

Active Living By Design

Active Living by Design — The American Journal of Preventive Medicine (AJPM) just published a supplement to their December 2009 issue that is devoted to the Active Living by Design grant program and community partnerships. Volume 37, Issue 6, Supplement 2 (December 2009)

This issue focuses on the ALbD national program and community action model as well as the lessons learned from 15 ALbD grantee communities. The issue also features commentary from experts in the field. The practice-based special issue describes community partnerships representing a range of lead agencies (e.g. planning departments, community development agencies) with emphasis on increasing physical activity in special populations (e.g. African Americans, Latinos, Native Americans, older adults, children, employees).



[More Details](#)

[Get the Reports](#)

The Negative Impact of Sugar-Sweetened Beverages on Children's Health

Robert Wood Johnson Foundation — Over nearly the past 30 years, U.S.

children and adolescents have dramatically increased their consumption of sugar-sweetened beverages (SSBs), including soda, fruit drinks and punches, and sports drinks. Such consumption has been linked to less healthy diets and a number of other negative health consequences, including decreased bone density, dental decay, headaches, anxiety and loss of sleep. Interventions to lower SSB consumption have been linked to lower risk of overweight among normal-weight adolescents, and weight loss among overweight adolescents. This research synthesis examines the evidence regarding the various health impacts of SSB consumption, presents initial conclusions based on these studies, and identifies areas for further research.

[More Details](#)

[Get the Report](#)

Study Suggests Children in Day Care Watching Too Much Television

Robert Wood Johnson Foundation — A study published in the December issue of Pediatrics suggests that children being cared for in day-care centers watch as much as 2.4 hours of television per day, CNN reports. To determine television viewing habits of children in day care, researchers from the Center for Child Health, Behavior and Development at Seattle Children's Research Institute examined 168 child care programs. According to the data, 70 percent of home-based programs and 36 percent of center-based programs allowed children to watch television.

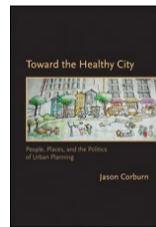


[More Details](#)

[Get the Report](#)

Investigator Reveals Keys to Creating Healthy Cities

Robert Wood Johnson Foundation — Health experts and urban planners have puzzled over the links between environment and well-being for centuries, yet most American cities are still unable to offer healthy surroundings to all residents—regardless of income, race, class or place. Robert Wood Johnson Foundation (RWJF) Investigator awardee (2007), Jason Corburn, Ph.D., tackles this dilemma in his new book, *Toward the Healthy City: People, Places and the Politics of Urban Planning* (MIT Press). Corburn combines the lessons of history with success stories from modern cities to create a unique primer on transforming America's urban landscape one neighborhood at a time.



[More Details](#)

Kids Eat Less Junk Food When Middle Schools Stop Providing It

ScienceDaily (Dec. 6, 2009) — It seems like a no-brainer, and it is: Take the junk food out of school vending machines and cafeterias, and kids will eat less junk food, according to a new study that took place in Connecticut.

When schools started removing low nutritional value snack foods and soft drinks as options, some claimed there would be a "forbidden fruit phenomenon" and that kids would go home and eat twice as much.

Instead, "we found that when you take soda and high-fat snacks out of schools, students did not compensate at home. Instead, they ate better at school and no worse at home," said lead study author Marlene Schwartz, Ph.D., deputy director at the Rudd Center for Food Policy and Obesity at Yale University.



[More Details](#)

[Get the Paper](#)

Obesity Will Snuff out Health Benefits Gained by Smoking Declines

ScienceDaily (Dec. 3, 2009) — If obesity trends continue, the negative effect on the health of the U.S. population will overtake the benefits gained from declining smoking rates, according to a study by U-M and Harvard researchers published in the New England Journal of Medicine.



"Obesity plays a large role in life expectancy," said co-author Allison B. Rosen, assistant professor in the Department of Internal Medicine at the University of Michigan. "Despite the fact that we are smoking less, body-mass indexes (BMI) are going up. These increases in obesity are overtaking these changes in smoking behaviors."

[More Details](#)

[Get the Paper](#)

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