



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.

PHE is not responsible for the content of articles published by external organisations.

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 - 4](#)
- [International - 40](#)
- [Systematic reviews - 7](#)

UK and Ireland

[The Northumberland Exercise Referral Scheme as a Universal Community Weight Management Programme: A Mixed Methods Exploration of Outcomes, Expectations and Experiences across a Social Gradient.](#) Dodd-Reynolds CJ, Vallis D, Kasim A, Akhter N, Hanson CL. *Int J Environ Res Public Health*. 2020 Jul 23;17(15):E5297. doi: 10.3390/ijerph17155297.

[Distinguishing factors that influence attendance and behaviour change in family-based treatment of childhood obesity: A qualitative study.](#) Watson PM, Dugdill L, Pickering K, Hargreaves J, Staniford LJ, Owen S, Murphy RC, Knowles ZR, Johnson LJ, Cable NT. *Br J Health Psychol*. 2020 Jul 24. doi: 10.1111/bjhp.12456.

[Is There a Link between Different Types of Alcoholic Drinks and Obesity? An Analysis of 280,183 UK Biobank Participants.](#) Inan-Eroglu E, Powell L, Hamer M, O'Donovan G, Duncan MJ, Stamatakis E. *Int J Environ Res Public Health*. 2020 Jul 17;17(14):E5178. doi: 10.3390/ijerph17145178.

[Where Do Adolescents Eat Less-Healthy Foods? Correspondence Analysis and Logistic Regression Results from the UK National Diet and Nutrition Survey.](#) Palla L, Chapman A, Beh E, Pot G, Almiron-Roig E. *Nutrients*. 2020 Jul 27;12(8):E2235. doi: 10.3390/nu12082235.

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

International

[Development and Validation of a Self-Determination Theory-Based Measure of Motivation to Exercise and Diet in Children.](#) Pietrabissa G, Rossi A, Borrello M, Manzoni GM, Mannarini S, Castelnuovo G, Molinari E. *Front Psychol*. 2020 Jun 30;11:1299. doi: 10.3389/fpsyg.2020.01299.

Responsibility of Individuals and Stakeholders for Obesity and a Healthy Diet: Results From a German Survey. Bayer S, Drabsch T, Schauburger G, Hauner H, Holzapfel C. *Front Psychiatry*. 2020 Jul 3;11:616. doi: 10.3389/fpsy.2020.00616.

Obesity and metabolic outcomes in a safety-net health system. Huynh MP, Bradshaw PT, Tana MM, Rachocki C, Somsouk M. *Biodemography Soc Biol*. 2020 Jul-Sep;65(3):257-267. doi: 10.1080/19485565.2020.1765732.

Beyond sleep duration: Sleep timing as a risk factor for childhood obesity. Skjåkødegård HF, Danielsen YS, Frisk B, Hystad SW, Roelants M, Pallesen S, Conlon RPK, Wilfley DE, Juliusson PB. *Pediatr Obes*. 2020 Jul 29:e12698. doi: 10.1111/ijpo.12698.

Weight Loss after 12 Weeks of Exercise and/or Nutritional Guidance Is Not Obligatory for Induced Changes in Local Fat/Lean Mass Indexes in Adults with Excess of Adiposity. Ramírez-Vélez R, Izquierdo M, Castro-Astudillo K, Medrano-Mena C, Monroy-Díaz AL, Castellanos-Vega RDP, Triana-Reina HR, Correa-Rodríguez M. *Nutrients*. 2020 Jul 26;12(8):E2231. doi: 10.3390/nu12082231.

Obesity does not modulate men's eating behavior after a high intensity interval exercise session: an exercise trial. Terra CM, Botero JP, Antunes J, Haddock B, Malik N, Thivel D, Prado WL. *J Sports Med Phys Fitness*. 2020 Jul 23. doi: 10.23736/S0022-4707.20.11181-2.

A strength and neuromuscular exercise program did not improve body composition, nutrition and psychological status in children with obesity. Thajer A, Truschner K, Jorda A, Skacel G, Horsak B, Greber-Platzer S. *Acta Paediatr*. 2020 Jul 28. doi: 10.1111/apa.15498.

Children's, Parents' and Healthcare Professionals' Preferences for Weight-Based Terminology in Health Care. van Maarschalkerweerd PEA, Camfferman R, Seidell JC, Halberstadt J. *Health Commun*. 2020 Jul 28:1-5. doi: 10.1080/10410236.2020.1796282.

