



## All-island Obesity News

E-bulletin of the All-island Obesity Action Forum  
Volume 3, Issue 3, July/August 2011

Dear Colleagues,

Welcome to this edition of All-island Obesity News. We were greatly encouraged by the success of the Forum's sixth workshop '[Weigh to Men's Health](#)' held in Belfast, in terms of the attendance, interaction and feedback. I am pleased to announce that the next workshop, which will focus on the economic cost of obesity, will take place in Dublin on Tuesday 15<sup>th</sup> of November. Further details will be available over the coming weeks. Such events provide a platform for information sharing, networking and collaboration.

This edition of *All-island Obesity News* is packed with news, research updates and events relevant to the obesity agenda. The first section contains items directly submitted by Forum members. As usual we would ask you to circulate this among your colleagues and to share your work via this publication by submitting all relevant news items to Emily Kelleher at [obesityforum@safefood.eu](mailto:obesityforum@safefood.eu).

*Clíodhna Foley Nolan,*  
Director of Human Health and Nutrition, **safefood**

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

#### **Food Standards Agency (FSA) - National Diet and Nutrition Survey: Rolling Programme (Published July 2011)**

The National Diet and Nutrition Survey report of results from year 1 and 2 combined have been published as an Official Statistics publication, announced by a Statistical Press Notice. They can be [accessed online](#) from the Department of Health UK.

### **safefood -**

**National Children's Food Survey 2011:** This report was funded by **safefood** and the Health service Executive to address the factors associated with a healthy weight and a healthy diet among Irish children. The National Children's Food Survey (NCFS) provides some valuable insights into the factors that promote the obesity epidemic in our society. This report will be available on the [safefood website](#) over the coming days.

### **Operation Transformation – 6 Months and Counting**

RTE's "Operation Transformation – 6 months & counting" is on television from Wednesday 3<sup>rd</sup> August for 3 weeks. The show is sponsored by **safefood** and follows-up with those participants/group who took part in the last series. **Safefood** will be further supporting the show with live chats on their [facebook page](#) for the duration of the show.

### **safefood Dietetic Directory -**

The **safefood** Dietetic Directory is currently carrying out an obesity update. The information from this update is will be available on the [Dietetic Directory](#) on the **safefood** website. Data from the survey will also feed into the Obesity Hub and the HSE Framework for Action on Obesity, as part of an overall review of services available for obesity patients. If you are a dietitian working in obesity and would like to be included in this update, please contact Sarah Keogh at [dietetics@safefood.eu](mailto:dietetics@safefood.eu). Closing date for returning the surveys is 19th of August.

### **Irish Sports Council (ISC) –**

**SPEAK 2010:** This report by the ISC provides an overview of the work of the national network of 32 Local Sports Partnerships in 2010. It also facilitates the sharing of best practice and innovative interventions across the country. It allows the Council to monitor trends in local sport and acts as an effective mechanism to highlight areas of concern and challenge. [Read report.](#)

**The Irish Sports Monitor 2009:** The report, written by the Economic and Social Research Institute (ESRI) on behalf of the ISC, measuring adult participation in sport and physical activity and compares it with the previously published information from 2007 & 2008. The report shows that there were increases in the levels of physical activity in 2009 and a recovery from 2008 which was badly affected by the onset of recession. [Read report.](#)

### **Irish Heart Foundation (IHF) -**

#### **IHF Men and Heart - Heart Month 2011**

This September the IHF's Heart Month Campaign will focus on men's heart health. Materials, information and advice will be available specifically for men. As part of Heart Month, the IHF will lead out on a nationwide TV advertising campaign encouraging men to know about the signs of a heart attack and to call 999 before it's too late. For further information on our Heart Month campaign email [heartmonth@irishheart.ie](mailto:heartmonth@irishheart.ie) or [See website.](#)

### **Nutrition and Health Foundation (NHF) - NHF Kids Size Me**

On the 26<sup>th</sup> July the NHF and the Restaurant Association of Ireland (RAI) launched their new initiative 'Kids Size Me'. It was developed to ensure children have access to healthier food options when dining out by making child size portions of adult meals available as an alternative to ordering from standard children's menus. For more information see [NHF](#) and [RAI](#) websites.

