



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 - 0](#)
- [International - 35](#)
- [Systematic reviews - 5](#)

UK and Ireland

No papers identified in this week's search.

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

International

[A staged approach to address youth unresponsive to initial obesity intervention: a randomized clinical trial.](#) Arlinghaus KR, O'Connor DP, Ledoux TA, Hughes SO, Johnston CA. *Int J Obes (Lond)*. 2021 Aug 20:1-6. doi: 10.1038/s41366-021-00940-0.

[Is There a Role for Self-Referral in Pediatric Weight Management?](#) McGeown L, Ball GDC, Mushquash AR. *Child Obes*. 2021 Aug 19. doi: 10.1089/chi.2021.0161.

[Mealtime Environment and Feeding Practices in Urban Family Child Care Homes in the United States.](#) Francis L, Perrin N, Black MM, Allen JK. *Child Obes*. 2021 Aug 19. doi: 10.1089/chi.2021.0042.

[Patient Retention in Pediatric Weight Management Programs in the United States: Analyses of Data from the Pediatrics Obesity Weight Evaluation Registry.](#) Skinner AC, Xu H, Christison A, Neshteruk C, Cuda S, Santos M, Yee JK, Thomas L, King E, Kirk S; POWER Work Group. *Child Obes*. 2021 Aug 20. doi: 10.1089/chi.2021.0092.

[BestFIT Sequential Multiple Assignment Randomized Trial Results: A SMART Approach to Developing Individualized Weight Loss Treatment Sequences.](#) Sherwood NE, Crain AL, Seburg EM, Butryn ML, Forman EM, Crane MM, Levy RL, Kunin-Batson AS, Jeffery RW. *Ann Behav Med*. 2021 Aug 20:kaab061. doi: 10.1093/abm/kaab061.

[Between-country analysis of implementing an obesity prevention intervention using RE-AIM: HENRY in Israel and UK.](#) Rudolf MCJ, Bord S, Hasson R, Sahar Y, Rubin L, Manor N, Paldi Y, Baron-Epel O. *Health Promot Int*. 2021 Aug 20:daab119. doi: 10.1093/heapro/daab119.

Healthy for My Baby Research Protocol- a Randomized Controlled Trial Assessing a Preconception Intervention to Improve the Lifestyle of Overweight Women and Their Partners. Hardy I, Lloyd A, Morisset AS, Camirand Lemyre F, Baillargeon JP, Fraser WD. *Front Public Health*. 2021 Aug 3;9:670304. doi: 10.3389/fpubh.2021.670304

Weight Loss Interventions for Adolescents With Intellectual Disabilities: An RCT. Ptomey LT, Washburn RA, Goetz JR, Sullivan DK, Gibson CA, Mayo MS, Krebill R, Gorczyca AM, Montgomery RN, Honas JJ, Helsel BC, Donnelly JE. *Pediatrics*. 2021 Aug 19:e2021050261. doi: 10.1542/peds.2021-050261.

Food and beverage industry interference in science and policy: efforts to block soda tax implementation in Mexico and prevent international diffusion. Pedroza-Tobias A, Crosbie E, Mialon M, Carriedo A, Schmidt LA. *BMJ Glob Health*. 2021 Aug;6(8):e005662. doi: 10.1136/bmjgh-2021-005662.

Monitoring changes in community support for policies on obesity prevention. Watson WL, Sarich P, Hughes C, Dessaix A. *Aust N Z J Public Health*. 2021 Aug 19. doi: 10.1111/1753-6405.13153.

Child and family predictors of relative weight change in a low-income, school-based weight management intervention. Hayes JF, Fowler LA, Balantekin KN, Rotman SA, Altman M, Wilfley DE. *Fam Syst Health*. 2021 Jun;39(2):316-326. doi: 10.1037/fsh0000586.

International Exercise Recommendations in Older Adults (ICFSR): Expert Consensus Guidelines. Izquierdo M, Merchant RA, Morley JE, Anker SD, Aprahamian I, Arai H, Aubertin-Leheudre M, Bernabei R, Cadore EL, Cesari M, Chen LK, de Souto Barreto P, Duque G, Ferrucci L, Fielding RA, García-Hermoso A, Gutiérrez-Robledo LM, Harridge SDR, Kirk B, Kritchevsky S, Landi F, Lazarus N, Martin FC, Marzetti E, Pahor M, Ramírez-Vélez R, Rodríguez-Mañas L, Rolland Y, Ruiz JG, Theou O, Villareal DT, Waters DL, Won Won C, Woo J, Vellas B, Fiatarone Singh M. *J Nutr Health Aging*. 2021;25(7):824-853. doi: 10.1007/s12603-021-1665-8.

