

A message to partnership members about recent technical difficulties

Good afternoon PHL,

Recently we have had some technical difficulties that resulted in some of you not receiving *In The News* and other announcements. If you did not receive these emails last week or in prior weeks, please respond to this email and I will send you a PDF of *In The News*.

John Bilderback

**Physical Education Key To Improving Health In Low-income Adolescents**

ScienceDaily (Nov. 6, 2009) — School-based physical education plays a key role in curbing obesity and improving fitness among adolescents from low-income communities, according to a new study led by researchers at the University of California, San Francisco and UC Berkeley.

The study, which identifies opportunities for adolescents to improve their health based on routine daily activities, finds that regular participation in PE class is significantly associated with greater cardiovascular fitness and lower body mass index.



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How active are American adolescents and have they become less active?

ABSTRACT— The aim of this study was to systematically examine patterns and time trends in US adolescents' physical activity (PA) and sedentary behaviours. We examined findings from the nationally representative Youth Risk Behavior Surveillance Surveys during 1991–2007, and fit regression models estimating average annual changes and tested time trends, and age, gender and ethnic differences. US adolescents had less PA but more sedentary behaviors than recommended, but showed no clear evidence of becoming less active.



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Data Suggest Children Watch Entire Day's Worth of Television Each Week

New data from television monitoring group Nielsen suggest that each week children spend an average of an entire day watching television, representing an eight-year high for television viewing among children, the *Los Angeles Times* reports. Based on an analysis of consumption of live and recorded television viewing, as well as DVD, VCR and game console usage, the data reveal that children ages 2 to 5 watch television for more than 32 hours per week, averaging three hours and 47 minutes per day, while children ages 6 to 11 watch 28 hours per week, an average of three hours and 20 minutes per day. The analysis is based on a sample of 6,700 children in the fourth quarter of 2008.



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U.S. Cities Make Efforts to Increase Availability of Nutritious Foods

Several U.S. cities are participating in efforts aimed at improving the nutritional content of foods sold in convenience stores, the *New York Times* reports. Many public health officials say that convenience stores—which typically stock unhealthy foods such as chips, candy and soda—are contributing to the obesity epidemic. According to a study published last year in the *American Journal of Epidemiology*, individuals with no supermarket near their homes were nearly half as likely to maintain a healthy diet as were those with more shopping options.



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Three Killer Indicators Identified That Are Even Worse Than High Cholesterol

ScienceDaily (Nov. 4, 2009) — Researchers at the University of Warwick have identified a particular combination of health problems that can double the risk of heart attack and cause a three-fold increase in the risk of mortality.



The team, led by Assistant Clinical Professor of Public Health at Warwick Medical School Dr Oscar Franco, has discovered that simultaneously having obesity, high blood pressure and high blood sugar are the most dangerous combination of health factors when developing metabolic syndrome.

Metabolic syndrome is a combination of medical disorders that increase the risk of developing cardiovascular disease and diabetes.

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