



### Food Systems and Public Health: Linkages to Achieve Healthier Diets and Healthier Communities

Journal of Hunger & Environmental Nutrition

This is a link to a journal supplement that focuses on food systems and their impact on public health. There are over 20 articles that are all free access. This is a wealth of knowledge that many in our partnership will value and put to good use.

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### Community-based Approaches to Childhood Obesity: Research Progress and Future Directions

Obesity: A Research Journal

In Obesity's latest supplemental issue there is a collection of commentaries, an updated literature review on obesity interventions for 0-5 year olds, and 10 original articles published last year. These articles are not free access but the abstracts are. Articles range from a CATCH trial, a community-based participatory effort, a healthy home study, and changes in school environments with implementation of the Arkansas Act of 2003.

Enjoy these articles and share them with others that might find them interesting or pertinent to their work.

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### Learning Landscapes for Playgrounds and Their Influence on Physical Activity

RWJF- Since 1998, landscape architects at the University of Colorado at Denver have worked in partnership with Denver Public Schools to renovate 48 public elementary schoolyards. Through a program called Learning Landscapes, they have turned neglected playgrounds into attractive and safe parks that reflect the needs and interests of nearby communities while promoting healthy activities for children.

But no one had figured out what impact, if any, these renovations had on the physical activity levels of children in these playgrounds. Which aspects of the playground design had the greatest impact on activity levels? Did neighborhood use and school policies have any impact on activity?

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### NYC Schools Cut 4.6 Billion Calories Switching Milk (Update1)

Jan. 28 (Bloomberg) -- New York City public schools cut 4.6 billion calories and 422 million grams of fat a year from students' diets by eliminating whole milk, a switch that districts are adopting in the U.S. fight against obesity.

Whole milk was cut out in 2006, and fat-free chocolate milk replaced low-fat chocolate milk, according to a study that's the first to measure how banning whole milk affects school nutrition. Students didn't drink less of the healthier options, and average milk consumption increased 1.3 percent from 2004 to 2009, researchers said in the report published today by the U.S. Centers for Disease Control and Prevention.

School districts across the country are tweaking their cafeteria offerings and developing programs to get children to eat better and exercise more.

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### Land Use, Residential Density, and Walking

RWJF- Middle-aged and older adults who live in densely populated areas tend to walk more often. A higher proportion of retail stores in a neighborhood also predicts more walking. Land-use refers to real estate utilization. Examples of land-use categories are: commercial, residential and recreational. Land-use can refer not only to the presence of these entities but also to the proportion of each within a single neighborhood.

This study examined associations between land-use and self-reported walking among a group of adults aged 45 to 84. Data came from the Multi-Ethnic Study of Atherosclerosis (MESA), a long-term study conducted in six U.S. cities. MESA asked whether, how often, and for how much time respondents engaged in specific physical activities.

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### New Study Shows Effectiveness of MEND Program in Prevention and Treatment of Pediatric Obesity

ScienceDaily (Feb. 1, 2010) — Groundbreaking results from a study to evaluate the effectiveness of the MEND Program (Mind, Exercise, Nutrition, Do it!), a multi-component community-based childhood obesity intervention, are published in the journal Obesity. The results coincide with the launch of Michelle Obama's initiative to reduce childhood obesity announced in the State of the Union speech.

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