### **Annual Meeting of the European Nutrition Foundations (17<sup>th</sup> October)**

The NHF is hosting the fourth annual meeting of the European Nutrition Foundations. The meeting is for members only and will be focusing on physical activity in schools. The outcome from the 2010 meeting was the publication of a report on Nutrition education in schools across Europe. <http://onlinelibrary.wiley.com/doi/10.1111/j.1467-3010.2010.01881.x/abstract>

### **NHF Fourth Annual Seminar (18<sup>th</sup> October)**

The NHF will be hosting its fourth annual seminar on the 18<sup>th</sup> of October in the Guinness Storehouse from 9am to 1pm. The theme this year is innovations in tackling obesity. Current speaker line up include: Dr. Tony Holohan, Chief Medical Officer, Colin Gordon, Chair of the Food and Drink Industry Ireland and CEO of Glanbia, Roy Ballam of the British Nutrition Foundation, Caitriona Walsh of Little Green Fingers, Muireann Cullen of the NHF and Dr. Tony O'Callaghan of the Healthy Living Clinic. Once finalised, the agenda will be made available [online](#) as well as online booking facilities. This event is free to attend.

### **European Food Network:**

A European Food Framework has been developed and currently pilot studies are on-going in a number of EU countries. Please find more information at <http://www.europeanfoodframework.eu/>

### **Health Services Executive (HSE) –**

**BOUNCE - Built to Move Programme:** Health Promotion & Community Nutrition in HSE West and Titans Basketball Club, Galway City have joined forces to develop this 12week program targeted at overweight and obese 9 -12year olds. The main focus of this programme is to motivate participants to increase their physical activity levels and incorporate basic lifestyle changes into their daily routines. The programme will run twice a week for one hour per session from June 13<sup>th</sup> for 12 weeks. [Read more](#) on the Health Executive Website.

### **Get Ireland active website**

This is a new revised website to encourage people to become more physically active by creating awareness of the opportunities for physical activity at local, regional and national levels. It will also contain lots of information on physical activity: the benefits, how to get started, tips to stay motivated etc. The main feature of the site, however, is a well-designed search facility that will enable users to search for activities that are happening in each county. [See website](#) for more information.

## General News

### **29.06.11: Words matter: a qualitative investigation of which weight status terms are acceptable and motivate weight loss when used by health professionals? (UK)**

The societal stigma associated with excess weight means that weight status terms may be misunderstood, cause offence and risk upsetting patient-professional relationships. There is no one-size-fits-all approach to discussing weight status, some men and younger people may appreciate a direct approach, whilst others need to be treated more sensitively. [Read full report](#) in BMC Public Health.

### **Weight Care Project: Health professionals' attitudes and ability to assess body weight status - Study protocol. (All-Ireland)**

The study aims to assess the attitudes, current practices/behaviours and knowledge of key health professional groups on body weight status and to assess the health professional groups' ability to identify body weight status in both adults and children. The results of this project will generate recommendations for clinical practice in managing obesity, which may inform policy guidelines. [Full report](#) available from BMC Public Health.

### **14.06.11: Parental perceptions of weight status in children. (UK)**

Recent findings from the Gateshead Millennium Study found that the prevalence of child overweight was underestimated: 7.3% of children were perceived as 'overweight' or 'very overweight' by their parents, 23.7% were identified as overweight or obese using International Obesity Task Force criteria. [Read abstract](#) in International Journal of Obesity.

### **June 2011: Social Influences Are Associated With BMI and Weight Loss**

**Intentions in Young Adults.** This study concluded that compared to Normal Weight (NW), Overweight (OW) or Obese (OB) young adults were more likely to have OW romantic partners and best friends and had more OW casual friends and family members ( $P_s < 0.05$ ). Among OW/OB young adults, having more social contacts trying to lose weight was associated with greater intention to lose weight ( $r = 0.20$ ,  $P = 0.02$ ) and social norms for weight loss fully mediated this effect ( $P < 0.01$ ). [Read abstract](#) in Obesity here.

