

# Obesity

## Current Awareness Bulletin

January 2019

This Current Awareness Bulletin is produced by the Yeovil Academy Library to provide staff with a range of obesity-related resources to support practice. It includes recently published guidelines and research articles, as well as news and policy items.

## Systematic Reviews



### [Strategies to improve the implementation of workplace-based policies or practices targeting tobacco, alcohol, diet, physical activity and obesity](#)

Luke Wolfenden, Sharni Goldman, Fiona G Stacey, Alice Grady, Melanie Kingsland, Christopher M Williams, John Wiggers, Andrew Milat, Chris Rissel, Adrian Bauman, Margaret M Farrell, France Légaré, Ali Ben Charif, Hervé Tchala Vignon Zomahoun, Rebecca K Hodder, Jannah Jones, Debbie Booth, Benjamin Parmenter, Tim Regan, Sze Lin Yoong  
14 November 2018

Given the substantial period of time adults spend in their workplaces each day, these provide an opportune setting for interventions addressing modifiable behavioural risk factors for chronic disease. Previous reviews of trials of workplace-based interventions suggest they can be effective in modifying a range of risk factors including diet, physical activity, obesity, risky alcohol use and tobacco use.

### [Metformin for women who are overweight or obese during pregnancy for improving maternal and infant outcomes](#)

Jodie M Dodd, Rosalie M Grivell, Andrea R Deussen, William M Hague  
24 July 2018

There has been considerable interest in providing antenatal dietary and lifestyle advice for women with obesity or who are overweight during pregnancy, as a strategy to limit gestational weight gain and improve maternal and infant health.

### [Carbohydrate supplementation of human milk to promote growth in preterm infants](#)

Emma A Amissah, Julie Brown, Jane E Harding  
23 August 2018

Preterm infants are born with low glycogen stores and require higher glucose intake to match fetal accretion rates. In spite of the myriad benefits of breast milk for preterm infants, it may not adequately meet the needs of these rapidly growing infants. Supplementing human milk with carbohydrates may help. However, there is a paucity of data on assessment of benefits or harms of carbohydrate supplementation of human milk to promote growth in preterm infants.

### [Workplace interventions for reducing sitting at work](#)

Nipun Shrestha, Katriina T Kukkonen-Harjula, Jos H Verbeek, Sharea Ijaz, Veerle Hermans, Zeljko Pedisic  
17 December 2018

A large number of people are employed in sedentary occupations. Physical inactivity and excessive sitting at workplaces have been linked to increased risk of cardiovascular disease, obesity, and all-cause mortality.

### [Graduated compression stockings for prevention of deep vein thrombosis](#)

Ashwin Sachdeva, Mark Dalton, Timothy Lees

3 November 2018

Hospitalised patients are at increased risk of developing deep vein thrombosis (DVT) in the lower limb and pelvic veins, on a background of prolonged immobilisation associated with their medical or surgical illness. Patients with DVT are at increased risk of developing a pulmonary embolism (PE). The use of graduated compression stockings (GCS) in hospitalised patients has been proposed to decrease the risk of DVT.



### [Bariatric surgery, lifestyle interventions and orlistat for severe obesity: the REBALANCE mixed-methods systematic review and economic evaluation](#)

Weight management programmes generally cost less than £20,000/QALY and bariatric surgery, though costly, was the most effective and cost-effective strategy over a 30-year time horizon.

[NIHR HTA programme](#)2018

### [Strategies to improve the implementation of workplace-based policies or practices targeting tobacco, alcohol, diet, physical activity and obesity.](#)

Available evidence regarding the effectiveness of implementation strategies for improving implementation of health-promoting policies and practices in the workplace setting is sparse and inconsistent. Low certainty evidence suggests that such strategies may make little or no difference on measures of implementation fidelity or different employee health behaviour outcomes.

[Cochrane](#)2018

### [Early Complications and Mortality following Radical Cystectomy: Associations with Malnutrition and Obesity](#)

Increasing class of obesity and hypoalbuminemia were independently associated with increased complications following RC. Hypoalbuminemia and class III obesity were associated with early mortality.

[Bladder cancer \(Amsterdam, Netherlands\)](#)2018 Full Text: [Link to full Text with Trip Pro](#)

### [Undernutrition, obesity and governance: a unified framework for upholding the right to food](#)

This paper argues that the lack of a clear, operational definition of governance is a serious obstacle to conceptualising and solving major problems in nutrition. To address this need, it develops a unified definition of nutrition governance consisting of three principles: accountability, participation and responsiveness.

