



All-island Obesity News

E-bulletin of the All-island Obesity Action Forum

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Dear colleagues,

Welcome to this edition of All-island Obesity News. I am delighted at the overwhelming interest that has been expressed in the Forum's forthcoming workshop '[Weigh to Men's Health](#)' on June 8th. This year the workshop is supported by **safefood** and the **Ulster Cancer Foundation**. Although registration has now closed, information about and presentations from the workshop will be available on the [safefood website](#) in the days following the event. We hope that you will have the opportunity to check them out. We are looking forward to an interesting and informative workshop on this important subject.

Martin Higgins

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

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

What's in this issue?

- [General News](#)
- [Nutrition News](#)
- [Physical Activity News](#)
- [Resources/Publications](#)
- [Campaigns/ Initiatives](#)
- [Forthcoming Events](#)
- [All Island Obesity Action Forum Members](#)

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General News

01.04.11: 'Don't mention obesity': Contradictions and tensions in the UK Change4Life health promotion campaign. (UK)

The Change4Life campaign avoided the term 'obesity' and imagery that connotes it. Researchers in this study have argued that the justifications for omitting obesity are at times contrary to evidence that informed the campaign. [Read more](#) in the Journal of Health Psychology.

06.04.11: Too many men 'unconcerned' about weight health risks- BBC News

The majority of men appear not to be as bothered about their weight as they maybe should be, with the attitude that weight is a "women's issue" prevailing. This is cause for concern as a significantly greater proportion of men are overweight or obese. [See news report](#).

11.04.11: Quality of the evidence for dietary advice given in UK national newspapers.

This study evaluated the accuracy of dietary advice in UK press and found that 72% of dietary advice claims had levels of evidence lower than the convincing or probable categories that are recommended for dietary health claims. [Read abstract](#) in Public Understanding of Science.

13.04.11: Effectiveness of a multi-disciplinary family-based programme for treating childhood obesity. (UK)

This study looked at whether a multi component family focused education package is more effective than a waiting list control group in treating overweight and obese children. Over the 2 years of the study body mass index fell significantly in the intervention group. [Read abstract](#) in European Journal of Clinical Nutrition.

14.04.11: Children 'have wider waists now than in 1978'- BBC News

This survey used 3D body scanners and found girls waist measurements are up by 8cm, and boys waists are up by 7cm. [Read news report](#).

15.04.11: Taxation as Prevention and as a Treatment for Obesity. (US)

Taxes can shift the relative prices of unhealthy foods to nudge consumers towards healthier options and current levels of taxation on sugar-sweetened beverages are too low to affect consumer behaviour. [Read early online abstract](#) in Current Pharmaceutical Design.

15.04.11: Nudge as an effective public health strategy to tackle obesity. (UK)

Geof Rayner and Tim Lang worry that government proposals are little more than publicly endorsed marketing. [Read article](#) in British Medical Journal. On the other hand Adam Oliver argues that nudges serve the social good. [Read article](#).

15.04.11: Genetic Markers of Obesity Risk. (UK)

This study looked at whether there are differential genetic effect sizes on obesity risk depending on children's body composition. Among the results it was found that genetic risk factors for childhood overweight appear to have greater effects on fatter children. [Read full article](#) in Public Library of Science Online.

19.04.11: The provision of current and future Healthy Weight Management (HWM) services from community pharmacies. (Scotland)

This study found that many community pharmacies provide services such as dietary advice, BMI calculation and physical activity guidance and could be an ideal place to provide weight management services. [Read abstract](#) in International Journal of Pharmacy practice.

17.05.11: 'Master switch gene for obesity'- NHS Choices Health News:

This genetic study looked at how genetic variations associated with changes in the activity of one gene (called KLF14) had knock-on secondary effects on the activity of a network of genes involved in metabolism. Activity of these secondary genes in fat cells was associated with body mass index, blood sugar and cholesterol levels. [Read article](#) on NHS Choices.

18.05.11: A randomised controlled trial for overweight and obese parents to prevent childhood obesity. (Stockholm)

Researchers have evaluated the effectiveness of the Early STOPP programme in Stockholm which addresses multiple factors influencing the development of obesity. The programme involved giving advice on healthy food choices and eating patterns, increasing physical activity/reducing sedentary behaviour and regulating sleeping patterns. [Read abstract](#) in BMC Public Health.

