



### **Health Affairs March Issue: Papers on Trends, Action, Food, Agriculture, Schools, & the Built Environment**

Good Morning Partnership,

This morning as I was looking for In the News articles, I ran across the March issue of Health Affairs. Many of this weeks links will take you to press releases on papers published in this journal. There is an amazing amount of information in this issue and I am providing you with the link to the table of contents. These articles are not free but are available for purchase. Enjoy the read!

#### [Health Affairs March 2010 \*Child Obesity: The Way Forward\*](#)

### **Drinking Sugar-Sweetened Beverages Daily Linked to Diabetes**

ScienceDaily (Mar. 6, 2010) — More Americans now drink sugar-sweetened sodas, sport drinks and fruit drinks daily, and this increase in consumption has led to more diabetes and heart disease over the past decade, researchers reported at the American Heart Association's 50th Annual Conference on Cardiovascular Disease Epidemiology and Prevention.

Using the Coronary Heart Disease (CHD) Policy Model, a well-established computer simulation model of the national population age 35 and older, researchers estimate that the increased consumption of sugar-sweetened beverages between 1990 and 2000 contributed to 130,000 new cases of diabetes, 14,000 new cases of coronary heart disease (CHD), and 50,000 additional life-years burdened by coronary heart disease over the past decade.

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[Heart Association Release](#)

### **Personal Responsibility And Obesity: A Constructive Approach To A Controversial Issue**

Health Affairs (March 2010)- The concept of personal responsibility has been central to social, legal, and political approaches to obesity. It evokes language of blame, weakness, and vice and is a leading basis for inadequate government efforts, given the importance of environmental conditions in explaining high rates of obesity. These environmental conditions can override individual physical and psychological regulatory systems that might otherwise stand in the way of weight gain and obesity, hence undermining personal responsibility, narrowing choices, and eroding personal freedoms.

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### **Eliminating Junk Foods at Schools May Help Prevent Childhood Obesity**

ScienceDaily (Mar. 7, 2010) — New policies that eliminate sugary beverages and junk foods from schools may help slow childhood obesity, according to a San Francisco State University study published in the March issue of the journal Health Affairs.

"This is one of the very first comprehensive investigations that examined whether childhood obesity trends changed after new statewide policies were enacted in California," said the study's first author Emma Sanchez-Vaznaugh, assistant professor of health education at SF State. The Robert Wood Johnson Foundation Healthy Eating Research, New Connections Program funded the \$100,000 project.

Childhood obesity is increasingly prevalent in the United States, with obesity rates more than tripling during the last 30 years.

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### **Breaking down barriers to prevent childhood obesity**

The US is facing many challenges in controlling the childhood obesity epidemic. Despite recent efforts and some progress, one third of US children are still overweight or obese. Yet research has shown that the road to obesity begins early in life, and it is more common and difficult to address for low-income children.

Robert Whitaker, a professor of pediatrics and public health at Temple's College of Health Professions, says that even leading programs in early childhood education, like Head Start, the nation's largest federally funded education program for preschool children, are facing difficulties in their efforts to help children stay at a healthy weight.

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### **Community involvement important in fight against childhood obesity, according to UTHealth researchers**

HOUSTON – (March 2, 2010) – Community support of school obesity prevention programs is critical to achieving a significant decrease in obesity among children, according to researchers at the Michael & Susan Dell Center for Advancement of Healthy Living, which is part of The University of Texas Health Science Center at Houston (UTHealth).

Deanna Hoelscher, Ph.D., professor of behavioral sciences at UTHealth's School of Public Health Austin Regional Campus, examined obesity prevalence changes among children in Travis County after the implementation of a school-based obesity intervention program, the Coordinated Approach To Child Health (CATCH).

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