



Welcome to the latest issue of the weekly Obesity Knowledge Update from Public Health England. This bulletin highlights new research relating to obesity and its determinants.

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UK and Ireland

[Narrative review of reviews of preconception interventions to prevent an increased risk of obesity and non-communicable diseases in children.](#) Jacob CM, Newell ML, Hanson M. *Obes Rev.* 2019 Aug;20 Suppl 1:5-17. doi: 10.1111/obr.12769.

[Physical activity interventions in early life aimed at reducing later risk of obesity and related non-communicable diseases: A rapid review of systematic reviews.](#) Reilly JJ, Hughes AR, Gillespie J, Malden S, Martin A. *Obes Rev.* 2019 Aug;20 Suppl 1:61-73. doi: 10.1111/obr.12773.

['She's not obese, she's a normal 5-year-old and she keeps up with the other kids': families' reasons for not attending a family-based obesity management programme.](#) Povey RC, Cowap LJ, Scholtens K, Forshaw MJ. *Perspect Public Health.* 2019 Aug 14:1757913919868509. doi: 10.1177/1757913919868509.

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International

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[Fat rather than sugar diet leads to binge-type eating, anticipation, effort behavior and activation of the corticolimbic system.](#) Espitia-Bautista E, Escobar C. *Nutr Neurosci.* 2019 Aug 16:1-12. doi: 10.1080/1028415X.2019.1651104.

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Systematic reviews

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