19.04.11: How much sugar is in your breakfast cereal? - BBC News.

BBC health correspondent Eleanor Bradford examined the role that sugar plays in our diet. See [Video Report](#).

20.04.11: Morbidity, Including Fatal Morbidity, throughout Life in Men Entering Adult Life as Obese. (Denmark)

This study found that from age 18 through 80 years the obese had an increased risk of becoming diseased by or die from a broad range of diseases. [Read full article](#) on Public Library of Science ONE.

28.04.11: Changing BMI Categories and Healthcare Expenditures among Elderly Medicare Beneficiaries. (USA)

Researchers in the US examined the association between changes in BMI and healthcare expenditure in elderly patients. Results showed that those who stayed obese had higher expenditure than those who stayed normal weight. [Read abstract](#) in Obesity.

29.04.11: Recognition and management of overweight and obesity in children. (UK)

A recent study surveyed parents and general practitioners about their views on the causes, consequences and management of childhood overweight and obesity. Parents thought GPs should be more proactive than the GPs stated they would be. [Read abstract](#) in Journal of Paediatrics and Child Health.

April 2011: Trends in food advertising to children on free to air television in Australia.

This research found that the overall rate of food advertising has decreased over time: from seven food advertisements/hour/channel in 2006/07 to five in 2008. [Read abstract](#) in The Australian and New Zealand Journal of Public Health.

April 2011: Predictors of adolescent weight status and central obesity. (South Africa)

A recent study examined adolescent obesity in rural South Africa. Combined overweight and obesity was higher in girls (15 %) than boys (4 %), as was central obesity (15 % and 2 %, respectively). [Read early online abstract](#) in Public Health Nutrition.

02.05.11: Relationships between the family environment and school-based obesity prevention efforts. (USA)

Researchers aimed to determine if the support and resources that adolescent girls received from their families were associated with improvements in physical activity, dietary intake and body mass index during participation in a school-based intervention to prevent obesity and other weight-related problems. [Read abstract](#) in Health Education Research.

02.05.11: Waist fat 'increases heart risk'- BBC News

A recent study in the Journal of the American College of Cardiology found that people with coronary artery disease have an increased risk of death if they have fat around the waist. [Read article](#) in BBC News.

03.05.11: Socioeconomic status and weight gain in early infancy. (UK)

It was found recently that there were no socioeconomic differences in birth weight but lower socioeconomic status was associated with a higher 3 month weight. [Read abstract](#) in International Journal of Obesity.

03.05.11: Midlife overweight and obesity increase late-life dementia risk. (Sweden)

Compared with normal BMI, overweight and obesity at midlife were related to dementia with odds ratios of 1.71 and 3.88 respectively. [Read abstract](#) in Neurology.

09.05.11: Shared Norms and Their Explanation for the Social Clustering of Obesity. (USA)

Christakis and Fowler's basic finding that BMI and obesity do indeed cluster socially was confirmed amongst other findings in this study. [Read abstract](#) in American Journal of Public Health.

10.05.11: Overweight and its impact on the health-related quality of life in children and adolescents. (Europe)

It was found that across all countries overweight children and adolescents had a lower health related quality of life score than those who were normal weight. [Read abstract](#) in Quality of Life Research.

18.05.11: Change4Life reveals new campaign aimed at children. (UK)

A new campaign called 'The Really Big Summer Adventure' will soon be launched which encourages children to complete an activity pack which aims to make their activities and diets healthier. [Read More](#).

19.05.11: Work Stress, Obesity and the Risk of Type 2 Diabetes. (UK)

This study found that among non obese men, work stress was associated with a lower risk of type 2 diabetes. Among women, work stress was associated with higher risk of type 2 diabetes in the obese. [Read abstract](#) in Obesity.

26.05.11: Longitudinal analysis of sleep in relation to BMI and body fat in children. (New Zealand)

Researchers have found that children who do not get enough sleep are more likely to be overweight by the age of 7, even after accounting for lifestyle factors such as diet and physical activity. [Read early online abstract in British Medical Journal](#).

May 2011: The economic burden of ill health. (UK)

In the year 2006-2007 overweight and obesity cost the NHS £5.1 billion and poor diet-related ill health cost the NHS in the UK £5.8 billion. [Read abstract](#) in Oxford Journal of Public Health.

