



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

[A Low Energy-Dense Diet in the Context of a Weight-Management Program Affects Appetite Control in Overweight and Obese Women.](#) Buckland NJ, Camidge D, Croden F, Lavin JH, Stubbs RJ, Hetherington MM, Blundell JE, Finlayson G. *J Nutr.* 2018 May 1;148(5):798-806. doi: 10.1093/jn/nxy041.

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[Long-term weight loss following a randomised controlled trial of a weight management programme for men delivered through professional football clubs: the Football Fans in Training follow-up study.](#) Gray CM, Wyke S, Zhang R, Anderson AS, Barry S, Brennan G, Briggs A, Boyer N, Bunn C, Donnachie C, Grieve E, Kohli-Lynch C, Lloyd S, McConnachie A, McCowan C, McLean A, Mutrie N, Hunt K. Southampton (UK): NIHR Journals Library; 2018 Jul.

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[A weight loss intervention delivered by peer coaches in primary care: Rationale and study design of the PROMISE trial.](#) Dutton GR, Lewis CE, Cherrington A, Pisu M, Richman J, Turner T, Phillips JM. *Contemp Clin Trials.* 2018 Jul 25. pii: S1551-7144(18)30225-8. doi: 10.1016/j.cct.2018.07.015.

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