### **15.06.11 Effects of the social contact and zygoty on 21-y weight change in male twins. (USA)**

This study sought to determine whether the frequency of social contact was associated with similarity in weight change from young adulthood to middle-age in twins. It concluded that frequency of social contact significantly predicted twin pair similarity in BMI and weight change over the 21 years. [Read abstract](#) in the American Journal of Clinical Nutrition.

### **27.05.11: Predictive Value of Body Mass Index at Age 18 on Adulthood Obesity. (USA)**

This cross sectional study looked at whether teenage obesity was a predictor of adulthood obesity in an urban population. Among other results, it was found that high BMI at age 18 is strongly correlated with adulthood obesity and much more so in women than men. [Read early online abstract](#) in American Journal of the Medical Sciences.

**31.05.11: Growing into obesity: Patterns of height growth in those who become normal weight, overweight, or obese as young adults. (USA)**

Researchers looked at whether height growth differs by adult obesity status by conducting a prospective cohort study of 3rd, 5th, 8th and 12th grade children. It was shown that overweight or obese young adults stood taller in childhood, but had relatively less growth in height throughout the teenage years. [Read abstract](#) in American Journal of Human Biology.

**June 2011: Perceived weight status may contribute to education inequalities in five-year weight change among mid-aged women. (Australia)**

This study examined education differences in five-year weight change among mid-aged adults. It was found that Low-educated men and women were more likely to be obese at baseline compared to their high-educated counterparts. [Read abstract](#) in Australian and New Zealand Journal of Public Health.

**01.06.11: Frequent travellers have high obesity risk- BBC News**

This news report is based on a new study from Columbia University which found that BMI rises significantly if you travel for more than 14 days or more in a month. [See news report](#) on BBC News.

**07.06.11: Waist circumference predicts increased cardio-metabolic risk in normal weight adolescent males. (USA)**

This study aimed to establish waist circumference cut-off points that identify clustering of obesity-related conditions and determine if the cut-off points identified an increased risk of disease when used within BMI categories. Amongst the results the authors found that males with a normal BMI and elevated waist circumference were more likely to be high risk. [Read abstract](#) in International Journal of Pediatric Obesity.

**06.06.11: Weight Watchers on prescription. An observational study of weight change among adults referred to Weight Watchers by the NHS. (UK)**

This study aimed to evaluate the NHS scheme of referring obese and overweight adults to Weight Watchers. Among results it was found that 33% of all courses resulted in loss of 5% initial weight. [Read abstract](#) in BMC Public Health.

**06.06.11: Social inequalities in obesity and overweight in 11 OECD countries.**

Data from national health surveys of 11 OECD countries were used in this article. Of the countries examined, USA and England had the highest rates of obesity and overweight. Large social inequalities were consistently detected in all countries, especially in women. [Read abstract](#) in European Journal of Public Health.

**07.06.11: Bidirectional association between depression and obesity in middle-aged and older women. (USA)**

This study aimed to examine the bidirectional relationship between obesity and depression in middle-aged and elderly women. Among findings it was shown that depression at the baseline period was associated with an increased risk of obesity at the follow-up period in all women. [Read abstract](#) in International Journal of Obesity.

**08.06.11: The Fetal Origins of Obesity: Early Origins of Altered Food Intake. (Australia)**

A recent review has looked at maternal obesity and over nutrition and their association with an increased risk of obesity and type 2 diabetes in offspring. [Read abstract](#) in Endocrine, Metabolic & Immune Disorders Drug Targets.

**09.06.11: Extreme Morbid Obesity and Labor Outcome in Nulliparous Women at Term. (USA)**

The study examined the occurrence of caesarean delivery among women with morbid obesity and extreme morbid obesity. Amongst findings it was shown that caesarean delivery was most common among women with a pre pregnancy BMI  $\geq 50$ . [Read abstract](#) in American Journal of Perinatology.

**09.06.11: Evolution of obesity in a low birth weight cohort. (USA)**

This study aimed to determine the evolution of obesity status (OS) in a longitudinal cohort of low birth weight preterm (LBWPT) infants to an age of 8 years. It was found that OS is common in LBWPT infants during childhood, and prevalence varies by birth weight category. [Read abstract](#) in Journal of Perinatology.