May 2011: Review of web-based weight loss interventions in adults. (USA)

A recent review has highlighted literature that examines internet-delivered weight loss and maintenance programmes. The reviewed studies show intervention results ranging from no weight loss to an average loss of 7.6 kg. [Read abstract](#) in Obesity Reviews.

May 2011: Interventions for the prevention of overweight and obesity in preschool children: a systematic review.

None of the interventions included in the review had an effect in preventing overweight and obesity. The failure to show an effect may be due to the choice of outcomes and the quality of the randomised controlled trials. [Read abstract](#) in Obesity Reviews.

30.05.11: New menus are a recipe for disaster- Irish Independent.

Restaurateurs in Ireland are speaking out against calorie posting on menus, saying that the initiative would not be workable and would turn menus into 70 page journals. [Read article](#) in Irish Independent.

June 2011: Evaluation of a lifestyle modification program for treatment of overweight and non morbid obesity in primary healthcare. (Spain)

This study found that a lifestyle modification programme based on moderate restricted energy diet and physical activity may improve anthropometric measures and quality of life in obese patients. [Read abstract](#) in Nutrition in Clinical Practice.

[Back to top](#)

[Nutrition News](#)

April 2011: The association between the food environment and weight status among eastern North Carolina youth. (US)

A study has found positive associations between BMI percentile and coverage of fast-food and pizza places in the 0.25 mile Euclidean and network buffers. [Read abstract](#) in Public Health Nutrition.

April 2011: National Adult Nutrition Survey. (Ireland)

This survey investigated habitual food and beverage consumption, lifestyle, health indicators and attitudes to food and health in a representative sample of adults aged 18 years and over in the Republic of Ireland during 2008-2010. [Read summary report](#).

04.04.11: Follow up of "Families for Health" programme for treatment of childhood obesity. (UK)

'Families for Health' is a 12-week programme with parallel groups for parents and children, addressing parenting skills, healthy lifestyles and emotional well-being. Mean change in BMI z-score from baseline was -0.23 at the 2 year follow-up and eight (42%)

children had a clinically significant reduction in BMI z-score. [Read abstract](#) in Child: Care, Health and Development.

05.04.11: Maternal BMI and risk of fetal and infant death. (UK)

A recent study on singleton parents has found that obese women are at a significantly higher risk of both fetal (Odds ratio 2.32) and infant death (OR 1.97). [Read abstract](#) in Human Reproduction Journal.

05.04.11: Portion Sizes of snacks and beverages. (UK)

A recent research paper aimed to examine which appetite status (hungry or full) influenced portion size estimation amongst men. Portion size estimates for all items were significantly smaller under hungry than under full conditions. [Read abstract](#) in Public Health Nutrition.

April 2011: SIÁN study to be replaced.

The SLÁN study (Survey of lifestyle, attitudes and nutrition) is to be replaced by the EU European Health Interview Survey which will be conducted every 5 years. [Read More](#).

05.04.11: Government food service policies and guidelines do not create healthy school canteens. (Australia)

In 2006, the Victorian Government adopted the School Canteens and other school Food Services Policy that bans the sale of sweet drinks and confectionary and recommends the proportions of menu items based on a traffic light system of food classification. This study found that no menus met the traffic light-based recommendations. [Read abstract](#) in Australian and New Zealand Journal of Public Health.

06.04.11: Associations of gestational weight gain with maternal body mass index, waist circumference, and blood pressure measured 16 y after pregnancy. (UK)

A recent study found that Women with low gestational weight gain by Institute of Medicine recommendations had a lower mean BMI and waist circumference than women who gained weight as recommended. [Read abstract](#) in The American Journal of Clinical Nutrition.

April 2011: Obesity in children a systematic review. (UK)

Researchers have reviewed 14 systematic reviews and randomised controlled trials to answer questions such as what are the effects of lifestyle interventions for the treatment of childhood obesity? The review presents information relating to the effectiveness and safety of the following lifestyle interventions: behavioural, diet, and multifactorial interventions; physical activity; and bariatric surgery. [Read abstract](#) in Clinical Evidence.

April 2011: Family meals and body weight in US adults.

A study examined prevalence and predictors of adult family meals and body weight outcomes. Outcome results revealed that the overall frequency of family meals among adults was not significantly associated with any measure of body weight. [Read early online abstract](#) in Public Health Nutrition.

