



# Public Health England

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

[Testing the feasibility of a sustainable preschool obesity prevention approach: a mixed-methods service evaluation of a volunteer-led HENRY programme.](#) Howlett N, Roberts KPJ, Swanston D, Edmunds LD, Willis TA. BMC Public Health. 2021 Jan 6;21(1):46. doi: 10.1186/s12889-020-10031-w.

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## International

[Breakfast and dinner insulin index and insulin load in relation to overweight in children and adolescents.](#) Caferoglu Z, Erdal B, Akin L, Kurtoglu S. Eur J Nutr. 2021 Jan 9. doi: 10.1007/s00394-020-02478-9.

[Clinical Assessment and Treatment of Early-Onset Severe Obesity.](#) Raatz S, Gross AC. Curr Obes Rep. 2021 Jan 7. doi: 10.1007/s13679-020-00418-6.

[Prevalence of Overweight and Obesity Among African American Children and Adolescents: Risk Factors, Health Outcomes, and Prevention/Intervention Strategies.](#) Sutherland ME. J Racial Ethn Health Disparities. 2021 Jan 8. doi: 10.1007/s40615-020-00890-9.

[An Exploration of the Role of Sugar-Sweetened Beverage in Promoting Obesity and Health Disparities.](#) Sigala DM, Stanhope KL. Curr Obes Rep. 2021 Jan 7:1-14. doi: 10.1007/s13679-020-00421-x.

[Obesity and overall mortality: findings from the Jackson Heart Study.](#) Min YI, Gao Y, Anugu P, Anugu A, Correa A. BMC Public Health. 2021 Jan 6;21(1):50. doi: 10.1186/s12889-020-10040-9.

**A measure development study of sugar-sweetened beverage-related knowledge, self-efficacy, and intention among urban, low-income adults.** Heaton B, Wright JA, Bond JC, Quintiliani LM. BMC Public Health. 2021 Jan 7;21(1):69. doi: 10.1186/s12889-020-10073-0.

**The association between sleep health and weight change during a 12-month behavioral weight loss intervention.** Kline CE, Chasens ER, Bizhanova Z, Sereika SM, Buysse DJ, Imes CC, Kariuki JK, Mendez DD, Cajita MI, Rathbun SL, Burke LE. Int J Obes (Lond). 2021 Jan 7. doi: 10.1038/s41366-020-00728-8.

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**An exploration of perceptions and preferences for healthy eating in Dutch consumers: a qualitative pilot study.** Coumans JM, Bolman CAW, Lechner L, Oenema A. Pilot Feasibility Stud. 2021 Jan 8;7(1):20. doi: 10.1186/s40814-020-00735-6.

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**Digital Tools to Support Family-Based Weight Management for Children: Mixed Methods Pilot and Feasibility Study.** Staiano AE, Shanley JR, Kihm H, Hawkins KR, Self-Brown S, Höchsmann C, Osborne MC, LeBlanc MM, Apolzan JW, Martin CK. JMIR Pediatr Parent. 2021 Jan 7;4(1):e24714. doi: 10.2196/24714.

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**Children's Active School Travel: Examining the Combined Perceived and Objective Built-Environment Factors from Space Syntax.** Ozbil A, Yesiltepe D, Argin G, Rybarczyk G. Int J Environ Res Public Health. 2021 Jan 2;18(1):286. doi: 10.3390/ijerph18010286.

**Work-related physical and psychosocial risk factors cluster with obesity, smoking and physical inactivity.** van den Berge M, van der Beek AJ, Türkeli R, van Kalken M, Hulsege G. Int Arch Occup Environ Health. 2021 Jan 6. doi: 10.1007/s00420-020-01627-1.

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**Asthma and Obesity: Two Diseases on the Rise and Bridged by Inflammation.** Bantulà M, Roca-Ferrer J, Arismendi E, Picado C. J Clin Med. 2021 Jan 6;10(2):E169. doi: 10.3390/jcm10020169.

**Living With Obesity: Expressions of Longing.** Ueland V, Dysvik E, Furnes B. SAGE Open Nurs. 2020 Jan 22;6:2377960819901193. doi: 10.1177/2377960819901193.

**Impact of obesity on pulmonary function: current understanding and knowledge gaps.** Hegewald MJ. Curr Opin Pulm Med. 2020 Dec 24; Publish Ahead of Print. doi: 10.1097/MCP.0000000000000754.

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**Cost-Effectiveness of a National Sugar-Sweetened Beverage Tax to Reduce Cancer Burdens and Disparities in the United States.** Du M, Griecci CF, Kim DD, Cudhea F, Ruan M, Eom H, Wong JB, Wilde PE, Michaud DS, Lee Y, Micha R, Mozaffarian D, Zhang FF. JNCI Cancer Spectr. 2020 Aug 25;4(6):pkaa073. doi: 10.1093/jncics/pkaa073.

**Formative work to design a digital learning self-assessment and feedback tool to prevent weight gain among college students.** Napolitano MA, Lynch SB, Mavredes MN, Shambon BD, Posey L. Digit Health. 2020 Dec 17;6:2055207620979458. doi: 10.1177/2055207620979458.

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**Thigh-worn accelerometry for measuring movement and posture across the 24-hour cycle: a scoping review and expert statement.** Stevens ML, Gupta N, Inan Eroglu E, Crowley PJ, Eroglu B, Bauman A, Granat M, Straker L, Palm P, Stenholm S, Aadahl M, Mork P, Chastin S, Rangul V, Hamer M, Koster A, Holtermann A, Stamatakis E. BMJ Open Sport Exerc Med. 2020 Dec 24;6(1):e000874. doi: 10.1136/bmjsem-2020-000874.

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No Changes in Appetite-Related Hormones Following Swimming and Cycling Exercise Interventions in Adults with Obesity. Fico BG, Alkatan M, Tanaka H. Int J Exerc Sci. 2020 Dec 1;13(2):1819-1825.

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

Excess body weight is an independent risk factor for severe forms of COVID-19. Pietri L, Giorgi R, Bégu A, Lojou M, Koubi M, Cauchois R, Grangeot R, Dubois N, Kaplanski G, Valéro R, Béliard S. Metabolism. 2021 Jan 6:154703. doi: 10.1016/j.metabol.2021.154703.

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## **Systematic reviews**

A systematic review and meta-analysis of school-based interventions with health education to reduce body mass index in adolescents aged 10 to 19 years. Jacob CM, Hardy-Johnson PL, Inskip HM, Morris T, Parsons CM, Barrett M, Hanson M, Woods-Townsend K, Baird J. Int J Behav Nutr Phys Act. 2021 Jan 4;18(1):1. doi: 10.1186/s12966-020-01065-9.

The relationship between the home environment and child adiposity: a systematic review. Kininmonth AR, Smith AD, Llewellyn CH, Dye L, Lawton CL, Fildes A. Int J Behav Nutr Phys Act. 2021 Jan 6;18(1):4. doi: 10.1186/s12966-020-01073-9.

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### ***Systematic reviews: Research related to COVID-19***

Obesity Increases the Severity and Mortality of Influenza and COVID-19: A Systematic Review and Meta-Analysis. Zhao X, Gang X, He G, Li Z, Lv Y, Han Q, Wang G. Front Endocrinol (Lausanne). 2020 Dec 21;11:595109. doi: 10.3389/fendo.2020.595109.

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