[BMJ global health](#)2018 Full Text: [Link to full Text with Trip Pro](#)

### [Total hip arthroplasty outcomes in morbidly obese patients: A systematic review](#)

The functional outcome was at least comparable to non-obese patients. This review suggests that morbidly obese patients have a slightly increased revision rate following THA. Importantly, these patients have a functional recovery at least comparable to those with a BMI < 30.

[EFORT open reviews](#)2018 Full Text: [Link to full Text with Trip Pro](#)

### [Obesity and loss of disease-free years owing to major non-communicable diseases: a multicohort study](#)

Mild obesity was associated with the loss of one in ten, and severe obesity the loss of one in four potential disease-free years during middle and later adulthood. This increasing loss of disease-free years as obesity becomes more severe occurred in both sexes, among smokers and non-smokers, the physically active and inactive, and across the socioeconomic hierarchy.

[The Lancet. Public health](#)2018 Full Text: [Link to full Text with Trip Pro](#)

### [Contribution of sex and body constitution to three-dimensional lower extremity alignment for healthy, elderly, non-obese humans in a Japanese population](#)

The association of sex with coronal and rotational alignment and of body constitution with sagittal alignment were proved in healthy, elderly, non-obese humans in a Japanese population. This finding can lead to further understanding of the etiology of many diseases and age-related changes.

[Journal of experimental orthopaedics](#)2018 Full Text: [Link to full Text with Trip Pro](#)

### [Comparing the image quality of tissue harmonic and conventional B-mode ultrasound of kidney in over-obese individuals](#)

Advances in ultrasound equipment and the introduction of tissue harmonic imaging can improve the diagnostic performance in over-obese patients and this mode of imaging should be used whenever evaluating over-obese subjects.

[Electronic physician](#)2018 Full Text: [Link to full Text with Trip Pro](#)

### [Metformin for women who are overweight or obese during pregnancy for improving maternal and infant outcomes.](#)

There is insufficient evidence to support the use of metformin for women with obesity in pregnancy for improving maternal and infant outcomes. Metformin was, however, associated with increased risk of adverse effects, particularly diarrhoea.

[Cochrane](#)2018 Full Text: [YDH](#)

### [Tackling obesity in mental health secure units: a mixed method synthesis of available evidence](#)

Despite the promising outcomes reported, further assessment is needed of the feasibility, acceptability and effectiveness of interventions and policies targeting the obesogenic environment, using robust research methods.

[BJPsych open](#)2018 Full Text: [Link to full Text with Trip Pro](#)

### [Obesity, mental health, and sexual dysfunction: A critical review](#)

Research demonstrates an association between obesity, mental health, and sexual functioning, but has failed to identify casual pathways between these conditions.

[Health psychology open](#)2018 Full Text: [Link to full Text with Trip Pro](#)

### [VEGF-mTOR signaling links obesity and endometrial cancer](#)

[Oncoscience](#)2018 Full Text: [Link to full Text with Trip Pro](#)

### [Transcriptomic Profiling of Obesity-Related Nonalcoholic Steatohepatitis Reveals a Core Set of Fibrosis-Specific Genes](#)

Dysregulated mRNA expression is associated with inflammation and fibrosis in NASH. Advanced NASH fibrosis is characterized by distinct set of molecular changes that are shared with other causes of cirrhosis.

[Journal of the Endocrine Society](#)2018 Full Text: [Link to full Text with Trip Pro](#)

## Guidelines

**NICE** National Institute for Health and Care Excellence

### [Community pharmacies: promoting health and wellbeing \(NG102\)](#)

Evidence-based recommendations on how community pharmacies can promote health and wellbeing, and help maintain and improve people's physical and mental health

NICE guideline Published August 2018

### [Chronic heart failure in adults: diagnosis and management \(NG106\)](#)

Evidence-based recommendations on diagnosing and managing chronic heart failure in people aged 18 and over.

NICE guideline Published September 2018

### [Obesity: working with local communities](#)

Everything NICE has said on working with local communities to prevent obesity in an interactive flowchart.  
NICE Pathway Published November 2012 Last updated August 2018

### [Preventing type 2 diabetes](#)

Everything NICE has said on preventing type 2 diabetes in an interactive flowchart.  
NICE Pathway Published August 2011 Last updated November 2018

### [Physical activity](#)

Everything NICE has said on interventions, programmes and strategies to encourage people of all ages to be physically active in an interactive flowchart.  
NICE Pathway Published May 2011 Last updated September 2018

## UpToDate

UpToDate® is accessible via the links section of the library intranet [YCloud](#) page or via the [library blog](#). It can also be accessed at [uptodate.com/login](http://uptodate.com/login) with an OpenAthens username and password. To register for an OpenAthens account [click here](#).