April 2011: Obesity is associated with fatal coronary heart disease independently of traditional risk factors and deprivation. (Scotland)

A study has looked at the association with BMI separately for both fatal and non-fatal Coronary Heart Disease risk after accounting for classical risk factors. It was found that obesity is associated with fatal, but not non-fatal, CHD after accounting for known cardiovascular risk factors and deprivation. [Read abstract](#) in Heart.

April 2011: Hidden vegetables: an effective strategy to reduce energy intake and increase vegetable intake in adults. (USA)

Researchers have examined if incorporating pureed vegetables into entrees would help to reduce energy intakes while increasing vegetable intakes. In the trial participant's entrées at meals varied in energy density from standard versions (100% condition) to reduced versions (85% and 75% conditions). Daily energy intake significantly decreased by 202 ± 60 kcal in the 85% condition and by 357 ± 47 kcal in the 75% condition. [Read abstract](#) in American Journal of Clinical Nutrition.

April 2011: Exploring how calorie information and taxes on high-calorie foods influence lunch decisions. (Netherlands)

This study tested the combined effects of providing calorie information and increased taxes on the total number of calories purchased for lunch. Among findings it was shown that a price increase for the high-calorie foods reduced the percentage of calories chosen for lunch but only in the absence of calorie information. [Read abstract](#) in American Journal of Clinical Nutrition.

12.04.11: What works in school-based energy balance behaviour interventions and what does not?

A recent systematic review has looked at obesity prevention and targeting the so-called energy balance-related behaviours (that is, physical activity, sedentary and dietary behaviours). [Read abstract](#) in International Journal of Obesity.

13.04.11: Video game playing increases food intake in adolescents. (Canada)

A recent trial looked at the acute effects of sedentary video game play on various components of energy balance. A daily energy surplus of 682 kJ (163 kcal) over resting was observed in the video game play condition. [Read early online abstract](#) in American Journal of Clinical Nutrition.

14.04.11: Convenience Stores Surrounding Urban Schools. (US)

Recent evidence has linked neighbourhood food environments to health and nutrition status, with easier access to convenience stores being associated with increased risk for obesity. This study found that a wide range of healthy snack options were typically not available, with many specific items stocked in less than half of stores. [Read early online abstract](#) in Journal of Urban Health.

18.04.11: The nutrition transition in the Republic of Ireland.

A recent study looked at the Irish diet before 1990 and analysed the FAO food balance sheets for Ireland from 1961 to 2007 in order to characterise the changes in energy and nutrient supply that took place during that period. Energy from fat increased from 29% to 34% and these values are well outside WHO recommendations for the prevention of chronic disease. [Read article](#) in British Journal of Nutrition.

24.04.11: Body mass index, waist circumference and waist-hip ratio: which is the better discriminator of cardiovascular disease mortality risk? (UK)

Among the results of this research it was shown that, after adjustment, a one standard deviation higher in waist to hip ratio and waist circumference was related to a higher risk of CVD mortality. [Read Abstract](#) in Obesity Reviews.

27.04.11: Dairy consumption and overweight and obesity- a systematic review.

A comprehensive literature search was undertaken to examine the relationship between dairy consumption and overweight/obesity. Eight studies showed a protective association against increasing weight gain but evidence from prospective cohort studies for a protective effect of dairy consumption on risk of overweight and obesity is not consistent. [Read abstract](#) in Obesity Reviews.

27.04.11: Chilli peppers 'help to burn fat'-Daily Mail.

The *Daily Mail* reported that "A sprinkling of red chilli peppers on your dinner keeps hunger pangs at bay," The report was based on a study carried out by researchers from Purdue University, in the US. Among the results it was found that there was an increase in energy expenditure (of about 10kcal) following ingestion of 1g of pepper compared with no pepper. [Read report](#) on NHS Choices.

28.04.11: Role of Sleep Timing in Caloric Intake and BMI. (USA)

This research found that late sleepers (midpoint of sleep \geq 5.30am) consumed more calories at dinner and after 8:00 PM, had higher fast food, full-calorie soda and lower fruit and vegetable consumption. [Read abstract](#) in Obesity.

