



Cigarette Smoking, Fructose Consumption Exacerbates Liver Disease, Study Finds

ScienceDaily (Apr. 27, 2010) — Recent studies suggest that modifiable risk factors such as cigarette smoking and fructose consumption can worsen nonalcoholic fatty liver disease (NAFLD). With NAFLD, fat accumulates in the liver of overweight individuals despite drinking little alcohol, causing in some cases liver scarring that can lead to liver failure. Identifying modifiable factors that contribute to disease severity and progression is essential in improving patient outcomes.

Details of these studies are published in the May issue of *Hepatology*, a journal of the American Association for the Study of Liver Diseases (AASLD).

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Four Unhealthy Behaviors Combine to Increase Death Risk

ScienceDaily (Apr. 27, 2010) — Four unhealthy behaviors -- smoking, lack of physical activity, poor diet and alcohol consumption -- appear to be associated with a substantially increased risk of death when combined, according to a report in the April 26 issue of *Archives of Internal Medicine*, one of the JAMA/Archives journals.

"Several studies have shown that specific health behaviors, including cigarette smoking, physical inactivity, higher alcohol intake and, to a lesser extent, diets low in fruits and vegetables, are associated with an increased risk of cardiovascular disease, cancer and premature mortality [death]," the authors write as background information in the article. Most studies that examine the effects of these behaviors control for other unhealthy behaviors to identify independent effects. However, several poor lifestyle choices may coexist in the same individual.

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Getting College Students to Eat Better Using a Stealthy Strategy

ScienceDaily (Apr. 27, 2010) — How do you get college students to eat better? A new study from the Stanford University School of Medicine suggests that a "stealth" strategy of raising the students' awareness of environmental and social issues related to food can persuade them to eat more veggies and less ice cream.

The study will be published in the May issue of the *American Journal of Preventive Medicine*.

"This is a novel strategy, and we believe it is an important new direction to pursue," said senior author Thomas Robinson, MD, MPH, professor of pediatrics and of medicine at the School of Medicine and director of the Center for Healthy Weight at Lucile Packard Children's Hospital.

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CDC Transportation Recommendations

CDC (April 2010)- The U.S. transportation system has been shaped by multiple policy inputs and concrete actions which have arisen from transportation and community planners, funding agencies and others at Federal, state and local levels. Today, the system is designed to move people and goods efficiently; however, there is a growing awareness across communities that transportation systems impact quality of life and health. Government and non-government agencies are seeking innovative policies and programs that protect and promote health while accomplishing the primary transportation objectives.

Expanding the availability of, safety for, and access to a variety of transportation options and integrating health-enhancing choices into transportation policy has the potential to save lives by preventing chronic diseases, reducing and preventing motor-vehicle-related injury and deaths, improving environmental health, while stimulating economic development, and ensuring access for all people.

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Alton Park pushes for ball fields, youth activities

Chattanooga Times Free Press (April 25, 2010)- Alton Park business people and community leaders say they once had Little League tournaments and afterschool programs in their community, and they want them back.

"We're tired of promises," said Larry High, an Alton Park business owner and former resident. "Our kids have nothing. That's why they get in trouble." The 62-year-old barber shop owner said he and about a dozen other concerned residents will meet at the Villages of Alton Park resident office Monday to discuss how they can hold elected officials accountable for bringing youth activities to Alton Park.

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East Chattanooga planting garden, seeking grocery store

Chattanooga Times Free Press (April 21, 2010)- Residents in a community with no nearby grocery stores have planted their own vegetable garden to grow healthy foods affordably, fight obesity and foster mentoring relationships among youth and adults.

"We've got the biggest obesity problem in the county," said Mildred Moreland, a local registered nurse and chairwoman of the health committee for the East Side Task Force. "When grocery stores are not available, the children go to fast food and convenience stores to get chicken and chips."

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