



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

[Alcohol drinking in one's thirties and forties is associated with body mass index in men, but not in women: A longitudinal analysis of the 1970 British Cohort Study.](#) O'Donovan G, Inan-Eroglu E, Stamatakis E, Hamer M. *Prev Med.* 2021 Sep 21:106811. doi: 10.1016/j.ypmed.2021.106811.

[Parental experiences of adopting healthy lifestyles for children with disabilities living with overweight and obesity.](#) Peña CM, Payne A. *Disabil Health J.* 2021 Sep 15:101215. doi: 10.1016/j.dhjo.2021.101215.

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### ***UK and Ireland: Research related to COVID-19***

[Sarcopenic obesity and the risk of hospitalization or death from coronavirus disease 2019: findings from UK Biobank.](#) Wilkinson TJ, Yates T, Baker LA, Zaccardi F, Smith AC. *JCSM Rapid Commun.* 2021 Jul 3:10.1002/rco2.47. doi: 10.1002/rco2.47.

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## International

[Aging, obesity, sarcopenia and the effect of diet and exercise intervention.](#) Colleluori G, Villareal DT. *Exp Gerontol.* 2021 Sep 22:111561. doi: 10.1016/j.exger.2021.111561.

[Should physical activity calorie equivalent \(PACE\) labelling be introduced on food labels and menus to reduce excessive calorie consumption? Issues and opportunities.](#) Daley AJ, Bleich SN. *Prev Med.* 2021 Sep 22:106813. doi: 10.1016/j.ypmed.2021.106813.

[Dynamic associations between anxiety, stress, physical activity, and eating regulation over the course of a behavioral weight loss intervention.](#) Smith KE, Mason TB, Wang WL, Schumacher LM, Pellegrini CA, Goldschmidt AB, Unick JL. *Appetite.* 2021 Sep 21;168:105706. doi: 10.1016/j.appet.2021.105706.

**Parenting Stress, Child Weight-Related Behaviors, and Child Weight Status.** White MJ, Schechter JC, Neely B, Reyes C, Maguire RL, Perrin EM, Ksinan AJ, Kollins SH, Fuemmeler BF. *Child Obes.* 2021 Sep 24. doi: 10.1089/chi.2021.0098.

**A web-based intervention is feasible for supporting weight loss and increased activity in rural women with arthritis.** Hageman PA, Eisenhauer C, Mroz JE, Johnson Beller R. *J Public Health Res.* 2021 Sep 24. doi: 10.4081/jphr.2021.2164.

**Anthropometric models to estimate fat mass at 3 days, 15 and 54 weeks.** Gopalakrishnamoorthy M, Whyte K, Horowitz M, Widen E, Toro-Ramos T, Johnson J, Gidwani S, Paley C, Rosenn B, Lin S, Thornton J, Pi-Sunyer X, Gallagher D. *Pediatr Obes.* 2021 Sep 24:e12855. doi: 10.1111/ijpo.12855.

**Parents' perception of health promotion: What do parents think of a healthy lifestyle in parenting and the impact of the school environment? A qualitative research in the Netherlands.** Kone J, Bartels IM, Valkenburg-van Roon AA, Visscher TLS. *J Pediatr Nurs.* 2021 Sep 20:S0882-5963(21)00273-6. doi: 10.1016/j.pedn.2021.09.005.

**Evaluating the efficacy of mindfulness and acceptance-based treatment components for weight loss: Protocol for a multiphase optimization strategy trial.** Forman EM, Chwyl C, Berry MP, Taylor LC, Butryn ML, Coffman DL, Juarascio A, Manasse SM. *Contemp Clin Trials.* 2021 Sep 20:106573. doi: 10.1016/j.cct.2021.106573.

**Parenting and childhood obesity: Validation of a new questionnaire and evaluation of treatment effects during the preschool years.** Somaraki M, Ek A, Eli K, Ljung S, Mildton V, Sandvik P, Nowicka P. *PLoS One.* 2021 Sep 23;16(9):e0257187. doi: 10.1371/journal.pone.0257187.

**Nutritional management of type 2 diabetes in subjects with obesity: an international guideline for clinical practice.** Barrea L, Vetrani C, Caprio M, El Ghoch M, Frias-Toral E, Mehta RJ, Mendez V, Moriconi E, Paschou SA, Pazderska A, Savastano S, Colao A, Muscogiuri G. *Crit Rev Food Sci Nutr.* 2021 Sep 23:1-13. doi: 10.1080/10408398.2021.1980766.

**Changes of body composition among university students depending on the consumption frequency of selected bakery products.** Gažarová M, Mečiarová L, Meňhartová S, Bihari M. *Rocz Panstw Zakl Hig.* 2021;72(3):281-290. doi: 10.32394/rpzh.2021.0167.

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**Relationship between impulsivity, uncontrolled eating and body mass index: a hierarchical model.** Garcia-Garcia I, Neseliler S, Morys F, Dadar M, Yau YHC, Scala SG, Zeighami Y, Sun N, Collins DL, Vainik U, Dagher A. *Int J Obes (Lond).* 2021 Sep 22. doi: 10.1038/s41366-021-00966-4.

**Waitlist management in a pediatric weight management clinic: implementing an orientation session.** Smith WA, Gray E, Jones TL, Han JC, Burton ET. *BMC Pediatr.* 2021 Sep 22;21(1):416. doi: 10.1186/s12887-021-02868-w.

