



# Office for Health Improvement and Disparities

Welcome to the latest issue of the weekly Obesity Knowledge Update from the Office for Health Improvement and Disparities (OHID). This bulletin highlights new research relating to obesity and its determinants.

OHID 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 - 2](#)
- [International - 36](#)
- [Systematic reviews - 6](#)

## UK and Ireland

[Evaluation of a whole system approach to diet and healthy weight in the east of Scotland: Study protocol](#). Breslin G, Wills W, Bartington S, Bontoft C, Fakoya O, Freethy I, Garcia-Iglesias J, Howlett N, Jones J, Lebcir R, Lloyd N, Newby K, Smeeton N, Wagner AP, Wellings A, Wellsted D, Brown K. PLoS One. 2022 Mar 24;17(3):e0265667. doi: 10.1371/journal.pone.0265667.

[Parental feeding and childhood genetic risk for obesity: exploring hypothetical interventions with causal inference methods](#). Herle M, Pickles A, Micali N, Abdulkadir M, De Stavola BL. Int J Obes (Lond). 2022 Mar 19. doi: 10.1038/s41366-022-01106-2.

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

## International

[Age, income and sleep-duration were associated with outcomes in children participating in weight management](#). Kjetså I, Halvorsen PA, Kokkvoll AS. Acta Paediatr. 2022 Mar 23. doi: 10.1111/apa.16339.

[Association of Body Weight and Physical Fitness during the Elementary School Years](#). Drenowatz C, Chen ST, Cocca A, Ferrari G, Ruedl G, Greier K. Int J Environ Res Public Health. 2022 Mar 15;19(6):3441. doi: 10.3390/ijerph19063441.

[Supporting family meal frequency: Screening Phase results from the Simply Dinner Study](#). Kerver JM, Brophy-Herb HE, Sturza J, Horodyski MA, Contreras DA, Stein M, Garner E, Hebert S, Williams JM, Kaciroti N, Martoccio T, Van Egeren LA, Choi H, Martin CK, Mitchell K, Dalimonte-Merckling D, Jeanpierre LA, Robinson CA, Lumeng JC. Appetite. 2022 Mar 22;174:106009. doi: 10.1016/j.appet.2022.106009.

Data sources for precision public health of obesity: a scoping review, evidence map and use case in Queensland, Australia. Canfell OJ, Davidson K, Sullivan C, Eakin E, Burton-Jones A. BMC Public Health. 2022 Mar 24;22(1):584. doi: 10.1186/s12889-022-12939-x.

Benefits of weight loss of 10% or more in patients with overweight or obesity: A review. Tahrani AA, Morton J. Obesity (Silver Spring). 2022 Apr;30(4):802-840. doi: 10.1002/oby.23371.

Pathways of Parental Education on Children's and Adolescent's Body Mass Index: The Mediating Roles of Behavioral and Psychological Factors. Seum T, Meyrose AK, Rabel M, Schienkiewitz A, Ravens-Sieberer U. Front Public Health. 2022 Mar 7;10:763789. doi: 10.3389/fpubh.2022.763789.

The Impact of Physical Activity at School on Children's Body Mass during 2 Years of Observation. Ługowska K, Kolanowski W, Trafialek J. Int J Environ Res Public Health. 2022 Mar 10;19(6):3287. doi: 10.3390/ijerph19063287.

Physical Activity, Body Mass Index (BMI) and Abdominal Obesity of Pre-Adolescent Children in the Region of Thrace, NE Greece, in Relation to Socio-Demographic Characteristics. Dampoudani N, Giakouvaki A, Diamantoudi D, Skoufi G, Kontogiorgis CA, Constantinidis TC, Nena E. Children (Basel). 2022 Mar 2;9(3):340. doi: 10.3390/children9030340.

Beyond appetite regulation: Targeting energy expenditure, fat oxidation, and lean mass preservation for sustainable weight loss. Christoffersen BØ, Sanchez-Delgado G, John LM, Ryan DH, Raun K, Ravussin E. Obesity (Silver Spring). 2022 Apr;30(4):841-857. doi: 10.1002/oby.23374.