Reducing paediatric overweight and obesity through motivational interviewing: study protocol for a randomised controlled trial in the AAP PROS research network. Wright ME, Delacroix E, Sonnevile KR, Considine S, Proctor T, Steffes J, Harris D, Shone LP, Woo H, Vaughan R, Grundmeier RW, Fiks AG, Stockwell MS, Resnicow K. *BMJ Open*. 2020 Jul 28;10(7):e035720. doi: 10.1136/bmjopen-2019-035720.

Exploring Sex Differences in the Effectiveness of Telehealth-Based Health Coaching in Weight Management in an Employee Population. Johnson KE, Alencar MK, Miller B, Gutierrez E, Dionicio P. *Am J Health Promot*. 2020 Jul 27:890117120943363. doi: 10.1177/0890117120943363.

Assessing the user experience and usability of the PRECIOUS system: a randomized controlled trial in obese patients. Castellano-Tejedor C, Moreno J, Knittle K, Nurmi J, Ginchev T, Parramón G, Ciudin A, Ramos-Quiroga JA, Lusilla-Palacios P. *Inform Health Soc Care*. 2020 Jul 27:1-18. doi: 10.1080/17538157.2020.1776292.

Parental Factors Associated with Obesity in Korean Adolescents. Yoon HK, Kim GS, Kim S. *Int J Environ Res Public Health*. 2020 Jul 16;17(14):E5126. doi: 10.3390/ijerph17145126.

Long-term outcomes (2 and 3.5 years post-intervention) of the INFANT early childhood intervention to improve health behaviors and reduce obesity: cluster randomised controlled trial follow-up. Hesketh KD, Salmon J, McNaughton SA, Crawford D, Abbott G, Cameron AJ, LioRET S, Gold L, Downing KL, Campbell KJ. *Int J Behav Nutr Phys Act*. 2020 Jul 25;17(1):95. doi: 10.1186/s12966-020-00994-9.

Evaluation of Obesity Management Recorded in Electronic Clinical History: A Cohort Study. Trujillo-Garrido N, Bernal-Jiménez MÁ, Santi-Cano MJ. J Clin Med. 2020 Jul 23;9(8):E2345. doi: 10.3390/jcm9082345.

Kids in a Candy Store: An Objective Analysis of Children's Interactions with Food in Convenience Stores. McKerchar C, Smith M, Gage R, Williman J, Abel G, Lacey C, Ni Mhurchu C, Signal L. Nutrients. 2020 Jul 18;12(7):E2143. doi: 10.3390/nu12072143.

Feasibility of a social media-based weight loss intervention designed for low-SES adults. Cavallo DN, Martinez R, Webb Hooper M, Flocke S. Transl Behav Med. 2020 Jul 27;ibaa070. doi: 10.1093/tbm/ibaa070.

Lifestyle Intervention's Effect and Predictive Value on Weight Loss for University Employees. Wang E, Ahmed AH, Liu PJ, Richards EA. West J Nurs Res. 2020 Jul 27:193945920947004. doi: 10.1177/0193945920947004.

Validity assessment of self-reported weight and its correction process among Mexican adult women of reproductive age. Hernández-Barrera L, Trejo Valdivia B, Téllez-Rojo MM, Barquera S, Muñoz-Manrique C. PLoS One. 2020 Jul 29;15(7):e0235967. doi: 10.1371/journal.pone.0235967.

Predicting obesity reduction after implementing warning labels in Mexico: A modeling study. Basto-Abreu A, Torres-Alvarez R, Reyes-Sánchez F, González-Morales R, Canto-Osorio F, Colchero MA, Barquera S, Rivera JA, Barrientos-Gutierrez T. PLoS Med. 2020 Jul 28;17(7):e1003221. doi: 10.1371/journal.pmed.1003221.

Child neurobiology impacts success in family-based behavioral treatment for children with obesity. Schur EA, Melhorn SJ, Scholz K, De Leon MRB, Elfers CT, Rowland MG, Saelens BE, Roth CL. Int J Obes (Lond). 2020 Jul 26. doi: 10.1038/s41366-020-0644-1.