### [Management of childhood obesity in the primary care setting](#)

Literature review current through: Dec 2018. | This topic last updated: Oct 09, 2018.

Obesity during childhood is associated with long-term health consequences and is influenced by genetic, epigenetic, behavioral, and environmental factors. Among these, only behavioral and environmental factors are modifiable during childhood, so these are the focus of clinical interventions.

### [Comorbidities and complications of obesity in children and adolescents](#)

Literature review current through: Dec 2018. | This topic last updated: Dec 30, 2018.

As the prevalence of obesity increases so does the prevalence of the comorbidities associated with obesity, resulting in an enormous burden of obesity-related disease worldwide [2,3]. For this reason it is imperative that health care providers identify overweight and obese children so that counseling and treatment can be provided.

### [Overweight and obesity in adults: Health consequences](#)

Obesity is associated with significant excess morbidity and mortality. There are over 200 comorbidities associated with obesity.

In general, greater body mass index (BMI), calculated as weight (in kg) divided by height (in m<sup>2</sup>), is associated with increased rate of death from all causes and from cardiovascular disease (CVD).

Literature review current through: Dec 2018. | This topic last updated: Oct 16, 2018.

### [Obesity in adults: Drug therapy](#)

All patients who are overweight (body mass index [BMI]  $\geq 25$  kg/m<sup>2</sup>) or obese (BMI  $\geq 30$  kg/m<sup>2</sup>) should receive counseling on diet, lifestyle, and goals for weight loss.

For patients with specific comorbidities (eg, depression, diabetes), we prefer a weight-centric approach to chronic disease management, trying, if possible, to select the drugs to treat the comorbidity that may produce weight loss, rather than weight gain.

## Journal Articles

Please click on the blue link (where available) to access the full text. You may need an OpenAthens username and password. To register for an OpenAthens account [click here](#).

If you would like help obtaining any of the articles, please contact the Library.

### NICE Healthcare Databases

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#### **Modeling the Mixed Effects of Living Standard and Consumer-oriented Behavior on Obesity.**

**Author(s):** Tao Zhang

**Source:** American Journal of Health Behavior; Jan 2019; vol. 43 (no. 1); p. 168-180

**Publication Date:** Jan 2019

**Publication Type(s):** Academic Journal

Available at [American Journal of Health Behavior](#) - from EBSCO (CINAHL Plus with Full Text)

**Abstract:**Objective: This study investigates how daily consumer-oriented behaviors affect the prevalence of obesity in the older population in China. The demographic characteristics and living standard indicators are considered to capture the effects of various factors on obesity. Methods: This study employs the discrete choice regressions to investigate the associations among 18 influential covariates and obesity for aging adults in China in 2013. The multi-level nature of collected data is also considered by utilizing mixed-effects models. The data set, including 18,617 randomly chosen observations from the China Health and Retirement Longitudinal Survey 2013 is used in the regressions. Results: This study concerns the diversity of covariates representing the various daily consuming behaviors relating to the evolving living standard. A statistically significant association was found between the sedentary behavior and obesity for the aged people in China. The result also shows that aging women in China may have an increased propensity toward obesity compared to men. Conclusion: Daily consumer-oriented behaviors, including their influence on physical activity, can significantly reduce the risk of obesity; moreover, some sedentary behaviors, such as prolonged Internet use, likely will increase it. Important behaviors contributing to obesity are identified.

**Database:** CINAHL

#### **Effect of Self-Management Exercise Program on Physical Fitness among People with Prehypertension and Obesity: A Quasi Experiment Study.**

**Author(s):** Thida Tongvichean; Yupin Aunguroch; Sunida Preechawong

**Source:** Pacific Rim International Journal of Nursing Research; Jan 2019; vol. 23 (no. 1); p. 6-17

**Publication Date:** Jan 2019

**Publication Type(s):** Academic Journal

Available at [Pacific Rim International Journal of Nursing Research](#) - from EBSCO (CINAHL Plus with Full Text)

**Abstract:**Lack of exercise related to poor self-management can lead to a low level of physical fitness in people with prehypertension and obesity. Self-management has the potential to enhance exercise performance with moving people from the beginning of behavior change to action and maintenance behavior. This study investigated the effect of the Self-Management Exercise Program on physical fitness in persons with prehypertension and obesity developed by primary investigator. A total of 32 participants were randomly assigned to two groups: the experimental group (n=16) receiving the Self-Management Exercise Program and the control group (n=16) receiving conventional care. Physical fitness was evaluated by the 3-minute step test, 60 second chair stand, and sit and reach test at baseline and 12-week. Data analyzed using descriptive statistics, Chi-square test, Independent t-test, and Paired t-test. The results demonstrated that the experimental group had significantly higher physical fitness compared to before the program; and significantly higher than those compared to the control group. The Self-Management Exercise Program is effective and improves physical fitness in people with prehypertension and obesity including cardiorespiratory fitness, muscular endurance, and flexibility. Nurses can apply the program to enhance physical fitness in this population by increasing exercise behavior through self-management skills. Further study is needed to confirm whether the physical fitness increases over an extended time using the program.