May 2011: Body Mass Index and Waist Circumference Are Associated With Blood Pressure in Preschool-Aged Children. (Australia)

A recent study looked at the prevalence of obesity and elevated blood pressure amongst preschool children. It was found that elevated Blood Pressure was 21.3% among obese children compared with 12.4% of non overweight/obese children. [Read abstract](#) in Annals of Epidemiology.

May 2011: Does maternal weight gain in pregnancy have long-term effects on offspring adiposity?

A cohort study of siblings has examined if greater maternal weight gain is associated with greater offspring BMI. Associations of maternal weight gain with later offspring BMI differed by the mother's early-pregnancy overweight or obesity status. [Read abstract](#) in American Journal of Clinical Nutrition.

May 2011: Relationship of fruit and vegetable intake with adiposity: a systematic review.

Fruit and vegetable intake has been claimed to help protect against obesity. 23 publications were included in this review and experimental studies found increased fruit and vegetable consumption (in conjunction with other behaviours) contributed to reduced adiposity among overweight or obese adults. [Read abstract](#) in Obesity Reviews.

May 2011: A systematic review of fast food access studies.

A recent review has looked at the methodology and current evidence on fast food access and its associations with outcomes. Six adult studies found higher body mass index was

associated with living in areas with increased exposure to fast food; four studies, however, did not find associations. [Read abstract](#) in Obesity Reviews.

02.05.11: Is Frequency of Shared Family Meals Related to the Nutritional Health of Children and Adolescents? (USA)

Researchers have examined the frequency of shared family mealtimes in relation to nutritional health in children and adolescents. It was found that children and adolescents who share family meals 3 or more times per week are more likely to be in a normal weight range and have healthier dietary and eating patterns. [Read abstract](#) in Pediatrics.

04.05.11: Prolonged bottle use and obesity at 5.5 years of age. (USA)

A study has examined the association between bottle usage at 24 months and obesity at 5.5 years of age. Among the results it was found that the prevalence of obesity at 5.5 years was 22.9% in children who at 24 months were using a bottle and was 16.1% in children who were not. [Read abstract](#) in The Journal of Paediatrics.

06.05.11: Food shopping habits, physical activity and health-related indicators. (UK)

A recent study looked at food shopping habits of older adults in the UK and measured physical activity levels, BMI and dietary intake. Higher levels of physical function and physical activity and better general health were significantly correlated with the ease of purchasing fresh fruit, vegetables and low-fat products. [Read abstract](#) in Public Health Nutrition.

13.05.11: Television viewing, food preferences, and food habits among children. (Denmark)

Researchers examining results from the Danish part of European Youth Heart Study hypothesised that television viewing was associated with less healthy food preferences and habits. Among results it was found that the frequency of meals in front of the TV was inversely associated with the sum of healthy food preferences among 8-10-year-old boys. [Read abstract](#) in BMC Public Health.

19.05.11: Trends in the Prevalence of Abdominal Obesity and Overweight. (UK)

Between the years 1993 and 2008 abdominal overweight rose from 44.9% to 62.3% in men, and from 46.6% to 66.8% in women. It was also shown however that the rates of increase over time in England appear to be slowing down. [Read abstract](#) in Obesity.

19.05.11: Population-level effects of the national diabetes prevention programme on the body weight, the waist circumference, and the prevalence of obesity. (Finland)

This study looked at the effects of the FIN-D2D programme and found that among other results the prevalence of obesity decreased in the FIN-D2D area. [Read abstract](#) in BMC Public Health.

June 2011: A structured diet and exercise program promotes favourable changes in weight loss, body composition, and weight maintenance.

This study looked at whether a meal-replacement-based diet program with encouragement to increase physical activity is as effective as following a more structured meal-plan-based diet and supervised exercise program. The women assigned to the structured meal plan and supervised exercise program lost more weight, fat mass and

centimetres from the hips and waist. [Read abstract](#) in Journal of the American Dietetic Association.

[Back to top](#)

Physical activity News

April 2011: Physical activity and gain in abdominal adiposity and body weight.

This study found that physical activity predicted a lower waist circumference in both men and women. The odds of becoming obese were reduced by 7% and 10% for a one category difference in baseline physical activity in men and women respectively. [Read abstract](#) in The American Journal of Clinical Nutrition.

04.04.11: Walking to Work in Canada.