What Motivates Engagement in a Community-Based Behavior Change Strategy for Overweight Children? Enright G, Gyani A, Hyun K, Allman-Farinelli M, Innes-Hughes C, Chen L, Redfern J. Health Promot Pract. 2020 Jul 26:1524839920944859. doi: 10.1177/1524839920944859.

Nutrition knowledge is associated with greater weight loss in obese patients following a multidisciplinary rehabilitation program. Gilardini L, Canello R, Caffetto K, Cottafava R, Gironi I, Invitti C. Minerva Endocrinol. 2020 Jul 23. doi: 10.23736/S0391-1977.20.03212-5.

Negative feelings and behaviour are associated with low nutritional level, unhealthy lifestyle, and cardiometabolic risk factors in Chilean schoolchildren. Delgado Floody PA, Caamaño Navarrete F, Guzmán-Guzmán IP, Jerez Mayorga D, Cofré A, Alvarez Lepin CG. Nutr Hosp. 2020 Jul 28. doi: 10.20960/nh.03086.

The Role of District Wellness Policies in Encouraging Student Participation in the School Breakfast Program, United States. Leider J, Lin W, Piekarz-Porter E, Turner L, Chriqui JF. Nutrients. 2020 Jul 23;12(8):E2187. doi: 10.3390/nu12082187.

Changes to dietary and health outcomes following implementation of the 2012 updated US Department of Agriculture school nutrition standards: analysis using National Health and Nutrition Examination Survey, 2005-2016. Jia J, Moore LL, Cabral H, Hanchate A, LaRochelle MR. Public Health Nutr. 2020 Jul 29:1-9. doi: 10.1017/S1368980020001986.

Exploring dietary changes in an interdisciplinary intervention trial: Application of a dietary guidelines food composition database. Zozak K, Neale E, Tapsell L, Probst Y. *J Hum Nutr Diet*. 2020 Jul 29. doi: 10.1111/jhn.12790.

Obesity and food-related content aimed at children on YouTube. Castelló-Martínez A, Tur-Viñes V. *Clin Obes*. 2020 Jul 29:e12389. doi: 10.1111/cob.12389.

Healthy Body, Healthy Mind: A Mindset Intervention for Obese Youth. Orvidas K, Burnette JL, Schleider JL, Skelton JA, Moses M, Dunsmore JC. *J Genet Psychol*. 2020 Jul 31:1-15. doi: 10.1080/00221325.2020.1796573.

The Assessment of Supportive Accountability in Adults Seeking Obesity Treatment: Psychometric Validation Study. Chhabria K, Ross KM, Sacco SJ, Leahey TM. *J Med Internet Res*. 2020 Jul 28;22(7):e17967. doi: 10.2196/17967.

Economic hardship and child intake of foods high in saturated fats and added sugars: the mediating role of parenting stress among high-risk families. Schuler BR, Daundasekara SS, Hernandez DC, Dumenci L, Clark M, Fisher JO, Miller AL. *Public Health Nutr*. 2020 Jul 27:1-12. doi: 10.1017/S1368980020001366.

A Health Game Targeting Children's Implicit Attitudes and Snack Choices. Alblas EE, Folkvord F, Anschütz DJ, Van't Riet J, Ketelaar P, Buijzen M. *Games Health J*. 2020 Jul 28. doi: 10.1089/g4h.2019.0103.

Shaping the Body Politic: Mass Media Fat-Shaming Affects Implicit Anti-Fat Attitudes. Ravary A, Baldwin MW, Bartz JA. *Pers Soc Psychol Bull*. 2019 Nov;45(11):1580-1589. doi: 10.1177/0146167219838550.

Do Parent-Child Dyads with Excessive Body Mass Differ from Dyads with Normal Body Mass in Perceptions of Obesogenic Environment? Zarychta K, Banik A, Kulis E, Boberska M, Radtke T, Chan CKY, Lobczowska K, Luszczynska A. *Nutrients*. 2020 Jul 19;12(7):E2149. doi: 10.3390/nu12072149.

Local government retail incentives for healthier food retailers in the USA, 2014. Lange SJ, Moore LV, Galuska DA. *Public Health Nutr*. 2019 Sep;22(13):2521-2529. doi: 10.1017/S1368980019000983.

Assessing Life Stress: A Critical Priority in Obesity Research and Treatment. Valderhaug TG, Slavich GM. *Obesity (Silver Spring)*. 2020 Jul 29. doi: 10.1002/oby.22911.