**10.06.11: Interventions addressing general parenting to prevent or treat childhood obesity. (Netherlands)**

This literature review aimed to provide an overview of the interventions that address general parenting in order to help prevent childhood obesity. Many studies have described the effect that parenting can have on the development of overweight and obesity. [Read abstract](#) in International Journal of Pediatric Obesity.

**10.06.11: Measuring Perceived Barriers to Healthful Eating in Obese, Treatment-seeking Adults. (USA)**

This observational study examined the perceived barriers to healthful eating in a sample of obese, treatment-seeking adults. Results suggest that declines in perceived barriers to healthful eating during treatment are associated with greater energy restriction and weight loss. [Read abstract](#) in Journal of Nutrition Education and Behaviour.

**16.06.11: State- and Payer-Specific Estimates of Annual Medical Expenditures Attributable to Obesity. (USA)**

This study set out to expand prior analyses by presenting current state-level estimates of the costs of obesity in total and separately for Medicare and Medicaid. Across states, annual medical expenditures would be between 6.7 and 10.7% lower in the absence of obesity. [Read abstract](#) in Obesity.

**16.06.11: Negative Aspects of Close Relationships as a Predictor of Increased Body Mass Index and Waist Circumference. (UK)**

Recent findings from the Whitehall II Study examined whether exposure to negative aspects of close relationships was associated with an increase in BMI and waist circumference. Participants with higher exposure to negative aspects of close relationships had a higher likelihood of a 10% or greater increase in BMI and waist circumference. [Read abstract](#) in American Journal of Public Health.

**24.06.11: Type 2 diabetes in newly diagnosed 'can be reversed' - BBC News. (UK)**

Newcastle University researchers found that an extreme eight-week diet of 600 calories a day can reverse Type 2 diabetes in people newly diagnosed. The study found that the low-calorie diet reduced fat levels in the pancreas and from around 8% to 6% which helped insulin production return to normal. [See news report](#).

**29.06.11: Obesity is higher among non-smoking women. - BBC News (UK)**

This prospective cohort study set out to investigate the relations between causes of death, social position, and obesity in women who had never smoked. Results suggest that non-smoking women are more likely to be obese and die of associated illnesses than those who smoke. According to the research, 60% of non-smokers were overweight or obese compared with 40% of those who smoked. [See news report](#) and related British Medical Journal [article abstract](#).

**July 2011: Socioeconomic status and weight gain in early infancy.**

The study examined SES differences in infant weight gain in the first 3 months of life and contributions of parental body mass index, maternal smoking and feeding method to this association. Researchers concluded the foundations for lifelong socioeconomic inequalities in obesity risk may be laid in early infancy, with infant-feeding practices having a part in the diverging weight trajectories. [Read more](#) in International Journal of Obesity.

**07.06.11: Unhealthy weight control behaviors among adolescents.**

Authors of this article examined the moderators of the association between BMI and healthy and unhealthy weight control behaviours. Amongst girls healthy weight classification was protective against unhealthy weight control behaviours. [Read early online article](#) in Journal of Health Psychology.

**14.05.11: Childhood obesity and cardiovascular disease: links and prevention strategies.**

Researchers in this review examine the evidence supporting the impact of childhood obesity on adult obesity, surrogate markers of cardiovascular disease, components of the metabolic syndrome, and the development of cardiovascular disease. [Read abstract](#) in Nature.

**15.06.11: Parental and offspring adiposity associations: Insights from the 1958 British birth cohort. (UK)**

Parent-offspring adiposity associations are well-established: offspring of obese parents have elevated risks of overweight/obesity. This review of findings from the 1958 British Birth Cohort found that Parent-offspring associations in BMI were not explained by offspring lifestyles, but varied over successive generations and by social class. [Read abstract](#) in Annals of Human Biology.

**17.06.11: Obesity but not overweight is associated with increased mortality risk. (Switzerland)**

This study aimed to examine the association between BMI and survival and its public health impact in Switzerland, a country with internationally low mortality rate and obesity prevalence. After adjustment for age and sex the association between BMI and all-cause mortality was J shaped (non-smokers) or U shaped (smokers). Obesity, but not overweight was associated with excess mortality, mainly because of an increased risk of death from CVD and cancer. [Read abstract](#) in European Journal of Epidemiology.

