



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 - 3](#)
- [International - 33](#)
- [Systematic reviews - 9](#)

UK and Ireland

[Early childhood weight gain: Latent patterns and body composition outcomes.](#) Norris T, Mansukoski L, Gilthorpe MS, Hamer M, Hardy R, Howe LD, Li L, Ong KK, Ploubidis GB, Viner RM, Johnson W. *Paediatr Perinat Epidemiol.* 2021 May 7. doi: 10.1111/ppe.12754.

[Obese societies: Reconceptualising the challenge for public health.](#) Blue S, Shove E, Kelly MP. *Sociol Health Illn.* 2021 May 8. doi: 10.1111/1467-9566.13275.

[Risk factors for non-communicable diseases related to obesity among first- and second-generation Bangladeshi migrants living in north-east or south-east England.](#) Akhter N, Begum K, Nahar P, Cooper G, Vallis D, Kasim A, Bentley GR. *Int J Obes (Lond).* 2021 May 4. doi: 10.1038/s41366-021-00822-5.

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

International

[Novel dietary interventions for adolescents with obesity: A narrative review.](#) Hoare JK, Jebeile H, Garnett SP, Lister NB. *Pediatr Obes.* 2021 May 5:e12798. doi: 10.1111/ijpo.12798

[Prevalence and Social and Built Environmental Determinants of Maternal Prepregnancy Obesity in 68 Major Metropolitan Cities of the United States, 2013-2016.](#) Singh GK, DiBari JN, Lee H. *J Environ Public Health.* 2021 Apr 17;2021:6650956. doi: 10.1155/2021/6650956.

[The social environment and childhood obesity: Implications for research and practice in the United States and countries in Latin America.](#) Ayala GX, Monge-Rojas R, King AC, Hunter R, Berge JM. *Obes Rev.* 2021 May 5:e13246. doi: 10.1111/obr.13246.

Latino church-going parents' insights on childhood obesity prevention. Wilmoth S, Perez A, He M. *Health Educ Res.* 2021 May 3:cyab021. doi: 10.1093/her/cyab021.

The Implementation and Five-Year Evolution of a Childhood Healthy Weight Program: Making a Health Care-Community Partnership Work. Barlow SE, Lorenzi A, Reid A, Huang R, Yudkin JS, Messiah SE. *Child Obes.* 2021 May 3. doi: 10.1089/chi.2021.0010.

Measurement challenges for childhood obesity research within and between Latin America and the United States. Berrigan D, Arteaga SS, Colón-Ramos U, Rosas LG, Monge-Rojas R, O'Connor TM, Pérez-Escamilla R, Roberts EFS, Sanchez B, Téllez-Rojo MM, Vorkoper S; Cross Borders Working Group. *Obes Rev.* 2021 May 4:e13242. doi: 10.1111/obr.13242.

Intentions to see a psychologist for weight management: A cross-sectional study investigating beliefs about psychologists, psychological services and obesity. Murray K, Brichacek E, Rieger E. *J Clin Psychol.* 2021 May 7. doi: 10.1002/jclp.23163.

Obesity Management Education Needs Among General Internists: A Survey. Nanda S, Adusumalli J, Hurt RT, Ghosh K, Fischer KM, Hagenbrock MC, Ganesh R, Ratrout BM, Raslau D, Schroeder DR, Wight EC, Kuhle CL, Thicke LA, Lazik N, Croghan IT. *J Prim Care Community Health.* 2021 Jan-Dec;12:21501327211013292. doi: 10.1177/21501327211013292.

Effect of exercise training on weight loss, body composition changes, and weight maintenance in adults with overweight or obesity: An overview of 12 systematic reviews and 149 studies. Bellicha A, van Baak MA, Battista F, Beaulieu K, Blundell JE, Busetto L, Carraça EV, Dicker D, Encantado J, Ermolao A, Farpour-Lambert N, Pramono A, Woodward E, Oppert JM. *Obes Rev.* 2021 May 6:e13256. doi: 10.1111/obr.13256.

Migration as a determinant of childhood obesity in the United States and Latin America. Vilar-Compte M, Bustamante AV, López-Olmedo N, Gaitán-Rossi P, Torres J, Peterson KE, Teruel G, Pérez-Escamilla R. *Obes Rev.* 2021 May 3:e13240. doi: 10.1111/obr.13240.

Effects of the Head Start Program on Socioecological Obesogenic Factors in American Children. Kim T, Kim M, Jang CY, Gim NG. *Int J Environ Res Public Health.* 2021 Apr 29;18(9):4779. doi: 10.3390/ijerph18094779.

The role of structure in dietary approaches for the treatment of pediatric overweight and obesity: A critical review. Griffiths LA, Douglas SM, Raynor HA. *Obes Rev.* 2021 May 5:e13266. doi: 10.1111/obr.13266.

Nutrient composition of mealtimes and its association with the energy intake of subsequent meals among Mexican adults. Sánchez-Pimienta TG, Quezada-Sánchez AD, Rivera JA, Shamah T, Batis C. *Appetite.* 2021 May 5:105288. doi: 10.1016/j.appet.2021.105288.