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

International: Research related to COVID-19

Characteristics and risk factors for COVID-19 diagnosis and adverse outcomes in Mexico: an analysis of 89,756 laboratory-confirmed COVID-19 cases. Giannouchos TV, Sussman RA, Mier JM, Poulas K, Farsalinos K. *Eur Respir J*. 2020 Jul 30:2002144. doi: 10.1183/13993003.02144-2020.

Visceral fat shows the strongest association with the need of intensive Care in Patients with COVID-19. Watanabe M, Caruso D, Tuccinardi D, Risi R, Zerunian M, Polici M, Pucciarelli F, Tarallo M, Strigari L, Manfrini S, Mariani S, Basciani S, Lubrano C, Laghi A, Gnessi L. *Metabolism*. 2020 Jul 23:154319. doi: 10.1016/j.metabol.2020.154319.

Positive and Negative Changes in Food Habits, Physical Activity Patterns, and Weight Status during COVID-19 Confinement: Associated Factors in the Chilean Population. Reyes-Olavarría D, Latorre-Román PÁ, Guzmán-Guzmán IP, Jerez-Mayorga D, Caamaño-Navarrete F, Delgado-Floody P. *Int J Environ Res Public Health*. 2020 Jul 28;17(15):E5431. doi: 10.3390/ijerph17155431.

The impact of obesity on COVID-19 complications: a retrospective cohort study.

Nakeshbandi M, Maini R, Daniel P, Rosengarten S, Parmar P, Wilson C, Kim JM, Oommen A, Mecklenburg M, Salvani J, Joseph MA, Breitman I. *Int J Obes (Lond)*. 2020 Jul 25:1-6. doi: 10.1038/s41366-020-0648-x.

In Young Adults with COVID-19, Obesity Is Associated with Adverse Outcomes. Steinberg E, Wright E, Kushner B. *West J Emerg Med*. 2020 Jun 15;21(4):752-755. doi: 10.5811/westjem.2020.5.47972.

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

Systematic reviews

Family-Centered Interventions for Treatment and Prevention of Childhood Obesity in Hispanic Families: A Systematic Review. Tamayo MC, Dobbs PD, Pincu Y. *J Community Health*. 2020 Jul 30. doi: 10.1007/s10900-020-00897-7.

Effects of Lifestyle Modification Interventions to Prevent and Manage Child and Adolescent Obesity: A Systematic Review and Meta-Analysis. Salam RA, Padhani ZA, Das JK, Shaikh AY, Hoodbhoy Z, Jeelani SM, Lassi ZS, Bhutta ZA. *Nutrients*. 2020 Jul 24;12(8):E2208. doi: 10.3390/nu12082208.

Effectiveness of gender-targeted versus gender-neutral interventions aimed at improving dietary intake, physical activity and/or overweight/obesity in young adults (aged 17-35 years): a systematic review and meta-analysis. Sharkey T, Whatnall MC, Hutchesson MJ, Haslam RL, Bezzina A, Collins CE, Ashton LM. *Nutr J*. 2020 Jul 30;19(1):78. doi: 10.1186/s12937-020-00594-0.

Barriers and facilitators of successful weight loss during participation in behavioural weight management programmes: a protocol for a systematic review. Thomson M, Martin A, Logue J, Wells V, Simpson SA. *Syst Rev*. 2020 Jul 30;9(1):168. doi: 10.1186/s13643-020-01427-1.

Digital Behavior Change Interventions for Younger Children With Chronic Health Conditions: Systematic Review. Brigden A, Anderson E, Linney C, Morris R, Parslow R, Serafimova T, Smith L, Briggs E, Loades M, Crawley E. *J Med Internet Res*. 2020 Jul 31;22(7):e16924. doi: 10.2196/16924.

Effectiveness of lifestyle interventions in preventing harmful weight gain among adolescents: A systematic review of systematic reviews. Hayba N, Rissel C, Allman Farinelli M. *Obes Rev*. 2020 Jul 28. doi: 10.1111/obr.13109.

The performance of anthropometric tools to determine obesity: a systematic review and meta-analysis. Sommer I, Teufer B, Szelag M, Nussbaumer-Streit B, Titscher V, Klerings I, Gartlehner G. *Sci Rep*. 2020 Jul 29;10(1):12699. doi: 10.1038/s41598-020-69498-7.

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