## Nutrition News

### **July 2011: New EU Food Labelling Rules**

New EU food labelling rules were approved by MEPs yesterday. Further information is available from the [European Parliament website](#). Concern has been expressed that Front of pack labelling has not been made mandatory - see press releases by [The Irish Heart Foundation](#) and [British Heart Foundation](#). The European parliament has agreed:

- **Mandatory back-of-pack labelling** for energy, fat, saturated fat, carbohydrates, protein, sugar and salt expressed per 100g/ml and per portion
- **Voluntary front-of-pack labelling** for energy (calories), or for energy as well as fat, saturated fat, sugar and salt. Energy has to be expressed per 100g/ml and may also be expressed per portion. Fat, saturated fat, salt and sugar has to be expressed per portion.

### **June 2011. Survey of American food trends and the growing obesity epidemic. (US)**

The purpose of this study was to determine the relationship between food type consumption and rising obesity using the loss-adjusted food availability data. Results showed that total calorie intake and consumption of high fructose corn syrup (HFCS) did not correlate with rising obesity trends. Intake of other major food types, including chicken, dairy fats, salad and cooking oils, and cheese also did not correlate with obesity trends. However, the results revealed that consumption of corn products correlated with rising obesity and was independent of gender and race/ethnicity among population dynamics in the U.S. Read [full text](#) online from Nutrition Research and Practice journal.

### **21.06.11: The link between obesity and low circulating 25-hydroxyvitamin D concentrations. (USA)**

This study examined if there was a cause effect relationship between obesity and vitamin D deficiency. It suggests that vitamin D may regulate adipose tissue mass, differentiation and metabolism in ways that might contribute to obesity. On the other hand obesity could be contributing to low circulating 25-hydroxyvitamin D concentrations. [Read abstract](#) in International Journal of Obesity.

### **17.05.2011: Maternal over-nutrition and offspring obesity predisposition: targets for preventative interventions.**

The present study aimed to summarize evidence on the long-term impact of child and adolescent obesity for premature mortality and physical morbidity in adulthood. Results from the study show that five eligible studies examined associations between overweight and/or obesity, and premature mortality: 4/5 found significantly increased risk of premature mortality with child and adolescent overweight or obesity. [Read article](#) in International Journal of Obesity.

### **July 2011: Breakfast skipping and change in body mass index in young children. (Hong Kong)**

This study provided prospective evidence that skipping breakfast predicts a greater increase in BMI among Hong Kong children. The study involved 113457 primary 4 participants who were followed up over two years to assess the association between skipping breakfast and BMI. [Read abstract](#) in International Journal of Obesity.

### **June 2011: Systematic review of 'nutritively sweetened beverage' consumption and an association with bodyweight struggles to find conclusive evidence (USA)**

a group of researchers from the University of Alabama, USA, performed a meta-analysis of randomised controlled trials (RCT), following a defined set of criteria. Subjects were randomly assigned to either drink or not drink NSBs and had their body fat measured before and after the intervention. The study concluded short term trials show additional energy consumed in beverages is not compensated for, and leads to weight gain. [Read more](#) in EUFIC.

### **02.06.11: New Yorkers on benefits face fizzy drinks ban-BBC News**

The Federal Government in Washington USA are in the process of deciding if they will allow New York City to ban the use of food stamps to buy fizzy drinks. Health officials say the aim of the intervention is to tackle diabetes and obesity. [Read news article](#).

### **01.06.11: Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?**

This commentary from the Committee on Nutrition and the Council on Sports Medicine and Fitness defines the ingredients of sports and energy drinks. It also categorizes the similarities and differences between the products, and discusses misuses and abuses. [Read commentary](#) in Paediatrics.

### **17.06.11: Beverage Consumption among High School Students. (USA)**

Sugar sweetened beverages are the largest source of added sugars in the diet of U.S. youths, and the increased caloric intake resulting from these beverages is one factor contributing to the prevalence of obesity among adolescents in the United States. To determine the extent to which U.S. adolescents consume different types of beverages CDC analyzed data from the 2010 National Youth Physical Activity and Nutrition Study. [Read report](#).