Development and Validation of a New Home Cooking Frequency Questionnaire: A Pilot Study. Goni L, Gil M, de la O V, Martínez-González MÁ, Eisenberg DM, Pueyo-Garrigues M, Vasilij M, Gayoso L, Etxeberria U, Ruiz-Canela M. Nutrients. 2022 Mar 8;14(6):1136. doi: 10.3390/nu14061136.

Parental perception of child's weight, their attitudes towards child's dietary habits and the risk of obesity. García-Blanco L, Berasaluce A, Romanos-Nanclares A, Martínez-González MÁ, Moreno-Galarraga L, Martín-Calvo N. World J Pediatr. 2022 Mar 25. doi: 10.1007/s12519-022-00540-6.

The Eating Healthy and Daily Life Activities (EHDLA) Study. López-Gil JF. Children (Basel). 2022 Mar 7;9(3):370. doi: 10.3390/children9030370.

How can National Government Policies Improve Food Environments in the Netherlands? Djojosoeparto SK, Kamphuis CBM, Vandevijvere S, Poelman MP. Int J Public Health. 2022 Mar 7;67:1604115. doi: 10.3389/ijph.2022.1604115.

The Effect of Artificial Sweeteners Use on Sweet Taste Perception and Weight Loss Efficacy: A Review. Wilk K, Korytek W, Pelczyńska M, Moszak M, Bogdański P. Nutrients. 2022 Mar 16;14(6):1261. doi: 10.3390/nu14061261.

RAISE (Raising Infants to Be Smart Eaters) Pilot Study. Hale I, Fergus T, Buhler H, Purcell M, Amed S. Child Obes. 2022 Mar 21. doi: 10.1089/chi.2021.0278.

Testing the Feasibility and Potential Impact of a Mindfulness-Based Pilot Program in Urban School Youth. Krebs S, Moak E, Muhammadi S, Forbes D, Yeh MC, Leung MM. Int J Environ Res Public Health. 2022 Mar 15;19(6):3464. doi: 10.3390/ijerph19063464.

Traffic Light Diets for Childhood Obesity: Disambiguation of Terms and Critical Review of Application, Food Categorization, and Strength of Evidence. Vorland CJ, Bohan Brown MM, Cardel MI, Brown AW. *Curr Dev Nutr*. 2022 Jan 19;6(3):nzac006. doi: 10.1093/cdn/nzac006.

Eating out of Home: Influence on Nutrition, Health, and Policies: A Scoping Review. Gesteiro E, García-Carro A, Aparicio-Ugarriza R, González-Gross M. *Nutrients*. 2022 Mar 16;14(6):1265. doi: 10.3390/nu14061265.

Characterization of the genetic architecture of infant and early childhood body mass index. Helgeland Ø, Vaudel M, Sole-Navais P, Flatley C, Juodakis J, Bacelis J, Koløen IL, Knudsen GP, Johansson BB, Magnus P, Kjennerud TR, Juliusson PB, Stoltenberg C, Holmen OL, Andreassen OA, Jacobsson B, Njølstad PR, Johansson S. *Nat Metab*. 2022 Mar 21. doi: 10.1038/s42255-022-00549-1.

What is clinically relevant weight loss for your patients and how can it be achieved? A narrative review. Horn DB, Almandoz JP, Look M. *Postgrad Med*. 2022 Mar 22. doi: 10.1080/00325481.2022.2051366.

Listening to children voices in early stages of new product development through co-creation - Creative focus group and online platform. Galler M, Myhrer KS, Ares G, Varela P. *Food Res Int*. 2022 Apr;154:111000. doi: 10.1016/j.foodres.2022.111000.

Mortality Among Danish Patients with a Hospital Diagnosis of Overweight or Obesity Over a 40-Year Period. Gribsholt SB, Farkas DK, Thomsen RW, Richelsen B, Sørensen HT. *Clin Epidemiol*. 2022 Mar 14;14:309-325. doi: 10.2147/CLEP.S350459.

