

Diabetes Cases to Double and Costs to Triple by 2034

ScienceDaily (Nov. 27, 2009) — In the next 25 years, the number of Americans living with diabetes will nearly double, increasing from 23.7 million in 2009 to 44.1 million in 2034. Over the same period, spending on diabetes will almost triple, rising from \$113 billion to \$336 billion, even with no increase in the prevalence of obesity, researchers based at the University of Chicago report in the December issue of *Diabetes Care*.



The number of those with diabetes covered by Medicare will rise from 8.2 million to 14.6 million, the researchers predict. Medicare spending on diabetes will jump from \$45 billion to \$171 billion.

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Polyphenols and Polyunsaturated Fatty Acids Boost the Birth of New Neurons, Study Finds

ScienceDaily (Nov. 30, 2009) — Universitat Autònoma de Barcelona (UAB) researchers have confirmed that a diet rich in polyphenols and polyunsaturated fatty acids, patented as an LMN diet, helps boost the production of the brain's stem cells - neurogenesis- and strengthens their differentiation in different types of neuron cells.



The research revealed that mice fed an LMN diet, when compared to those fed a control diet, have more cell proliferation in the two areas of the brain where neurogenesis is produced, the olfactory bulb and the hippocampus, both of which are greatly damaged in patients with Alzheimer's disease.

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Diabetics Show Alarming Increase in Morbid Obesity

ScienceDaily (Nov. 24, 2009) — A Loyola University Health System study has found that one out of five Type 2 diabetics is morbidly obese -- approximately 100 pounds or more overweight. Researchers reported that 62.4 percent of U.S. adults with Type 2 diabetes are obese, and 20.7 percent are morbidly obese. Among African American adults with Type 2 diabetes, 1 in 3 is morbidly obese. "The rate of morbid obesity among people with diabetes is increasing at a very alarming rate, and this has substantial public health implications," said Dr. Holly Kramer, a kidney specialist and lead author of the study published online in the *Journal of Diabetes and its Complications*.



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High Salt Intake Directly Linked to Stroke and Cardiovascular Disease

ScienceDaily (Nov. 30, 2009) — High salt intake is associated with significantly greater risk of both stroke and cardiovascular disease, concludes a study published on the *British Medical Journal* website.

The link between high salt intake and high blood pressure is well established, and it has been suggested that a population-wide reduction in dietary salt intake has the potential to substantially reduce the levels of cardiovascular disease.



The World Health Organization recommended level of salt consumption is 5 g (about one teaspoon) per day at the population level, yet dietary salt intake in most Western countries is close to 10g per day (and much higher in many Eastern European countries).

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Gender, Ethnicity, Marital Status, and Body Weight in the United States

Obesity, December 2009 Abstract — Married individuals tend to be heavier than those who are unmarried, particularly men, and individuals in different ethnic categories vary in their involvement in marriage and in their body weights. We examined gender and ethnic differences in relationships between marital status and body weight using cross-sectional data from the 1999–2002 National Health and Nutrition Examination Survey (NHANES) for 3,947 women and 4,019 men. The findings revealed that compared to married men in the same ethnic category, white divorced men, black never-married men, and all Hispanic men except for widows had lower odds of being overweight.



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Effects of Park Improvements on Park Use and Physical Activity: Policy and Programming Implications

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Background

Many assume that improving the quality and the perceived safety of facilities in parks and recreation centers is critical to attracting more users and increasing population physical activity. There are few studies in which these assumptions have been tested.

Purpose

This study aims to assess the impact of park improvements on park use and physical activity.

Methods

Five intervention parks and five matched comparison parks were studied by objectively measuring park use and collecting self-reports of park use by residents before and after park improvements. After using the System for Observing Play and Recreation in Communities to count park users and measure their activity levels, and conducting household interviews and intercept surveys with park users, propensity score analyses were used to adjust for differences in respondents' characteristics between pre- and post-intervention and across conditions.

Results

Overall park use and physical activity declined in both intervention and control parks, with 39% of the decline directly attributable to fewer scheduled organized activities. Perceptions of park safety increased more in the intervention parks than in the comparison parks.

Conclusions

Improvements to parks may not automatically result in increased use and physical activity, especially when programming decreases. Multiple factors contribute to park use and need to be accounted for in future community-level interventions. Further, improving perceptions of safety alone is unlikely to result in increased park use.

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