### **30.06.11: Beverage vs. Solid Fruits and Vegetables: Effects on Energy Intake and Body Weight:**

A randomised controlled trial found energy consumed as beverages may be especially problematic for weight gain. They also indicate that advice to increase fruit and vegetable consumption should emphasize total energy intake because the additional energy contributed may promote weight gain, especially among overweight and obese individuals. [Read abstract](#).

### **03.06.11: Obesity- Is food addiction to blame? (UK)**

In this article the author discusses the idea that certain foods are addictive which has serious implications for the efforts made to tackle obesity. He also looks at the factors that increase food consumption, not palatability as previously explored, but instead the high energy density of some foods. [Read early online article](#) in Addiction.

### **05.06.11: Exploring Mediators of Food Insecurity and Obesity-Literature Review.**

The aim of this inquiry was to explore new evidence in associations of food insecurity and obesity in youth, adult, and elderly populations. Overall, the review confirmed that food insecurity and obesity continue to be strongly and positively associated in women. [Read abstract](#) in Journal of Community Health.

**21.07.11 Food Insecurity and Increased BMI in Young Adult Women. (US)**

This study aimed to identify whether food insecurity was associated with BMI in young adults and whether this association differed by gender and was modified by food stamp use and the presence of children in the home. Food insecure women had a BMI that was on average 0.9 kg/m<sup>2</sup> units higher than women who were food secure. [Read abstract](#) online.

**06.06.11: View the label before you view the movie: A field experiment into the impact of Portion size and Guideline Daily Amounts labelling on soft drinks in cinemas. (Netherlands)**

This study aimed to assess the effectiveness of portion size and caloric Guidelines for Daily Amounts (GDA) labelling on consumers' portion size choices and consumption of regular soft drinks. It found that labelling neither stimulated participants to choose small portion sizes nor did labelling dissuade participants to choose large portion sizes. [Read article](#) in BMC Public Health.

**07.06.11: Socio-demographic and lifestyle factors associated with overweight in a representative sample of 11-15 year olds in France. (France)**

The results in this study are part of the WHO HBSC cross sectional study. In multivariate model, family affluence, breakfast consumption and moderate to vigorous as well as vigorous physical activity were negatively associated with overweight. [Read article](#) in BMC Public Health.

**09.06.11: The Women's Health Initiative: The Food Environment, Neighborhood Socioeconomic Status, BMI, and Blood Pressure. (USA)**

This study analyzed cross-sectional associations between the availability of different types of food outlets in the 1.5 miles surrounding a woman's residence, census tract neighborhood socioeconomic status (NSES), BMI, and blood pressure (BP). Among findings it was shown that as fast-food outlet availability increased from the 10th to the 90th percentile, BMI was higher by 0.28 kg/m<sup>2</sup>. [Read abstract](#) in Obesity.

**10.06.11: Is proximity to a food retail store associated with diet and BMI in Glasgow, Scotland? (UK)**

Researchers in this study mapped data from a 'Health and Well-Being Survey' and a list of food stores in Glasgow City. Analysis was then conducted on the distance from respondents' home addresses to the nearest fruit and vegetable store, small general store, and supermarket. Few statistically significant associations between proximity to food retail outlets and diet or obesity were found. [Read abstract](#) in BMC Public Health.

**13.06.11: Socio-demographic, health and lifestyle predictors of poor diets. (Ireland)**

Researchers have recently performed a cross-sectional analysis of the Survey of Lifestyle, Attitudes and Nutrition (SLÁN). Adjusting for age and gender, a number of sociodemographic, lifestyle and health-related variables were associated with poor-quality diet: social class, education, marital status, social support, food poverty (FP), smoking status, alcohol consumption, underweight and self-perceived general health. [Read abstract](#) in Public Health Nutrition.

### **23.06.11: Changes in Diet and Lifestyle and Long-Term Weight Gain in Women and Men. (USA)**

Researchers have analysed changes in the diet and lifestyle habits of 120,877 people from three medical studies. Within each 4-year period, participants gained an average of 3.35 lb and weight change was most strongly associated with the intake of potato chips, potatoes, sugar-sweetened beverages, unprocessed red meat and processed meats.

[Read full report](#) in Food Politics.

### **23.06.11: Eat more nuts and fruit to 'help weight loss' - BBC News (UK)**

Eating larger portions of healthy food is more important than dieting when it comes to staying slim. Researchers found people who increased their intake of more high-fibre food like nuts, fruit, yoghurt and vegetables actually lost weight. [See news report](#).