A recent study has found Adults within the normal weight range were more likely to be high-duration walkers. Females and younger people were more likely to be lower-duration walkers. Also there was a strong association between Socio Economic Status (particularly relative disadvantage) and walking to work. [Read abstract](#) in BMC Public Health

04.04.11: Interventions promoting physical activity among obese populations: Meta Analysis.

This meta-analysis aimed to determine the global effect that interventions promoting physical activity among obese populations have on their physical activity behaviour and maintenance of the intervention effects after the intervention has ended. Amongst other findings analysis revealed that interventions of less than 6 months reported significantly larger effects than longer interventions. [Read abstract](#) in Obesity Reviews.

06.04.11: Efficacy of Nordic Walking in Obesity Management

Recently the effects of a Nordic walking programme were compared to those of a walking programme on physiological variables in obese women. After the training period body mass, body fat and diastolic blood pressure decreased in both groups whereas peak oxygen consumption increased in the Nordic Walking Group. [Read abstract](#) in International Journal of Sports Medication.

08.04.11: Effect of 6 month school based physical activity programme on body composition and physical fitness in lean and obese schoolchildren. (Europe)

This study aimed to assess a school based physical activity programme. Anaerobic and aerobic fitness were significantly improved, thanks to the program in both lean and obese children. Two physical activity sessions per week, in addition to standard physical education classes in primary schoolchildren, bring effective results for the prevention of childhood obesity. [Read abstract](#) in European Journal of Pediatrics.

13.04.11: Community wide interventions for increasing physical activity: Systematic Review.

A recent review has found that, despite numerous studies having been completed to evaluate the effectiveness of community physical activity interventions, there is a noticeable inconsistency of the findings of the available studies. Also the body of evidence in this review does not support the hypothesis that multi-component

community wide interventions effectively increase population levels of physical activity. [Read abstract](#).

21.04.11: Effects of Weight Status and Barriers on Physical Activity Adoption. (US)

This study examined self-reported physical activity (PA) barriers, and their effects on PA behaviour change among previously inactive women. Obese women reported significantly greater PA barriers compared with normal and overweight women. Also obese participants that reported high barriers achieved 70 min/week fewer than those with low barriers. [Read abstract](#) in Obesity.

23.04.11: Lack of regular physical exercise or too much inactivity. (USA)

A review of recent findings showed that bed rest prescribed for recovery from clinical conditions causes changes in thousands of mRNAs in leg muscles within days. Also it was highlighted that modern technological advances that remove standing, walking, and major limb movement initiate metabolic dysfunctions that play a role in the development of obesity and type 2 diabetes. [Read abstract](#) in Current opinion in clinical nutrition and metabolic care.

04.05.11: The associations between physical activity, screen time and weight from 6 to 14 years. (Australia)

A new study has examined the relationship between physical activity level, screen time and BMI in a cohort at ages 6,8,10 and 14 years. Among the results was that increased screen time predicted higher BMI and lower physical activity at 8 and 10 yrs but not 14 yrs. [Read abstract](#) in Journal of Science and Medicine in Sport.

10.05.11: Daily half-hour of PE 'unrealistic', says Quinn- Irish Times.

Recently Minister for Education Ruairi Quinn commented that the 30 minutes of physical activity a day in schools, as recommended by the National Taskforce on Obesity, was not possible. He mentioned reasons for his belief such as the length of the school day and the fact that primary school pupils have just half an hour for lunch and need to spend at least half that time eating a proper lunch. [Read article](#).

May 2011: Creating a physically active society: the next great challenge. (USA)

Recently authors have looked at strategies to create a national culture of physical activity. Physical inactivity has been shown to be a better predictor of death than traditional medical risk factors, however it is largely neglected in policy arenas. [Read abstract](#) in American Journal of Health promotion.

May 2011: Lack of physical activity in young children is related to higher composite risk factor score for cardiovascular disease.

A cross sectional study recently examined if physical activity is related to higher composite risk factor scores for cardiovascular disease (CVD) in children. It was found that low amounts of moderate to vigorous physical activity and vigorous physical activity were related to higher composite risk factor scores for CVD in children aged 8-11 years. [Read abstract](#) in Acta Paediatrica.