Implementation of childhood obesity prevention and control policies in the United States and Latin America: Lessons for cross-border research and practice. Pérez-Escamilla R, Vilar-Compte M, Rhodes E, Sarmiento OL, Corvalan C, Sturke R, Vorkoper S. *Obes Rev.* 2021 May 5:e13247. doi: 10.1111/obr.13247.

Fruit and vegetable intake is inversely associated with perceived stress across the adult lifespan. Radavelli-Bagatini S, Blekkenhorst LC, Sim M, Prince RL, Bondonno NP, Bondonno CP, Woodman R, Anokye R, Dimmock J, Jackson B, Costello L, Devine A, Stanley MJ, Dickson JM, Magliano DJ, Shaw JE, Daly RM, Hodgson JM, Lewis JR. *Clin Nutr.* 2021 Apr 15;40(5):2860-2867. doi: 10.1016/j.clnu.2021.03.043.

Adaptive, behavioral intervention impact on weight gain, physical activity, energy intake, and motivational determinants: results of a feasibility trial in pregnant women with overweight/obesity. Downs DS, Savage JS, Rivera DE, Pauley AM, Leonard KS, Hohman EE, Guo P, McNitt KM, Stetter C, Kunselman A. *J Behav Med*. 2021 May 5. doi: 10.1007/s10865-021-00227-9.

Commercially Available Apps to Support Healthy Family Meals: User Testing of App Utility, Acceptability, and Engagement. Mauch CE, Laws RA, Prichard I, Maeder AJ, Wycherley TP, Golley RK. *JMIR Mhealth Uhealth*. 2021 May 7;9(5):e22990. doi: 10.2196/22990.

Evaluating Moderation of Parent-Teen Overweight/Obesity Relation by Household Socioeconomic Status. Conrad Z, Hatfield DP, Hennessy E, Maneval E, Ty E, Pankey CL. *Curr Dev Nutr*. 2021 Apr 12;5(4):nzab030. doi: 10.1093/cdn/nzab030.

Trajectories and determinants of weight gain in two cohorts of young adult women born 16 years apart. Brown WJ, Flores TR, Keating SE, Mielke GI. *Int J Obes (Lond)*. 2021 May 3:1-12. doi: 10.1038/s41366-021-00819-0.

Risk factors of overweight/obesity-related lifestyles in university students: Results from the EHU12/24 study. Telleria-Aramburu N, Arroyo-Izaga M. *Br J Nutr*. 2021 May 6:1-51. doi: 10.1017/S0007114521001483.

An integrative review of interventions for limiting gestational weight gain in pregnant women who are overweight or obese. Aung W, Saw L, Sweet L. *Women Birth*. 2021 May 3:S1871-5192(21)00075-5. doi: 10.1016/j.wombi.2021.04.009.

Examining the Relationship Between Parental Stress and Girls' and Boys' Physical Activity Among Racially/Ethnically Diverse and Immigrant/Refugee Populations. Berge JM, Cheatom O, Fertig AR, Tate A, Trofholz A, Brito JN, Shippee N. *Pediatr Exerc Sci*. 2021 May 6:1-6. doi: 10.1123/pes.2020-0190.

Sociodemographic characteristics are associated with prevalence of high-risk waist circumference and high-risk waist-to-height ratio in U.S. adolescents. Setiono FJ, Guerra LA, Leung C, Leak TM. *BMC Pediatr*. 2021 May 3;21(1):215. doi: 10.1186/s12887-021-02685-1.

Four-Year Behavioral, Health-Related Quality of Life, and BMI Outcomes from a Cluster Randomized Whole of Systems Trial of Prevention Strategies for Childhood Obesity. Allender S, Orellana L, Crooks N, Bolton KA, Fraser P, Brown AD, Le H, Lowe J, de la Haye K, Millar L, Moodie M, Swinburn B, Bell C, Strugnell C. *Obesity (Silver Spring)*. 2021 May 5. doi: 10.1002/oby.23130.

Obesity in Early Childhood: Examining the Relationship among Demographic, Behavioral, Nutritional, and Socioeconomic Factors. Haboush-Deloye A, Berlin H, Marquez E, Moonie S. *Child Obes*. 2021 Apr 30. doi: 10.1089/chi.2020.0263.

The Effect of Information Placebo on Physical Activity in Overweight and Obese Children. Fanti-Oren S, Birenbaum-Carmeli D, Eliakim A, Pantanowitz M, Schujovitzky D, Nemet D. *Pediatr Exerc Sci*. 2021 May 6:1-5. doi: 10.1123/pes.2020-0062.

Psychometric properties of the Child Eating Behavior Questionnaire (CEBQ) in school age children with overweight and obesity: A proposed three-factor structure. Manzano MA, Strong DR, Kang Sim DE, Rhee KE, Boutelle KN. *Pediatr Obes*. 2021 May 4:e12795. doi: 10.1111/ijpo.12795.

Behavioural mediators of reduced energy intake in a physical activity, diet, and sleep behaviour weight loss intervention in adults. Fenton S, Burrows TL, Collins CE, Holliday EG, Kolt GS, Murawski B, Rayward AT, Stamatakis E, Vandelanotte C, Duncan MJ. *Appetite*. 2021 May 1;105273. doi: 10.1016/j.appet.2021.105273.