Endocrine-disrupting chemicals and obesity risk: A review of recommendations for obesity prevention policies. Lobstein T, Brownell KD. *Obes Rev*. 2021 Aug 18. doi: 10.1111/obr.13332.

Added sugars mediate the relation between pre-pregnancy BMI and infant rapid weight gain: a preliminary study. Burgess B, Morris KS, Faith MS, Paluch RA, Kong KL. *Int J Obes (Lond)*. 2021 Aug 18. doi: 10.1038/s41366-021-00936-w.

The effect of height on estimates of the change in BMI-based prevalence of childhood obesity. Telford RD, Olds TS, Telford RM, Cunningham RB. *Int J Obes (Lond)*. 2021 Aug 18. doi: 10.1038/s41366-021-00916-0.

Is the development of obesogenic food environments a self-reinforcing process? Evidence from soft drink consumption. Ferretti F, Mariani M, Sarti E. *Global Health*. 2021 Aug 18;17(1):91. doi: 10.1186/s12992-021-00735-y.

Mobile health assisted self-monitoring is acceptable for supporting weight loss in rural men: a pragmatic randomized controlled feasibility trial. Eisenhauer CM, Brito F, Kupzyk K, Yoder A, Almeida F, Beller RJ, Miller J, Hageman PA. *BMC Public Health*. 2021 Aug 18;21(1):1568. doi: 10.1186/s12889-021-11618-7.

Facilitators and barriers to behaviour change within a lifestyle program for women with obesity to prevent excess gestational weight gain: a mixed methods evaluation. Goldstein RF, Boyle JA, Lo C, Teede HJ, Harrison CL. BMC Pregnancy Childbirth. 2021 Aug 18;21(1):569. doi: 10.1186/s12884-021-04034-7.

Approach to Obesity in the Older Population. Buch A, Marcus Y, Shefer G, Zimmet P, Stern N. J Clin Endocrinol Metab. 2021 Aug 18;106(9):2788-2805. doi: 10.1210/clinem/dgab359.

How are health, nutrition, and physical activity discussed in international guidelines and standards for children in care? A narrative review. Green Née Cox R, Bergmeier H, Chung A, Skouteris H. Nutr Rev. 2021 Aug 18:nuab056. doi: 10.1093/nutrit/nuab056.

Objectively measured physical activity and sedentary time in children with overweight, obesity and morbid obesity: a cross-sectional analysis. Ten Velde G, Plasqui G, Dorenbos E, Winkens B, Vreugdenhil A. BMC Public Health. 2021 Aug 17;21(1):1558. doi: 10.1186/s12889-021-11555-5.

Obesity Hurts: The why and how of Integrating Weight Reduction with Chronic Pain Management. Malfliet A, Marnef AQ, Nijs J, Clarys P, Huybrechts I, Elma Ö, Tumkaya SY, Deliens T. Phys Ther. 2021 Aug 14:pzab198. doi: 10.1093/ptj/pzab198.

Waist circumference and waist-to-height ratio in 7-year-old children-WHO Childhood Obesity Surveillance Initiative. Taxová Braunerová R, Kunešová M, Heinen MM, Rutter H, Hassapidou M, Duleva V, Pudule I, Petrauskienė A, Sjöberg A, Lissner L, Spiroski I, Gutiérrez-González E, Kelleher CC, Bergh IH, Metelcová T, Vignerová J, Brabec M, Buoncristiano M, Williams J, Simmonds P, Zamrazilová H, Hainer V, Yngve A, Rakovac I, Breda J. Obes Rev. 2021 Aug 17:e13208. doi: 10.1111/obr.13208.

Food insecurity is associated with higher food responsiveness in low-income children: The moderating role of parent stress and family functioning. Eagleton SG, Na M, Savage JS. Pediatr Obes. 2021 Aug 16:e12837. doi: 10.1111/ijpo.12837.

The Families Improving Health Together (FIT) Program: Initial evaluation of retention and research in a multispecialty clinic for children with obesity. Rosenbaum M, Garofano R, Liimatta K, McArthur K, Paul E, Starc T, Sopher AB, Thaker V, Baidal JW. Obes Sci Pract. 2021 Mar 23;7(4):357-367. doi: 10.1002/osp4.498.

Sequential diets and weight loss: Including a low-carbohydrate high-fat diet with and without time-restricted feeding. Christensen RAG, High S, Wharton S, Kamran E, Delehossainzadeh M, Fung M, Kuk JL. Nutrition. 2021 Jun 24;91-92:111393. doi: 10.1016/j.nut.2021.111393.

