



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.

If you do not wish to receive further Obesity Knowledge Updates, please [click here to unsubscribe](#). You will continue to receive other Obesity Intelligence emails (notification of new resources etc.).

- [UK and Ireland - 1](#)
- [International - 14](#)
- [Systematic reviews - 4](#)

UK and Ireland

['The hunger trap hypothesis': New horizons in understanding the control of food intake.](#)
Aytekin N, Godfri B, Cunliffe A. *Med Hypotheses*. 2019 Aug;129:109247. doi:
10.1016/j.mehy.2019.109247.

[\[back to top\]](#)

International

[Variations in Marginal Taste Perception by Body Mass Index Classification: A Randomized Controlled Trial.](#) Miller AC, Polgreen LA, Segre EM, Polgreen PM. *J Acad Nutr Diet*. 2019 Jul 25. pii: S2212-2672(18)31527-2. doi: 10.1016/j.jand.2019.05.018.

[Overcoming Inequities in Obesity: What Don't We Know That We Need to Know?](#)
Kumanyika S. *Health Educ Behav*. 2019 Aug 2:1090198119867319. doi:
10.1177/1090198119867319.

[Sugar-Containing Beverages Consumption and Obesity in Children Aged 4-5 Years in Spain: the INMA Study.](#) Gonzalez-Palacios S, Navarrete-Muñoz EM, García-de-la-Hera M, Torres-Collado L, Santa-Marina L, Amiano P, Lopez-Espinosa MJ, Tardon A, Riano-Galan I, Vrijheid M, Sunyer J, Vioque J. *Nutrients*. 2019 Aug 1;11(8). pii: E1772. doi:
10.3390/nu11081772.

[Sex, puberty, and ethnicity have a strong influence on growth and metabolic comorbidities in children and adolescents with obesity: Report on 1300 patients \(the Madrid Cohort\).](#) Martos-Moreno GÁ, Martínez-Villanueva J, González-Leal R, Chowen JA, Argente J. *Pediatr Obes*. 2019 Aug 2:e12565. doi: 10.1111/ijpo.12565.

[Impact of obesity on life expectancy among different European countries: secondary analysis of population-level data over the 1975-2012 period.](#) Vidra N, Trias-Llimós S, Janssen F. *BMJ Open*. 2019 Jul 31;9(7):e028086. doi: 10.1136/bmjopen-2018-028086.

[Design and methods of Shape Up Under 5: Integration of systems science and community-engaged research to prevent early childhood obesity.](#) Appel JM, Fullerton K, Hennessy E, Korn AR, Tovar A, Allender S, Hovmand PS, Kasman M, Swinburn BA, Hammond RA, Economos CD. *PLoS One*. 2019 Aug 1;14(8):e0220169. doi: 10.1371/journal.pone.0220169.

Frequency of school-based intervention needed to improve weight outcomes of Mexican-American adolescents with overweight or obesity: a randomized controlled trial. Arlinghaus KR, O'Connor DP, Johnston CA. *Pediatr Obes*. 2019 Aug 1:e12568. doi: 10.1111/ijpo.12568.

Effects of a before-school program on student physical activity levels. Cradock AL, Barrett JL, Taveras EM, Peabody S, Flax CN, Giles CM, Gortmaker SL. *Prev Med Rep*. 2019 Jul 3;15:100940. doi: 10.1016/j.pmedr.2019.100940.

Measuring Self-Esteem Changes in Children and Adolescents Affected by Overweight or Obesity: A Scoping Review of Instruments Currently Used in Multicomponent Weight-Management Interventions. Tirlea L, Bonham M, Dordevic A, Bristow C, Day K, Brennan L, Haines T, Murray M. *Child Obes*. 2019 Jul 31. doi: 10.1089/chi.2019.0058.

Impact of Year-Round and Traditional School Schedules on Summer Weight Gain and Fitness Loss. Brusseau TA, Burns RD, Fu Y, Weaver PhD RG. *Child Obes*. 2019 Jul 31. doi: 10.1089/chi.2019.0070.

Overlooked and Understudied: Health Consequences of Weight Stigma in Men. Himmelstein MS, Puhl RM, Quinn DM. *Obesity (Silver Spring)*. 2019 Jul 31. doi: 10.1002/oby.22599.

Reducing sugary drink intake through youth empowerment: results from a pilot-site randomized study. Wang ML, Otis M, Rosal MC, Griecchi CF, Lemon SC. *Int J Behav Nutr Phys Act*. 2019 Jul 30;16(1):58. doi: 10.1186/s12966-019-0819-0.

Social capital and physical health: An updated review of the literature for 2007-2018. Rodgers J, Valuev AV, Hswen Y, Subramanian SV. *Soc Sci Med*. 2019 Jul 8;236:112360. doi: 10.1016/j.socscimed.2019.112360.

The effect of sugar-sweetened beverage price increases and educational messages on beverage purchasing behavior among adults. Blake MR, Lancsar E, Peeters A, Backholer K. *Appetite*. 2018 Jul 1;126:156-162. doi: 10.1016/j.appet.2018.03.012.

[\[back to top\]](#)

Systematic reviews

Progress Evaluation for Transnational Restaurant Chains to Reformulate Products and Standardize Portions to Meet Healthy Dietary Guidelines and Reduce Obesity and Non-Communicable Disease Risks, 2000-2018: A Scoping and Systematic Review to Inform Policy. Kraak V, Rincón-Gallardo Patiño S, Renukuntla D, Kim E. *Int J Environ Res Public Health*. 2019 Jul 31;16(15). pii: E2732. doi: 10.3390/ijerph16152732.

Body mass index and risk of sick leave: A systematic review and meta-analysis. Amiri S, Behnezhad S. *Clin Obes*. 2019 Aug 1:e12334. doi: 10.1111/cob.12334.

Mindful eating and common diet programs lower body weight similarly: Systematic review and meta-analysis. Fuentes Artiles R, Staub K, Aldakak L, Eppenberger P, Rühli F, Bender N. *Obes Rev*. 2019 Aug 1. doi: 10.1111/obr.12918.

The effectiveness of app-based mobile interventions on nutrition behaviours and nutrition-related health outcomes: A systematic review and meta-analysis. Villinger K, Wahl DR, Boeing H, Schupp HT, Renner B. *Obes Rev*. 2019 Jul 28. doi: 10.1111/obr.12903.

[\[back to top\]](#)