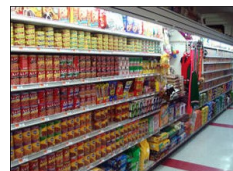


Food Industry Faulted for Pushing High-Calorie, Low-Nutrient Products

ScienceDaily (Dec. 14, 2009) — A new study criticizes the nation's food and beverage industry for failing to shift their marketing efforts aimed at children. The report said television advertising continues to contribute to epidemic levels of obesity, despite industry promises of reform.



Children Now, a California-based public policy group that advocates for children, commissioned the study, conducted by Dale Kunkel, a professor of communication at the University of Arizona, and UA graduate students Christopher McKinley and Paul Wright. The study can be seen on the Children Now Web site.

[More Details](#)

[Get the Report](#)

Food Systems and Public Health: Linkages to Achieve Healthier Diets and Healthier Communities The Negative Impact of Sugar-Sweetened Beverages on Children's Health

Journal of Hunger & Environmental Nutrition — This special double issue identifies research opportunities to develop successful interventions within agriculture, food, and health systems as well as policies and actions for moving towards and achieving community environments that allow healthier diets and reduced obesity. This dynamic collection of articles is the outcome of a conference held in April 2009 that focused on the food system, food, agriculture, and agriculture policy which are central to a discussion on healthy diets and obesity prevention. More than 80 leading thinkers nationwide from the health, nutrition, obesity, and health policy domains together with those from the sustainable agriculture, economics, and agriculture policy sectors participated in this



[Get the Reports](#)

NIH Launches Program to Develop Innovative Approaches to Combat Obesity

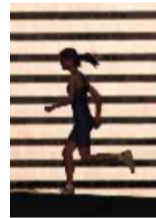
NIH News — The National Institutes of Health is launching a \$37 million program that will use findings from basic research on human behavior to develop more effective interventions to reduce obesity. The program, Translating Basic Behavioral and Social Science Discoveries into Interventions to Reduce Obesity, will fund interdisciplinary teams of researchers at seven research sites. Investigators will conduct experimental research, formative research to increase understanding of populations being studied, small studies known as proof of concept trials, and pilot and feasibility studies to identify promising new avenues for encouraging behaviors that prevent or treat obesity.



[More Details](#)

Long-Term Physical Activity Has an Anti-Aging Effect at the Cellular Level

ScienceDaily (Dec. 2, 2009) — Intensive exercise prevented shortening of telomeres, a protective effect against aging of the cardiovascular system, according to research reported in *Circulation: Journal of the American Heart Association*.



Researchers measured the length of telomeres -- the DNA that bookends the chromosomes and protects the ends from damage -- in blood samples from two groups of professional athletes and two groups who were healthy nonsmokers, but not regular exercisers.

The telomere shortening mechanism limits cells to a fixed number of divisions and can be regarded as a "biological clock." Gradual shortening of telomeres through cell divisions leads to aging on the cellular level and may limit lifetimes. When the telomeres become critically short the cell undergoes death.

[More Details](#)

[Get the Report](#)

Moderate Weight Loss in Obese People Improves Heart Function

ScienceDaily (Dec. 14, 2009) — Obese patients who lost a moderate amount of weight by eating less and exercising more improved their cardiovascular health, says a study at Washington University School of Medicine in St. Louis.

The results of this two-year study, published in the Dec. 15, 2009, issue of the *Journal of the American College of Cardiology*, showed that weight loss led to improvement in four key measures of heart and vascular health. The improvements seen in the study participants included decreased thickness of heart muscle, improved pumping and relaxation functions of the heart and decreased thickness of the carotid artery walls. Heart muscle thickening and impaired pumping and relaxation functions are predictors of heart failure, and increased carotid wall thickness is a predictor of plaque formation.



[More Details](#)

[Get the Paper](#)

Reducing TV Time Helps Adults Burn More Calories, Study Finds

ScienceDaily (Dec. 15, 2009) — Adults who used an electronic lock-out system to reduce their television time by half did not change their calorie intake but did expend more energy over a three-week period, according to a report in the December 14/28 issue of *Archives of Internal Medicine*, one of the JAMA/Archives journals.



The average adult watches almost five hours of television per day, according to background information in the article. Some efforts to prevent and reduce obesity have focused on modifying diet and physical activity, but newer strategies have involved reducing sedentary behaviors such as TV watching. Not only may reducing TV time allow time for more active endeavors, it may also help alleviate chronic sleep deprivation, potentially linked to obesity.

Jennifer J. Otten, Ph.D., R.D., then of the University of Vermont, Burlington, and now of Stanford University School of Medicine, Palo Alto, Calif., and colleagues conducted a randomized controlled trial of 36 adults who had a body mass index between 25 and 50 and reported watching at least three hours of TV per day.

[More Details](#)

[Get the Paper](#)

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