Comparing two different family-based childhood obesity treatment programmes in a medically underserved region: Effectiveness, engagement and implementation outcomes from a randomized controlled trial. Zoellner JM, You W, Hill JL, Brock DP, Yuhas M, Price B, Wilson J, Montague DR, Estabrooks PA. Pediatr Obes. 2021 Aug 15:e12840. doi: 10.1111/ijpo.12840.

The role of midwives and obstetrical nurses in the promotion of healthy lifestyle during pregnancy. Bahri Khomami M, Walker R, Kilpatrick M, de Jersey S, Skouteris H, Moran LJ. Ther Adv Reprod Health. 2021 Aug 6;15:26334941211031866. doi: 10.1177/26334941211031866.

"Context, Please?" The Effects of Appearance- and Health-Frames and Media Context on Body-Related Outcomes. Binder A, Noetzel S, Spielvogel I, Matthes J. *Front Public Health*. 2021 Jul 30;9:637354. doi: 10.3389/fpubh.2021.637354.

Development, implementation and participant evaluation of combining text messaging and peer group support in a weight management programme for African-American women. Lee S, Lindquist R, Schorr E, Chi CL, Treat-Jacobson DJ. *J Res Nurs*. 2020 Aug;25(5):475-491. doi: 10.1177/1744987120916509.

Long-term weight gain in obese COPD patients participating in a disease management program: a risk factor for reduced health-related quality of life. Huber MB, Schneider N, Kirsch F, Schwarzkopf L, Schramm A, Leidl R. *Respir Res*. 2021 Aug 14;22(1):226. doi: 10.1186/s12931-021-01787-9.

Examining commonly used perceived and objective measures of fruit and vegetable access in low-income populations and their association with consumption. Haynes-Maslow L, McGuirt J, Trippichio G, Armstrong-Brown J, Ammerman AS, Leone LA. *Transl Behav Med*. 2020 Dec 31;10(6):1342-1349. doi: 10.1093/tbm/ibaa077.

Developing the Active Communities Tool to Implement the Community Guide's Built Environment Recommendation for Increasing Physical Activity. Evenson KR, Porter AK, Day KL, McPhillips-Tangum C, Harris KE, Kochtitzky CS, Bors P. *Prev Chronic Dis*. 2020 Nov 12;17:E142. doi: 10.5888/pcd17.200118.

Short-term weight trajectories and long-term weight outcomes from a lifestyle intervention in real-world clinical practice. Romanelli RJ, Sudat S, Huang Q, Ma J, Venditti EM, Greenwood DA, Pressman AR, Azar KMJ. *Transl Behav Med*. 2020 Dec 31;10(6):1458-1471. doi: 10.1093/tbm/ibz118.

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

International: Research related to COVID-19

Impact of the COVID-19 pandemic on elementary schoolers' physical activity, sleep, screen time and diet: A quasi-experimental interrupted time series study. Burkart S, Parker H, Weaver RG, Beets MW, Jones A, Adams EL, Chaput JP, Armstrong B. *Pediatr Obes*. 2021 Aug 18:e12846. doi: 10.1111/ijpo.12846.

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

Systematic reviews

A systematic review of the use of dietary self-monitoring in behavioral weight-loss interventions: delivery, intensity and effectiveness. Raber M, Liao Y, Rara A, Schembre SM, Krause KJ, Strong L, Daniel-MacDougall C, Basen-Engquist K. *Public Health Nutr*. 2021 Aug 20:1-85. doi: 10.1017/S136898002100358X.

Association between characteristics of behavioural weight loss programmes and weight change after programme end: systematic review and meta-analysis. Hartmann-Boyce J, Theodoulou A, Oke JL, Butler AR, Scarborough P, Bastounis A, Dunnigan A, Byadya R, Hobbs FDR, Sniehotta FF, Jebb SA, Aveyard P. *BMJ*. 2021 Aug 17;374:n1840. doi: 10.1136/bmj.n1840.

The lived experience of patients with obesity: A systematic review and qualitative synthesis. Farrell E, Hollmann E, le Roux CW, Bustillo M, Nadglowski J, McGillicuddy D. *Obes Rev*. 2021 Aug 16. doi: 10.1111/obr.13334.

Do associations between education and obesity vary depending on the measure of obesity used? A systematic literature review and meta-analysis. Witkam R, Gwinnutt JM, Humphreys J, Gandrup J, Cooper R, Verstappen SMM. SSM Popul Health. 2021 Jul 29;15:100884. doi: 10.1016/j.ssmph.2021.100884.

Conceptualizing the commercial determinants of dietary behaviors associated with obesity: A systematic review using principles from critical interpretative synthesis. Chavez-Ugalde Y, Jago R, Toumpakari Z, Egan M, Cummins S, White M, Hulls P, De Vocht F. Obes Sci Pract. 2021 Apr 5;7(4):473-486. doi: 10.1002/osp4.507.

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