



Public Health England

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

[What Change in Body Mass Index Is Required to Improve Cardiovascular Outcomes in Childhood and Adolescent Obesity through Lifestyle Interventions: A Meta-Regression.](#) El-Medany AYM, Birch L, Hunt LP, Matson RIB, Chong AHW, Beynon R, Hamilton-Shield J, Perry R. *Child Obes.* 2020 Aug 11. doi: 10.1089/chi.2019.0286.

[Cognitive and behavioural strategies employed to overcome "lapses" and prevent "relapse" among weight-loss maintainers and regainers: A qualitative study.](#) Lawlor ER, Hughes CA, Duschinsky R, Pountain GD, Hill AJ, Griffin SJ, Ahern AL. *Clin Obes.* 2020 Aug 7:e12395. doi: 10.1111/cob.12395.

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UK and Ireland: Research related to COVID-19

[Overweight, obesity, and risk of hospitalization for COVID-19: A community-based cohort study of adults in the United Kingdom.](#) Hamer M, Gale CR, Kivimäki M, Batty GD. *Proc Natl Acad Sci U S A.* 2020 Aug 11:202011086. doi: 10.1073/pnas.2011086117.

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International

[The Impact of Step Recommendations on Body Composition and Physical Activity Patterns in College Freshman Women: A Randomized Trial.](#) Bailey BW, Bartholomew CL, Summerhays C, Deru L, Compton S, Tucker LA, LeCheminant JD, Hicks J. *J Obes.* 2019 Dec 1;2019:4036825. doi: 10.1155/2019/4036825.

[Generating political commitment for ending malnutrition in all its forms: A system dynamics approach for strengthening nutrition actor networks.](#) Baker P, Brown AD, Wingrove K, Allender S, Walls H, Cullerton K, Lee A, Demaio A, Lawrence M. *Obes Rev.* 2019 Nov;20 Suppl 2:30-44. doi: 10.1111/obr.12871.

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International: Research related to COVID-19

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Systematic reviews

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