### **20.07.11 Hiding vegetables to reduce energy density: an effective strategy to increase children's vegetable intake and reduce energy intake.**

This study concluded that The incorporation of substantial amounts of puréed vegetables to reduce the ED of foods is an effective strategy to increase the daily vegetable intake and decrease the energy intake in young children. [Read abstract](#) online.

### **21.07.11 Consumer Estimation of Recommended and Actual Calories at Fast Food Restaurants. (US)**

Study authors examined whether mandatory menu labeling influenced either consumers knowing how many calories they should be eating throughout the course of a day or that currently customers improperly estimate the number of calories in their fast food order. We find that approximately one-third of consumers properly estimate that the number of calories an adult should consume daily. Mandatory labeling in NYC did not change these findings. [Read abstract](#) online.

### **28.06.1: Fast food, other food choices and body mass index in teenagers in the United Kingdom: a structural equation modelling approach. (UK)**

This study examined the effect of Fast food outlet visits and food choices and the effect of Fast food exposure on consumption and BMI among adolescents. It found that adolescents who were exposed to more takeaway foods at home and ate more frequently at FF restaurants. They were associated with lower intakes of vegetables and raw fruit in this cohort. [Read abstract](#).

### **29.06.11: Snacking clue to obesity epidemic. BBC News (USA)**

Snacking and super sizing are two of the dieter's worst enemies, research suggests. Compared to a study a third of all adults - more than 72 million people - are now categorised as obese. [See news report](#).

### **08.07.11: Economic incentives to promote healthier food purchases: exploring acceptability and key factors for success.**

This study explores views of ethnically and socioeconomically diverse shoppers regarding acceptability of economic incentives to promote healthier food purchases, and factors likely to affect the success of such schemes. The single most important reported food purchasing influence was cost. [Read abstract](#) in Health Promotion International.

**November 2010: 'Traffic-light' nutrition labelling and 'junk-food' tax: a modelled comparison of cost-effectiveness for obesity prevention. (Australia)**

This study compares the cost-effectiveness of conservative scenarios for two commonly proposed policy-based interventions: front-of-pack 'traffic-light' nutrition labelling (traffic-light labelling) and a tax on unhealthy foods ('junk-food' tax). In conclusion policy-based population-wide interventions such as traffic-light nutrition labelling and taxes on unhealthy foods are likely to offer excellent 'value for money' as obesity prevention measures [Read abstract](#) in the International Journal of Obesity.

**[Physical Activity News](#)**

**12.07.11 Social support and the likelihood of maintaining and improving levels of physical activity: the Whitehall Study.**

This cohort study was conducted to investigate whether social support from the closest person was associated with leisure time physical activity (LTPA). Results suggest that emotional and practical support from the closest person may help the individual to maintain the recommended level of LTPA. [Full report](#) available from the European Journal of Public Health.

**August 2011: Examining children's physical activity and play behaviours during school playtime over time.**

The aim of this study was to investigate how children's physical activity levels, the size of their social group, play behaviours and social interactions changed over one academic year. The research found that children are highly physically active during school playtime. [Read abstract](#) in Health Education Research Advance

**April 2011: Objectively Measured Physical Activity and Sedentary Time in European Adolescents.**

The study comprised 2,200 European adolescents participating in the HELENA cross-sectional study. A higher proportion of boys (56.8% of boys vs. 27.5% of girls) met the physical activity recommendations of at least 60 minutes/day of MVPA. Adolescents spent most of the registered time in sedentary behaviors. [Read abstract](#) in American Journal of epidemiology.

**02.05.11: Physical Activity during Soccer and Its Contribution to Physical Activity Recommendations in Normal Weight and Overweight Children.**

This study examined anthropometric measurements in children before one 50 minute soccer match. It was found that organized sport such as soccer only meets a portion (~25%) of the 60 min of moderate to vigorous physical activity recommended. [Read abstract](#) in Pediatric Exercise Science.

