



# 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.

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## UK and Ireland

**Uptake and impact of the English National Health Service digital diabetes prevention programme: observational study.** Ross JAD, Barron E, McGough B, Valabhji J, Daff K, Irwin J, Henley WE, Murray E. *BMJ Open Diabetes Res Care.* 2022 May;10(3):e002736. doi: 10.1136/bmjdrc-2021-002736.

**Exploring the obesity concerns of British Pakistani women living in deprived inner-city areas: A qualitative study.** Iqbal H, West J, McEachan RRC, Haith-Cooper M. *Health Expect.* 2022 May 6. doi: 10.1111/hex.13527.

**The lived experiences of women exploring a healthy lifestyle, gestational weight gain and physical activity throughout pregnancy.** Newson L, Bould K, Aspin-Wood B, Sinclair L, Ikramullah Z, Abayomi J. *Health Expect.* 2022 May 5. doi: 10.1111/hex.13514.

**Exploring the association between self-compassion, mindfulness and mindful eating with eating behaviours amongst patients with obesity.** Hussain M, Egan H, Keyte R, Strachan R, Tahrani AA, Mantzios M. *Nutr Health.* 2022 May 11:2601060221094671. doi: 10.1177/02601060221094671.

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## International

**'Obesities': Position statement on a complex disease entity with multifaceted drivers.** Yáñez-Esquiroz P, Olazarán L, Aguas-Ayesa M, Perdomo CM, García-Goñi M, Silva C, Fernández-Formoso JA, Escalada J, Montecucco F, Portincasa P, Frühbeck G. *Eur J Clin Invest.* 2022 May 6:e13811. doi: 10.1111/eci.13811.

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**How Are You Sleeping? Why Nutrition Professionals Should Ask Their Patients About Sleep Habits.** Du C, Tucker RM, Yang CL. *J Am Nutr Assoc.* 2022 Feb 23:1-11. doi: 10.1080/07315724.2022.2025547.

**Social Environment and Food and Beverage Intake in European Adolescents: The Helena Study.** Santaliestra-Pasías AM, Felez AP, Huybrechts I, Censi L, González-Gross M, Forsner M, Sjöström M, Lambrinou CP, Amaro F, Kersting M, Molnar D, Kafatos A, De Henauw S, Beghin L, Dellallongeville J, Widhalm K, Gilbert C, Marcos A, Fisberg M, Goulet O, Moreno LA; HELENA study group. *J Am Nutr Assoc.* 2022 Apr 4:1-13. doi: 10.1080/07315724.2021.1917462.

**Are Physical Activity and Sedentary Screen Time Levels Associated With Food Consumption in European Adolescents? The HELENA Study.** Moradell A, Santaliestra-Pasías AM, Aparicio-Ugarriza R, Huybrechts I, Bertalanné Szommer A, Forsner M, González-Gross M, Kafatos A, Androutsos O, Michels N, Sjöström M, Vanhelst J, Widhalm K, Gutierrez A, Moreno LA; HELENA study group. *J Am Nutr Assoc.* 2022 Apr 22:1-12. doi: 10.1080/07315724.2021.1978900.

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**Early detection of childhood overweight and related complications in a Danish population-based cohort aged 2-8 years.** Frithioff-Bøjsøe C, Lund MAV, Lausten-Thomsen U, Fonvig CE, Lankjær IOJ, Hansen T, Hansen T, Baker JL, Holm JC. *Obes Res Clin Pract.* 2022 Apr 22:S1871-403X(22)00028-X. doi: 10.1016/j.orcp.2022.04.001.

**Techniques for Advertising Healthy Food in School Settings to Increase Fruit and Vegetable Consumption.** Oke S, Tan M. *Inquiry.* 2022 Jan-Dec;59:469580221100165. doi: 10.1177/00469580221100165.

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**Association Between Weight Promoting Medication Use and Weight Status Among Children and Adolescents in the United States.** Claridy MD, Perez NP, Czepiel KS, Acholonu NO, Stanford FC. *Acad Pediatr.* 2022 May 6:S1876-2859(22)00237-6. doi: 10.1016/j.acap.2022.04.009.

**Higher protein intake during caloric restriction improves diet quality and attenuates loss of lean body mass.** Ogilvie AR, Schlussel Y, Sukumar D, Meng L, Shapses SA. *Obesity (Silver Spring).* 2022 May 11. doi: 10.1002/oby.23428.

**Excess mortality associated with elevated body weight in the USA by state and demographic subgroup: A modelling study.** Ward ZJ, Willett WC, Hu FB, Pacheco LS, Long MW, Gortmaker SL. *EClinicalMedicine.* 2022 Apr 28;48:101429. doi: 10.1016/j.eclim.2022.101429.

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## Systematic reviews

**The Effect of Wearable and Smartphone Applications on Physical Activity, Quality of Life, and Cardiovascular Health Outcomes in Overweight/Obese Adults: A Systematic Review and Meta-analysis of Randomized Controlled Trials.** Dehghan Ghahfarokhi A, Vosadi E, Barzegar H, Saatchian V. *Biol Res Nurs.* 2022 May 10:10998004221099556. doi: 10.1177/10998004221099556.

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