Voluntary healthier kids' meals policies: Are caregivers choosing kids' meals and healthier items for their child? Choi YY, Hyary M, Fleming-Milici F, Harris JL. *Pediatr Obes*. 2021 May 5:e12797. doi: 10.1111/ijpo.12797.

Physical fitness development in relation to changes in body composition and physical activity in adolescence. Joensuu L, Kujala UM, Kankaanpää A, Syväoja HJ, Kulmala J, Hakonen H, Oksanen H, Kallio J, Tammelin TH. *Scand J Med Sci Sports*. 2021 Feb;31(2):456-464. doi: 10.1111/sms.13847.

Stakeholder selected strategies for obesity prevention in childcare: results from a small-scale cluster randomized hybrid type III trial. Swindle T, McBride NM, Selig JP, Johnson SL, Whiteside-Mansell L, Martin J, Staley A, Curran GM. *Implement Sci*. 2021 May 1;16(1):48. doi: 10.1186/s13012-021-01119-x.

Weight stigma and health behaviors: evidence from the Eating in America Study. Lee KM, Hunger JM, Tomiyama AJ. *Int J Obes (Lond)*. 2021 May 1. doi: 10.1038/s41366-021-00814-5.

A community-based, multi-level, multi-setting, multi-component intervention to reduce weight gain among low socioeconomic status Latinx children with overweight or obesity: The Stanford GOALS randomised controlled trial. Robinson TN, Matheson D, Wilson DM, Weintraub DL, Banda JA, McClain A, Sanders LM, Haskell WL, Haydel KF, Kapphahn KI, Pratt C, Truesdale KP, Stevens J, Desai M. *Lancet Diabetes Endocrinol*. 2021 Apr 29:S2213-8587(21)00084-X. doi: 10.1016/S2213-8587(21)00084-X.

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

Systematic reviews

Adolescent and Childhood Obesity and Excess Morbidity and Mortality in Young Adulthood-a Systematic Review. Horesh A, Tsur AM, Bardugo A, Twig G. *Curr Obes Rep*. 2021 May 5. doi: 10.1007/s13679-021-00439-9.

Use of motivational interviewing in behavioural interventions among adults with obesity: A systematic review and meta-analysis. Makin H, Chisholm A, Fallon V, Goodwin L. *Clin Obes*. 2021 May 6:e12457. doi: 10.1111/cob.12457.

Effect of exercise training interventions on energy intake and appetite control in adults with overweight or obesity: A systematic review and meta-analysis. Beaulieu K, Blundell JE, van Baak MA, Battista F, Busetto L, Carraça EV, Dicker D, Encantado J, Ermolao A, Farpour-Lambert N, Pramono A, Woodward E, Bellicha A, Oppert JM. *Obes Rev*. 2021 May 5:e13251. doi: 10.1111/obr.13251.

Effect of exercise training on psychological outcomes in adults with overweight or obesity: A systematic review and meta-analysis. Carraça EV, Encantado J, Battista F, Beaulieu K, Blundell JE, Busetto L, van Baak M, Dicker D, Ermolao A, Farpour-Lambert N, Pramono A, Woodward E, Bellicha A, Oppert JM. *Obes Rev*. 2021 May 6:e13261. doi: 10.1111/obr.13261.

Relationship Between the Physical Environment and Physical Activity Levels in Preschool Children: A Systematic Review. Terrón-Pérez M, Molina-García J, Martínez-Bello VE, Queralt A. *Curr Environ Health Rep.* 2021 May 2. doi: 10.1007/s40572-021-00318-4.

Effective behavior change techniques to promote physical activity in adults with overweight or obesity: A systematic review and meta-analysis. Carraça E, Encantado J, Battista F, Beaulieu K, Blundell J, Busetto L, van Baak M, Dicker D, Ermolao A, Farpour-Lambert N, Pramono A, Woodward E, Bellicha A, Oppert JM. *Obes Rev.* 2021 May 5:e13258. doi: 10.1111/obr.13258.

School-based physical activity interventions in rural and urban/suburban communities: A systematic review and meta-analysis. Pfladderer CD, Burns RD, Byun W, Carson RL, Welk GJ, Brusseau TA. *Obes Rev.* 2021 May 3:e13265. doi: 10.1111/obr.13265.

Business outcomes of healthy food service initiatives in schools: A systematic review. Thorpe CP, Boelsen-Robinson T, Cameron AJ, Blake MR. *Obes Rev.* 2021 May 7. doi: 10.1111/obr.13264.

Effect of different types of regular exercise on physical fitness in adults with overweight or obesity: Systematic review and meta-analyses. van Baak MA, Pramono A, Battista F, Beaulieu K, Blundell JE, Busetto L, Carraça EV, Dicker D, Encantado J, Ermolao A, Farpour-Lambert N, Woodward E, Bellicha A, Oppert JM. *Obes Rev.* 2021 May 3:e13239. doi: 10.1111/obr.13239.

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