



### **Milk: Two Glasses a Day Tones Muscles, Keeps the Fat Away in Women, Study Shows**

ScienceDaily (May 28, 2010) — Women who drink two large glasses of milk a day after their weight-lifting routine gained more muscle and lost more fat compared to women who drank sugar-based energy drinks, a McMaster study has found.

The study appears in the June issue of *Medicine and Science in Sport and Exercise*.

"Resistance training is not a typical choice of exercise for women," says Stu Phillips, professor in the Department of Kinesiology at McMaster University.

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### **What's More Important in the Obesity Battle – Physical Activity or Medical Treatment?**

ScienceDaily (May 26, 2010) — Experts disagree in the *British Medical Journal* about the best way to tackle the obesity crisis. While Professor Louise Baur and colleagues from the Children's Hospital at Westmead and the University of Sydney in Australia acknowledge that "physical inactivity is a major contributor to the global burden of disease," they says that it would be wrong to only focus on this and ignore the problem of obesity.

Baur and colleagues argue that physical inactivity is just one marker and that there is substantial evidence that unhealthy diets low in fibre and high in sugar and large portion size are also responsible for obesity and the diseases associated with it.

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### **Drinking Fewer Sugar-Sweetened Beverages May Lower Blood Pressure**

ScienceDaily (May 25, 2010) — Drinking fewer sugar-sweetened beverages -- a leading source of added sugar in the U.S. diet -- may lower blood pressure, according to research published in *Circulation: Journal of the American Heart Association*. Increased consumption of sugar-sweetened beverages (SSB) has been associated with an elevated risk of obesity, metabolic syndrome, and type 2 diabetes, according to previous research. However, the effect of sugar-sweetened beverages on blood pressure is uncertain, said lead author Liwei Chen, M.D., Ph.D., assistant professor at Louisiana State University Health Science Center School of Public Health in New Orleans, La.

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### **Obesity Remains an Economic Issue, Research Finds**

ScienceDaily (May 25, 2010) — Ensuring access to healthy, affordable foods is a top priority in tackling the obesity epidemic in the United States. Over the course of the last six months, the Institute of Medicine, United States Department of Agriculture, The White House and First Lady Michelle Obama have taken an interest in improving access to affordable and nutritious foods.

Here in Seattle, Adam Drewnowski, UW professor of epidemiology, and his team are tackling the same issue. Remember the "fat zip codes" that predicted obesity rates from a few years ago? Drewnowski and his team were the brains behind that, as well as last summer's study which showed that grocery prices in Seattle varied greatly between one supermarket chain and another.

Now, researchers at the UW Center for Public Health Nutrition, UW Urban Form Lab and the Nutritional Sciences Program in the School of Public Health are asking: "Who buys what foods, why, where, and for how much?"

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### **Despite Food-Assistance Programs, Many Children Experience Food Insecurity, Hunger**

ScienceDaily (May 27, 2010) — Approximately 49 million people, including 17 million children, experience household food insecurity -- the lack of resources required to sustain the nutritional needs of family members -- according to the U.S. Department of Agriculture. However, this number may be even higher when examining the specific food needs of children. In a recent University of Missouri study, researchers found that food insecurity and hunger among children still persist, even in food secure households and despite food assistance programs and efforts to increase food security.

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### **Dieting Alone May Not Help Stave Off Type 2 Diabetes; Muscle Mass, Strength Important**

ScienceDaily (May 29, 2010) — Sarcopenia -- low skeletal muscle mass and strength -- is often found in obese people and older adults; it has been hypothesized that sarcopenia puts individuals at risk for developing Type 2 diabetes.

To gauge the effect of sarcopenia on insulin resistance (the root cause of Type 2 diabetes) and blood glucose levels in both obese and non-obese people, UCLA researchers performed a cross-sectional analysis of data on 14,528 people from the National Health and Nutrition Examination Survey III.

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