



Built Environment Attributes and Walking Patterns Among the Elderly Population in Bogotá

American Journal of Preventive Medicine (June 2010)- This study examined the associations between attributes of the built environment and walking patterns among the elderly.

This study showed that certain built and perceived environment characteristics were associated with walking among older adults living in Bogotá. Further studies should be conducted to better understand the potential influence of the built environment on physical activity among the elderly population in the context of Latin American cities.

[Get the Paper](#)

From “Overweight” to “About Right”: Evidence of a Generational Shift in Body Weight Norms

Obesity (June 2010)- In this article, we describe differences in the self-perception of weight status in the United States between the two most recent National Health and Nutrition Examination Survey (NHANES) periods (1988–1994 and 1999–2004), and test the hypothesis that secular increases in adult mean BMI, adult obesity, and childhood obesity contributed to changes over time in weight perceptions. We find that the probability of self-classifying as overweight is significantly lower on average in the more recent survey, for both women and men, controlling for objective weight status and other factors. Among women, the decline in the tendency to self-classify as overweight is concentrated in the 17–35 age range, and is more pronounced among women with normal BMI than those with overweight BMI.

[Get the Paper](#)

Inequality in obesigenic environments: fast food density in New York City.

Health & Place (March 2009)- The high prevalence of obesity in African American populations may be due to the food environment in residential communities, and the density of fast food restaurants is an important aspect of the restaurant landscape in US cities. This study investigated racial and socioeconomic correlates of fast food density in New York City. We found that predominantly Black areas had higher densities of fast food than predominantly White areas; high-income Black areas had similar exposure as low-income Black areas; and national chains were most dense in commercial areas. The results highlight the importance of policy level interventions to address disparities in food environments as a key goal in obesity prevention efforts.

[Get the Paper](#)

Adolescent Obesity and Future College Degree Attainment

Obesity (June 2010)- The current impact of adolescent obesity on educational attainment is not clear. The objectives of our study were to determine whether adolescent obesity is associated with college degree attainment and how this association may have changed over time. We used data from a contemporary national cohort of over 4,000 persons who were adolescents (aged 14–18) in 1997 to assess the relationship between adolescent obesity and education. To assess for changes in this relationship over time, we also analyzed an older, similarly structured cohort of over 3,000 persons who were adolescents (aged 16–18) in 1981. Our primary outcome was college degree completion.

[Get the Paper](#)

TV Food Advertisements Promote Imbalanced Diets, Study Finds

ScienceDaily (June 2, 2010) — Making food choices based on television advertising results in a very imbalanced diet according to a new study comparing the nutritional content of food choices influenced by television to nutritional guidelines published in the June issue of the Journal of the American Dietetic Association.

Investigators found that a 2,000-calorie diet consisting entirely of advertised foods would contain 25 times the recommended servings of sugars and 20 times the recommended servings of fat, but less than half of the recommended servings of vegetables, dairy, and fruits.

[Read More](#)

[Get the Report](#)

Food Insecurity and Risk for Obesity Among Children and Families: *Is There a Relationship?*

Healthy Eating Research (April 2010)- The majority of U.S. households are food secure, meaning they have steady and dependable access to enough food to support active, healthy lives for all household members.

Unfortunately, the remaining 15 percent of U.S. households have limited or uncertain access to adequate food—they are food insecure.

Members of these food-insecure households use a number of coping strategies, such as eating a less varied diet, participating in federal food and nutrition assistance programs, and obtaining emergency food from community food pantries and kitchens.

[Get the Report](#)

To add or remove your name from this mailing list, please [click here](#)

To view archive issues of *In the News*, [click here](#)