Profiles of Behavioral Self-Regulation and Appetitive Traits in Preschool Children: Associations With BMI and Food Parenting Practices. Francis LA, Rollins BY, Keller KL, Nix RL, Savage JS. *Front Nutr*. 2022 Mar 4;9:796580. doi: 10.3389/fnut.2022.796580.

Early childhood growth trajectories in a Medicaid population. Khalsa AS, Li R, Rausch J, Klebanoff MA, Ingol TT, Boone KM, Keim SA. *Pediatr Obes*. 2022 Mar 20:e12918. doi: 10.1111/ijpo.12918.

Weight outcomes of NU-HOME: a randomized controlled trial to prevent obesity among rural children. Fulkerson JA, Horning M, Barr-Anderson DJ, Sidebottom A, Linde JA, Lindberg R, Friend S, Beaudette J, Flattum C, Freese RL. *Int J Behav Nutr Phys Act*. 2022 Mar 19;19(1):29. doi: 10.1186/s12966-022-01260-w.

Warning labels and interpretive nutrition labels: Impact on substitution between sugar and artificially sweetened beverages, juice and water in a real-world selection task. Miller C, Ettridge K, Pettigrew S, Wittert G, Wakefield M, Coveney J, Roder D, Martin J, Brownbill A, Dono J. *Appetite*. 2022 Feb 1;169:105818. doi: 10.1016/j.appet.2021.105818.

Effects of Intensive Lifestyle Intervention on All-Cause Mortality in Older Adults With Type 2 Diabetes and Overweight/Obesity: Results From the Look AHEAD Study. Look AHEAD Research Group; Look AHEAD Research Group.; Wing RR, Bray GA, Cassidy-Begay M, Clark JM, Coday M, Egan C, Evans M, Foreyt JP, Glasser S, Gregg EW, Hazuda HP, Hill JO, Horton ES, Isaac JC, Jakicic JM, Jeffery RW, Johnson KC, Kahn SE, Kritchevsky S, Lewis E, Maruthur NM, Maschak-Carey BJ, Nathan DM, Patricio J, Peters A, Pi-Sunyer X, Reboussin D, Ryan DH, Ruelas V, Steinburg H, Toledo K, Wadden TA, Wagenknecht LE, Wesche-Thobaben J, Wyatt H, Yanovski SZ, Zhang P. *Diabetes Care*. 2022 Mar 21;dc211805. doi: 10.2337/dc21-1805.

Development of a neighborhood drivability index and its association with transportation behavior in Toronto. den Braver NR, Lakerveld J, Gozdyra P, van de Brug T, Moin JS, Fazli GS, Rutters F, Brug J, Moineddin R, Beulens JWJ, Booth GL. Environ Int. 2022 Mar 17;163:107182. doi: 10.1016/j.envint.2022.107182.

The feeding to Manage Child Behavior Questionnaire: Development of a tool to measure' non-nutritive feeding practices in low income families with preschool-aged children. Savage JS, Ruggiero CF, Eagleton SG, Marini ME, Harris HA. Appetite. 2022 Feb 1;169:105849. doi: 10.1016/j.appet.2021.105849.

Healthy food prescription incentive programme for adults with type 2 diabetes who are experiencing food insecurity: protocol for a randomised controlled trial, modelling and implementation studies. Olstad DL, Beall R, Spackman E, Dunn S, Lipscombe LL, Williams K, Oster R, Scott S, Zimmermann GL, McBrien KA, Steer KJD, Chan CB, Tyminski S, Berkowitz S, Edwards AL, Saunders-Smith T, Tariq S, Popeski N, White L, Williamson T, L'Abbé M, Raine KD, Nejatnamini S, Naser A, Basualdo-Hammond C, Norris C, O'Connell P, Seidel J, Lewanczuk R, Cabaj J, Campbell DJT. BMJ Open. 2022 Feb 15;12(2):e050006. doi: 10.1136/bmjopen-2021-050006.

TV exposure, attitudes about targeted food ads and brands, and unhealthy consumption by adolescents: Modeling a hierarchical relationship. Harris JL, Sacco SJ, Fleming-Milici F. Appetite. 2022 Feb 1;169:105804. doi: 10.1016/j.appet.2021.105804.