May 2011: Promoting active transportation as a partnership between urban planning and public health. (USA)

A recent study has looked at the Columbus Healthy Places program which is trying to address the American obesity epidemic through built environment change. Active transportation recommendations generally included adding bike racks, widening or adding sidewalks, and providing sidewalk connectivity. [Read abstract](#) in Public Health Reports.

May 2011: Modern sedentary activities promote overconsumption of food. (Denmark)

An examination of modern sedentary activities has revealed that they promote the overconsumption of food. This is especially true of television viewing, video game playing, cognitive working, music listening and short sleeping. [Read abstract](#) in Obesity Reviews.

May 2011: Greenspace and obesity: a systematic review.

Greenspace is a valuable resource for physical activity and could help reduce obesity and improve health. This review found that the majority (68%) of papers found a positive or weak association between greenspace and obesity-related health indicators, but findings were inconsistent and mixed across studies. [Read abstract](#) in Obesity Reviews.

May 2011: Active Commuting to School and Association with Physical Activity and Adiposity. (US)

A recent study of US youths looked at the impact of actively commuting to school (walking or cycling) on adiposity. It was found that active commuting was associated with greater moderate to vigorous physical activity and lower measures of adiposity. [Read abstract](#) in Journal of physical activity and health.

May 2011: Physical activity and sedentary activity patterns among children and adolescents. (USA)

This study aimed to identify and describe classes of youth based on their physical activity and sedentary behaviours. The 3 classes were characterized as "Active", "Sedentary" and "Low Media/Moderate Activity. Differences were found between the classes such as the proportion overweight or obese. [Read abstract](#) in Journal of physical activity and health.

11.05.11: Effects of active video games on body composition. (New Zealand)

A randomised controlled trial has looked at whether active video games can have an effect on physical activity and body composition. After 24 weeks the treatment, active video games, effect on BMI favoured the intervention group. [Read abstract](#) in American journal of clinical nutrition.

17.05.11: Clustering patterns of physical activity, sedentary and dietary behaviour among European adolescents.

The study comprised a total of 2084 adolescents from eight European cities participating in the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. Among the results it was found that males were highly presented in the cluster with high levels of moderate to vigorous physical activity (MVPA) and low quality diets. [Read abstract](#) in BMC Public Health.

19.05.11: Exercise, appetite and weight management. (Australia)

Recently researchers have tried to understand the compensatory responses in eating behaviour and how they contribute to variability in exercise-induced weight loss. Authors address the physiological, psychological and behavioural factors that are potentially involved in the relationship between exercise and appetite and try to determine if exercise promotes weight loss. [Read abstract](#) in British journal of sports medicine.

25.05.11: Assessing Physical Activity and its Relationship to Cardiovascular Risk Factors.

In this study data on physical activity from accelerometers, demographics, blood pressure, plasma glucose and lipids, self-reported hypertension and diabetes were obtained for adults, ages 20-65, in the NHANES surveys. Among the findings it was found that Men spent 35 minutes in moderate activity/day, compared to 21 minutes amongst women. [Read abstract](#) in BMC Public Health.

[Back to top](#)

Resources/ Publications

Northern Ireland: New Publication from Sport Northern Ireland (Published April 2011)

Sport NI has launched a new factsheet "Active people Healthy Weight" which aims to highlight the importance of sport's positive contribution to public health especially weight management. [Read More](#)

England: New from the National Obesity Observatory. (April 2011)

[Brief Interventions for weight management](#)

This paper provides a guide to current best available evidence on brief interventions for weight management with adults. Brief interventions focus on changing behaviours that are limited by time. The focus of the paper is on face to face consultations in settings such as primary health care.

Europe: Highlights from the 11th International Congress on Obesity 2010.

Organised by the International Association for the Study on Obesity the congress gathered scientists from around the globe to present their latest research findings and how these will affect efforts to halt and reverse the obesity epidemic. The European Food Information Council has put together a pod cast which contains interviews with key speakers at the congress. [Find out more](#)

England: New report from National Institute of Clinical Excellence. (April 2011)

NICE has recently published a report called "Weight management before, during and after pregnancy. This guidance is for NHS and other commissioners, managers and professionals who have a direct or indirect role in, and responsibility for women who are pregnant or who are planning a pregnancy and mothers who have had a baby in the last 2 years. [Read the guidance report.](#)

Canada: Report on Non Communicable Disease Prevention: Investments that work for Physical Activity (April 2011)

This is a companion document to the Toronto Charter for Physical Activity: A Global Call for Action, launched in May 2010. Investments that Work identifies seven best investments to increase population levels of physical activity which, if applied at sufficient scale will make a significant contribution to reducing the burden of non-communicable diseases and promote population health. [Read the report.](#)

England: Child and Maternal Health Observatory Obesity: Obesity Service Snapshot Report.

