestyle during adolescence can reduce the effect of a mutation in this gene which predisposes someone to becoming overweight or obese. [Read abstract](#) in Archives in Paediatrics and Adolescent Medicine.

04.05.10: First national physical activity plan is up and running (US, Medical News Today)

The first national, comprehensive plan to support and encourage physical activity among all Americans was released today at an event in Washington, D.C. A wide range of public policy recommendations across eight broad sectors, the National Physical Activity Plan is the product of a 10-month, public/private collaboration of experts in diverse fields. [Read more.](#)

29.03.10: Eurobarometer Survey on Sport and Physical Activity highlights large disparities among Member States (EU)

A special Eurobarometer Survey on Sport and Physical Activity was carried out in late 2009. The results show that while a majority of European citizens play sport or do some other form of physical exercise at least once a week, a worrying 25% of respondents say that they are almost completely inactive. Men play more sport and also exercise more than women. Health-related concerns are the most common reason for exercising. [Read more.](#)

15.03.2010: Putting sport and activity at the heart of the community (UK)

Using the Sport and Activity planning tool, developed by the London Health Observatory (LHO) and Make Sport Fun for the Department of Health and NHS partners, and based on Sport England's proprietary Market Segmentation tool, organisations can target new sport and physical activity opportunities in communities where they are needed most. [Read more.](#)

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RESOURCES/PUBLICATIONS

UK: New from the National Obesity Observatory

[NOO News Spring 2010](#) – the newsletter from the National Obesity Observatory.

The newsletter is produced twice yearly and is designed to support professionals working in obesity and related fields. It includes updates on NOO projects, publications and data analyses; reports and statistics from other organisations; and wider news and forthcoming events.

[Key data briefings](#) - This series of data briefings compiles up-to-date key information and data about obesity and its determinants in an easily readable format. The briefings will be a useful resource for policy makers, practitioners and anyone with an interest in obesity. They will be updated regularly and the series will be expanded to cover more factors that impact on obesity.

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CAMPAIGNS/INITIATIVES

ROI: Happy Heart Eat Out Campaign

Calling all restaurateurs, caterers and foodies! The Irish Heart Foundation, in partnership with **safefood** and the HSE, is delighted to announce that the [Happy Heart Eat Out campaign](#) is returning to a table near you for the month of June. The theme for this year-is 'For a Happy Heart... Think Small' highlighting the need to focus on smaller portion sizes which are good for the waist and for the heart. As in previous years the campaign will encourage establishments to provide heart-healthy dishes and encourages the customer to opt for these choices. The campaign is being supported with radio advertising across IOI for 2 weeks promoting a message around portion sizes. [Find out more.](#)

IOI: Weigh2live ...update

Developed by nutritionists at **safefood** and dietitians in the Irish Nutrition and Dietetics Institute (INDI), the weigh2live website provides free, independent and practical advice weight loss advice. The website includes information on healthy eating, physical activity and staying motivated. It also provides important tools for planning and tracking your progress such as a BMI calculator and food and physical activity diaries. Since its launch in December 2009, the site has had 22,000 registered sign-ups. The website will be supported by an all-island television advertising campaign launching 14 June, with further TV advertising planned for later in the year. A consumer leaflet and poster campaign will take place in GP surgeries in ROI. The Weigh2Live website will also have a presence on the **safefood** Facebook page - this will allow Facebook users to access the our weight loss tools through their own personal Facebook profile, create their own community support group and share their progress with friends. For more information visit www.safefood.eu/weigh2live.

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

The Little Steps campaign is an all island campaign, from **safefood** and the HSE, designed to help parents make changes to their family's lifestyle 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. The next phase of all island radio advertising for the Little Steps campaign will air from September 27 to October 17.

IOI: Funding available for dietitians and nutritionists

safefood is funding a limited number of applications from dietitians and nutritionists on the island of Ireland through its Nutrition Exchange Programme. This programme offers individuals the opportunity to broaden their knowledge and expertise, while the collaborative nature enhances communication and cooperation in the nutrition field. The next deadline date for applications is 15 July 2010. [Read more.](#)

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FORTHCOMING EVENTS

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

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UPCOMING COURSES

Title: [University of Glasgow Master class: Childhood Obesity](#)
Date: 29 July 2010
Venue: Academic Block, Glasgow Royal Infirmary

Title: [Obesity Journey Course](#)
Date: 30-31 July 2010
Venue: Education and Research Centre, St Vincent's University Hospital, Dublin 4

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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.

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