Social Facilitation in Fear Appeals Creates Positive Affect but Inhibits Healthy Eating Intentions. Bailey RL, Wang TG, Liu J, Clayton RB, Kwon K, Diwanji V, Karimkhanashtiyani F. Front Psychol. 2022 Mar 3;13:838471. doi: 10.3389/fpsyg.2022.838471.

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

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

BMI, sex and outcomes in hospitalised patients in western Sweden during the COVID-19 pandemic. Lindgren M, Toska T, Alex C, Lundberg CE, Cronie O, Rosengren A, Adiels M, Sjöland H. Sci Rep. 2022 Mar 22;12(1):4918. doi: 10.1038/s41598-022-09027-w.

Nutritional and health behaviour predictors of the weight gain during the COVID-19 pandemic. Urhan M, Okut Aysin E. Eur J Nutr. 2022 Mar 24;1-10. doi: 10.1007/s00394-022-02862-7.

The Impact of COVID-19-Related Mitigation Measures on the Health and Fitness Status of Primary School Children in Austria: A Longitudinal Study with Data from 708 Children Measured before and during the Ongoing COVID-19 Pandemic. Jarnig G, Kerbl R, van Poppel MNM. Sports (Basel). 2022 Mar 11;10(3):43. doi: 10.3390/sports10030043.

COVID-19 confinement impact on weight gain and physical activity in the older adult population: Data from the LOST in Lombardia study. Stival C, Lugo A, Bosetti C, Amerio A, Serafini G, Cavalieri d'Oro L, Odone A, Stuckler D, Iacoviello L, Bonaccio M, van den Brandt PA, Zucchi A, Gallus S. Clin Nutr ESPEN. 2022 Apr;48:329-335. doi: 10.1016/j.clnesp.2022.01.024.

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

## Systematic reviews

Preventing and treating childhood overweight and obesity in children up to 5 years old: A systematic review by intervention setting. Flynn AC, Suleiman F, Windsor-Aubrey H, Wolfe I, O'Keeffe M, Poston L, Dalrymple KV. *Matern Child Nutr.* 2022 Mar 25:e13354. doi: 10.1111/mcn.13354.

Weight Maintenance after Dietary Weight Loss: Systematic Review and Meta-Analysis on the Effectiveness of Behavioural Intensive Intervention. Flore G, Preti A, Carta MG, Deledda A, Foschi M, Nardi AE, Loviselli A, Velluzzi F. *Nutrients.* 2022 Mar 16;14(6):1259. doi: 10.3390/nu14061259.

The Effectiveness of Physical Activity-Promoting Web- and Mobile-Based Distance Weight Loss Interventions on Body Composition in Rehabilitation Settings: Systematic Review, Meta-analysis, and Meta-Regression Analysis. Lahtio H, Rintala A, Immonen J, Sjögren T. *J Med Internet Res.* 2022 Mar 24;24(3):e25906. doi: 10.2196/25906.

Accuracy of different cutoffs of the waist-to-height ratio as a screening tool for cardiometabolic risk in children and adolescents: A systematic review and meta-analysis of diagnostic test accuracy studies. Ezzatvar Y, Izquierdo M, Ramírez-Vélez R, Del Pozo Cruz B, García-Hermoso A. *Obes Rev.* 2022 Feb;23(2):e13375. doi: 10.1111/obr.13375.

Ethnic differences in response to lifestyle intervention for the prevention of type 2 diabetes in adults: A systematic review and meta-analysis. Chen M, Moran LJ, Harrison CL, Ukke GG, Sood S, Bennett CJ, Bahri Khomami M, Absetz P, Teede H, Lim S. *Obes Rev.* 2022 Jan;23(1):e13340. doi: 10.1111/obr.13340.

Is a small change approach for weight management effective? A systematic review and meta-analysis of randomized controlled trials. Graham HE, Madigan CD, Daley AJ. *Obes Rev.* 2022 Feb;23(2):e13357. doi: 10.1111/obr.13357.

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