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**Patterns of Screen Time Parenting Practices among Parent-Adolescent Dyads Who**

Participated in a Cross-Sectional Internet-Based Study. Thomson JL, Landry AS, Walls TI. *Child Obes.* 2021 Sep 21. doi: 10.1089/chi.2021.0117.

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Patterns of weight change in a weight gain prevention study for young adults. Hayes JF, Tate DF, Espeland MA, LaRose JG, Gorin AA, Lewis CE, Jelalian E, Bahnson J, Wing RR; Study of Novel Approaches to Weight Gain Prevention (SNAP) Research Group. *Obesity (Silver Spring)*. 2021 Sep 21. doi: 10.1002/oby.23268.

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Cost effectiveness of a controlled lifestyle intervention for pregnant women with obesity. Gyllensten H, Haby K, Berg M, Premberg Å. *BMC Pregnancy Childbirth.* 2021 Sep 21;21(1):639. doi: 10.1186/s12884-021-04098-5.

When in America, do as the Americans? The evolution of health behaviors and outcomes across immigrant cohorts. Barbieri PN, Nguyen HM. *Econ Hum Biol.* 2021 Sep 14;43:101063. doi: 10.1016/j.ehb.2021.101063.

Three Healthy Eating Patterns and Cardiovascular Disease Risk Markers in 9 to 18 Year Olds With Body Mass Index >95%: A Randomized Trial. Macknin M, Stegmeier N, Thomas A, Worley S, Li L, Hazen SL, Tang WHW. *Clin Pediatr (Phila)*. 2021 Sep 21:99228211044841. doi: 10.1177/00099228211044841.

Tackling the challenge of treating obesity using design research methods: A scoping review. Elliott A, Lang S, Truby H, Brennan L, Gibson S. *Obes Rev.* 2021 Sep 20. doi: 10.1111/obr.13360.

Perspective: Opportunities and Challenges of Technology Tools in Dietary and Activity Assessment: Bridging Stakeholder Viewpoints. Das SK, Miki AJ, Blanchard CM, Sazonov E, Gilhooly CH, Dey S, Wolk CB, Khoo CSH, Hill JO, Shook RP. *Adv Nutr.* 2021 Sep 20:nab103. doi: 10.1093/advances/nab103.

Costing recommended (healthy) and current (unhealthy) diets in urban and inner regional areas of Australia using remote price collection methods. Zorbas C, Brooks R, Bennett R, Lee A, Marshall J, Naughton S, Lewis M, Peeters A, Backholer K. *Public Health Nutr.* 2021 Sep 21:1-26. doi: 10.1017/S1368980021004006.

The role of the nurse in the obesity clinic: a practical guideline. Barrea L, Framondi L, Di Matteo R, Verde L, Vetrani C, Graziadio C, Pugliese G, Laudisio D, Vitale G, Iannicelli A, Savastano S, Colao A, Muscogiuri G. *Panminerva Med.* 2021 Sep 21. doi: 10.23736/S0031-0808.21.04540-7.

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KP, Cheskin L, Hurley K, Hopkins L, Gittelsohn J. J Hunger Environ Nutr. 2021;16(2):213-234. doi: 10.1080/19320248.2019.1649777.

**Collaborating With Parks and Recreation Departments to Address Youth Health.** Risicky D, MacGregor J. Health Promot Pract. 2021 Sep 18:15248399211036709. doi: 10.1177/15248399211036709.

**Weight-Loss Strategies for Prevention and Treatment of Hypertension: A Scientific Statement From the American Heart Association.** Hall ME, Cohen JB, Ard JD, Egan BM, Hall JE, Lavie CJ, Ma J, Ndumele CE, Schauer PR, Shimbo D; American Heart Association Council on Hypertension; Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Lifestyle and Cardiometabolic Health; and Stroke Council. Hypertension. 2021 Sep 20:HYP000000000000202. doi: 10.1161/HYP.000000000000202.

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**Bittersweet: How prices of sugar-rich foods contribute to the diet-related disease epidemic in Mexico.** Gračner T. J Health Econ. 2021 Jul 19;80:102506. doi: 10.1016/j.jhealeco.2021.102506.

**Do fit kids have fit parents?** Colley RC, Clarke J, Doyon CY, Janssen I, Lang JJ, Timmons BW, Tremblay MS. Health Rep. 2021 Jan 20;32(1):3-12. doi: 10.25318/82-003-x202100100001-eng.

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### ***International: Research related to COVID-19***

**Age- and weight group-specific weight gain patterns in children and adolescents during the 15 years before and during the COVID-19 pandemic.** Vogel M, Geserick M, Gausche R, Beger C, Poulain T, Meigen C, Körner A, Keller E, Kiess W, Pfäffle R. Int J Obes (Lond). 2021 Sep 23:1-9. doi: 10.1038/s41366-021-00968-2.

**Improving lifestyle obesity treatment during the COVID-19 pandemic and beyond: New challenges for weight management.** Caldwell AE, Thomas EA, Rynders C, Holliman BD, Ferreira C, Ostendorf DM, Catenacci VA. Obes Sci Pract. 2021 Jul 1:10.1002/osp4.540. doi: 10.1002/osp4.540.

**Success and failures of telehealth during COVID-19 should inform digital applications to combat obesity.** Vasselli JR, Juray S, Trasino SE. Obes Sci Pract. 2021 Aug 19:10.1002/osp4.551. doi: 10.1002/osp4.551.

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## **Systematic reviews**

No papers identified in this week's search.

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