



### Childhood Obesity a Risk for Premature Death

ScienceDaily (Feb. 17, 2010) — In a study published in The New England Journal of Medicine, Associate Professor Paul Franks of Umeå University in Sweden, in collaboration with researchers in the US, shows how childhood obesity, together with other risk factors for cardiovascular disease, affects premature death.

The researchers studied 4,857 children from the indigenous Indian population in the US, born between 1945 and 1984. All underwent detailed medical examinations, including measurement of body fat (BMI), cholesterol, blood pressure, and blood sugar.

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### New Study Examines the Impact on Children of Food Product Placements in the Movies

ScienceDaily (Feb. 15, 2010) — New research from the Hood Center for Children and Families at Dartmouth Medical School (DMS) for the first time sheds light on the significant potential negative impact that food product placements in the movies could be having on children.

The study, which appears in the current edition of the journal Pediatrics, shows that most of the "brand placements" for food, beverage, and food retail establishments that are frequently portrayed in movies, are for energy-dense, nutrient-poor foods or product lines. In addition, the study shows for the first time that product placements in movies may be a far more potent source of advertising to children in terms of food choices than previously understood.

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### County Health Rankings: National Comparisons

Countyhealthrankings.org- The County Health Rankings identify the healthiest and least healthy counties within every state in the nation. When you compare the 50 healthiest counties (one from every state), with the 50 least healthy counties, some striking trends emerge:

- Population size: Healthier counties are urban/suburban, whereas least health counties are mostly rural. About half (48%) of the 50 healthiest counties are urban or suburban counties, whereas most (84%) of the 50 least healthy counties are rural.
- Premature death rates: The least healthy counties have significantly higher rates of premature death—2.5 times higher than the healthiest counties.

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[Tennessee's Rankings](#)

### Increase in the Prevalence of Obesity in Switzerland 1982–2007: Birth Cohort Analysis Puts Recent Slowdown into Perspective

Obesity- Although the prevalence of obesity continues to increase in Switzerland, the latest figures suggest a slowdown in the rate of increase. In order to elucidate whether this could be the onset of a trend reversal, we analyzed cross-sectional data by birth cohort.

The accelerated increase in the prevalence of overweight+ in the youngest birth cohort and the lower prevalence in the oldest birth cohorts suggest that the current slowdown seen in Switzerland may not herald the onset of a trend reversal. As this example shows, simple comparisons of prevalence rates over time could provide a misleading picture of actual trends. Birth cohort analysis may offer a valuable alternative.

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### Emerging Leaders Internship Program: Tennessee

Active Living Resource Center- The Active Living Resource Center is developing an Emerging Leaders college internship program with a network of partners across the state of Tennessee. At the state level we are working to get recognition for this program in the governor's office, state DOT and state health department. At the regional and local level we are working closely with the cities of Chattanooga and Nashville to develop small walking and bicycling related projects that will be supported by undergraduates and graduate students from local colleges and universities.

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### Childhood obesity in Tennessee drops slightly

Tennessean.com- Tennessee's efforts fighting its childhood obesity epidemic are beginning to pay off, health officials say, with a small drop in a rate that's been rising for at least three decades.

In this state — third in the nation for pediatric obesity — even a flat year-to-year rate could be considered progress. But researchers at East Tennessee State University found that school-age children who are overweight or obese dropped from 40.9 percent in 2007-08 to 39 percent in 2008-09.

Lawmakers also created mandatory physical education time and higher nutrition standards for school food and drinks.

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