**07.06.11: Longitudinal associations between cycling to school and weight status. (Netherlands)**

This study assessed the longitudinal association between cycling to school and weight status in two cities where cycling to school is common. Those who stopped cycling had greater odds of being overweight at follow up while those continued cycling had lower odds of being overweight. [Read abstract](#) in International Journal of Pediatric Obesity.

**08.06.11: Fitness Flip Flops: What's Behind This Sandal FAD? - BBC News**

In recent years the sales of footwear designed to help tone and trim your legs have sky rocketed. Makers say the sandals are designed to destabilise the foot slightly and force the legs to work harder by engaging muscles for a longer period of time with each step. This article looks at the science behind the fad. [Read article](#) in BBC News Magazine.

**10.06.11: Effectiveness of a Workplace Wellness Program for Maintaining Health and Promoting Healthy Behaviours.**

This study looks at the effectiveness of a worksite wellness program, in which 80% of employees in an agribusiness took part. Among those who lowered their BMI, significant decrease occurred in fat intake, and significant increase resulted in weekly aerobic exercise and feelings of calmness and peace and more physical energy. [Read early online](#) abstract in Journal of Occupational and Environmental Medicine.

**14.06.11: Prolonged TV watching 'raises diabetes risk'- BBC News**

Every additional two hours spent in front of the television each day raises the risk of diabetes by a fifth and risk of heart disease by 15%, reports BBC News. The report is based on findings from a meta analysis of cohort studies recently published in the Journal of the American Medical Association. [Read abstract](#) in JAMA. [Read News Report](#) from BBC News.

**30.06.11: Television Viewing and Obesity in 300 Women: Evaluation of the Pathways of Energy Intake and Physical Activity**

Researchers assessed the roles of energy intake and physical activity in the relationships among television (TV) viewing, body composition, and obesity using high-quality measurement methods. The results suggest a strong relationship between TV viewing and BF%. This association appears to be due, in part, to differences in total PA, particularly vigorous PA, but not time spent in sedentary activity, moderate activity, or energy intake. [Read report](#)

**16.06.11: The validity and reliability of sedentary behaviour measures used with children and adolescents-systematic review.**

This review evaluates the reliability and validity of methods used to assess the multiple components of sedentary behaviour (i.e. screen time, sitting, not moving and existing at low energy expenditure) in children and adolescents. [Read abstract](#) in Obesity Reviews.

**17.06.11: Physical Activity Levels of High School Students. (USA)**

To determine the proportion of U.S. youths who meet the Healthy People 2020 objectives, CDC analyzed data from the National Youth Physical Activity and Nutrition Study, a study conducted by CDC that included height and weight measurements and a survey that measured physical activity. [Read report](#) summarising results.

**06.07.11: Improving nutrition and physical activity in the workplace: a meta-analysis of intervention studies**

A comprehensive search of the literature for studies examining physical activity or nutrition interventions in the workplace, published between 1999 and March 2009, was conducted. This search identified 29 relevant studies. Most theoretical approaches were associated with small effects. However, large effects were found for some measures of interventions using motivation enhancement. [Read abstract](#) in Health Promotion International.

## Resources/Publications

### **Republic of Ireland: 2009 Perinatal Statistics (Published July 2011)**

This report showed that 45% of babies were exclusively breastfed at discharge from hospital, compared to 44% in 2005 and 38% in 2000. Breastfeeding was found to be more common than artificial feeding when mothers are aged 30 years and older. Infants born to mothers in Dublin reported the highest rate of breastfeeding. Mothers in a higher professional occupation recorded breastfeeding rates of over 63.3% compared to the lowest rate for unemployed mothers of whom only 27.4% breastfed. [Read online report.](#)

### **WHO database on nutrition, obesity and physical activity (NOPA Database)**

This WHO database compiles information for the WHO European Member States to monitor progress on nutrition, diet, physical activity and obesity. [See Database.](#)

### **WHO/Europe Health Economic Assessment Tool (HEAT) for cycling and walking.**

This tool allows you to conduct an economic assessment of the health benefits of walking or cycling. [See HEAT Tool.](#)

**England: Obesity in the UK: A psychological perspective:** This report, commissioned by the British Psychological Society, attempts to redress this with a cohesive approach between academic and applied work by producing a report on psychological approaches to obesity. [Read report.](#)

## Forthcoming Events

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