Service Snapshots provide a summary of demand, provision and outcomes for services in a particular area. To see dynamic reports on obesity services in primary care trusts [see Child and Maternal Health Observatory.](#)

England: New from the National Obesity Observatory. (May 2011)

The National Obesity Observatory recently released new child e- atlases which are interactive mapping tools for the analysis of data on the prevalence of obesity and its determinants at Local Authority, Primary Care Trust, and Middle Super Output Area level in England. [See atlases.](#)

England: New NICE guidance: Preventing type 2 diabetes - population and community interventions.

This guidance is aimed at those working in national and local public health services and may also be of interest to the general public. These recommendations aim to help prevent type 2 diabetes among those who are at high risk. [See Guidance](#) on National Institute for Health and Clinical Expertise.

England: Department of health report- Changing Behaviour, Improving Outcomes: A new social marketing strategy for public health.

This new report outlines the Department of Health's new approach for how they propose to use social marketing through people's lives as part of a broader suite of measures to improve those behaviours that affect health outcomes. The strategy looks at what has worked in the past and what areas the government can focus on to help people achieve optimal health. [Read report.](#)

May 2011: National Obesity Observatory Briefing Paper- Knowledge and attitudes toward healthy eating and physical activity.

This new briefing paper looks at knowledge, beliefs and self-perceptions relating to diet, perceptions of dieting and weight loss and knowledge, beliefs and self-perceptions relating to physical activity. This paper analyses national level data from a range of datasets on the knowledge of and attitudes towards healthy eating and physical activity of adults and children in England. [Read paper.](#)

Scotland: New publications.

Community food and health Scotland (CFHS) have recently posted new publications on their website. 'TV Dinners' for example is a fact sheet providing examples of how groups working with young children have used TV formats, such as come dine with me, to teach cookery skills. Others include 'Chat and Chaat' and 'How to go beyond smoothies'. [See CFHS website.](#)

[Back to top](#)

Campaigns/ Initiatives

NI- British Heart Foundation's Heart Health Road show in Northern Ireland.

The British Heart Foundation commenced their first 'Heart Health Road show' around Northern Ireland on May 10th 2011. This road show will travel around Northern Ireland and will be mainly based at shopping centres, between 10-6pm, providing a touch screen assessment for the public to complete. This will highlight areas of concern for heart health and advice will be provided. For more information check out <http://www.bhf.org.uk/heart-health/how-we-help/in-your-area/heart-health-roadshow.aspx> or contact Gillian Killiner: Gillian@121dietitian.com

Takeaway My Way:

safefood recently completed a healthy eating cookery competition with secondary schools on the island of Ireland. The competition invited secondary school pupils to submit healthier versions of their favourite take away food, with finalists then cooking their dishes at the competition finals. Almost 1,000 entries were received across the island from which 32 finalists were chosen. The competition was organised in co-operation with the Home Economics Department at St. Angela's College, Sligo.

[Back to top](#)

Forthcoming Events

Men's Health Week 2011 (Monday 13th –Sunday 19th June):

Organisations throughout the island of Ireland will be marking this occasion by running events and activities which heighten awareness of preventable health problems, support males to engage in healthier lifestyles, and encourage the early detection of health difficulties. To highlight this week, local comedians such as Joe Rooney are starring in an Ireland-wide poster campaign to raise awareness of the issues affecting men and boys. Find out more at: www.mhfi.org/mens-health-week-2011.html

An Post Cycle Series- Joint Initiative between An Post and the Irish Sports Council.

This series is encouraging people to get back on their bikes with a variety of routes from a Family 10k to more challenging 60k, 100k and 160k routes. The 2011 Cycle Series got underway on May 8th with the Tour of Sligo with over 1,800 people taking part. Upcoming events include Tour De Burren, Clare - 18th June and Meath Heritage Cycle Tour - 24th July. Find out more on www.irishsportsCouncil.ie

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

All Island Obesity Action Forum Members

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