



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

[User Experiences of a Smartphone-Based Attentive Eating App and Their Association With Diet and Weight Loss Outcomes: Thematic and Exploratory Analyses From a Randomized Controlled Trial.](#) Whitelock V, Kersbergen I, Higgs S, Aveyard P, Halford JC, Robinson E. JMIR Mhealth Uhealth. 2020 Oct 2;8(10):e16780. doi: 10.2196/16780.

[A critical review of national physical activity policies relating to children and young people in England.](#) Chalkley A, Milton K. J Sport Health Sci. 2020 Sep 30:S2095-2546(20)30129-0. doi: 10.1016/j.jshs.2020.09.010.

[Sociodemographic profiles, educational attainment and physical activity associated with The Daily Mile™ registration in primary schools in England: a national cross-sectional linkage study.](#) Venkatraman T, Honeyford K, Costelloe CE, Bina R, M F van Sluijs E, Viner RM, Saxena S. J Epidemiol Community Health. 2020 Oct 1;jech-2020-214203. doi: 10.1136/jech-2020-214203.

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[The obesity treatment dilemma: Why dieting is both the answer and the problem? A mechanistic overview.](#) Monnier L, Schlienger JL, Colette C, Bonnet F. Diabetes Metab. 2020 Sep 28:S1262-3636(20)30127-0. doi: 10.1016/j.diabet.2020.09.002.

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International: Research related to COVID-19

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