**Database:** CINAHL

### **Biomechanical Alterations during Sit-to-Stand Transfer Are Caused by a Synergy between Knee Osteoarthritis and Obesity.**

**Author(s):** Verlaan, Loek; Boekesteijn, Ramon J.; Oomen, Pieter W.; Liu, Wai-Yan; Peters, Marloes J. M.; Witlox, M. Adhiambo; Emans, Pieter J.; van Rhijn, Lodewijk W.; Meijer, Kenneth

**Source:** BioMed Research International; Dec 2018 ; p. 1-7

**Publication Date:** Dec 2018

**Publication Type(s):** Academic Journal

Available at [BioMed Research International](#) - from Europe PubMed Central - Open Access

Available at [BioMed Research International](#) - from Hindawi Open Access Journals

**Abstract:** Osteoarthritis is one of the major causes of immobility and its current prevalence in elderly (>60 years) is 18% in women and 9.6% in men. Patients with osteoarthritis display altered movement patterns to avoid pain and overcome movement limitations in activities of daily life, such as sit-to-stand transfers. Currently, there is a lack of evidence that distinguishes effects of knee osteoarthritis on sit-to-stand performance in patients with and without obesity. The purpose of this study was therefore to investigate differences in knee and hip kinetics during sit-to-stand movement between healthy controls and lean and obese knee osteoarthritis patients. Fifty-five subjects were included in this study, distributed over three groups: healthy controls (n=22), lean knee osteoarthritis (n=14), and obese knee OA patients (n=19). All subjects were instructed to perform sit-to-stand transfers at self-selected, comfortable speed. A three-dimensional movement analysis was performed to investigate compensatory mechanisms and knee and hip kinetics during sit-to-stand movement. No difference in sit-to-stand speed was found between lean knee OA patients and healthy controls. Obese knee osteoarthritis patients, however, have reduced hip and knee range of motion, which is associated with reduced peak hip and knee moments. Reduced vertical ground reaction force in terms of body weight and increased medial ground reaction forces indicates use of compensatory mechanisms to unload the affected knee in the obese knee osteoarthritis patients. We believe that an interplay between obesity and knee osteoarthritis leads to altered biomechanics during sit-to-stand movement, rather than knee osteoarthritis alone. From this perspective, obesity might be an important target to restore healthy sit-to-stand biomechanics in obese knee OA patients.

**Database:** CINAHL

### **Weight management during teenage pregnancy: Issues to consider when developing appropriate support.**

**Author(s):** Olander, Ellinor; Lucas, Grace; Salmon, Debra

**Source:** British Journal of Midwifery; Dec 2018; vol. 26 (no. 12); p. 770-774

**Publication Date:** Dec 2018

**Publication Type(s):** Academic Journal

Available at [British Journal of Midwifery](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [British Journal of Midwifery](#) - from MAG Online Library

**Abstract:** Teenage pregnancy is more prevalent in areas of high obesity, compared to areas where obesity levels are low. Risks associated with maternal obesity in pregnant teenagers include pre-eclampsia and caesarean delivery. To reduce these risks, pregnant teenagers need to be supported to gain a healthy weight in pregnancy. This includes encouraging these women to eat healthily through providing appropriate information including online or smartphone apps in conjunction with face-to-face support. These young women also need encouragement to be physically active. This support must be tailored to the teenage population considering their specific barriers and facilitators to behaviour change. Midwives with the aid of a multidisciplinary team play a key role in encouraging these healthy behaviours.

**Database:** CINAHL

### **Containing Obesity from a Human Evolutionary Perspective.**

**Author(s):** Milne, Gustav

**Source:** Journal of the Australian Traditional-Medicine Society; Dec 2018; vol. 24 (no. 4); p. 208-213

**Publication Date:** Dec 2018

**Publication Type(s):** Academic Journal

Available at [Journal of the Australian Traditional-Medicine Society](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [Journal of the Australian Traditional-Medicine Society](#) - from ProQuest (Hospital Premium Collection) - NHS Version

**Abstract:** Although there are great benefits to modern urban living, there are also health costs, often related to our biological inability to adapt to aspects of urban culture. These include the seemingly unstoppable rise in obesity, Type 2 diabetes, coronary issues and various cancers, the list of so-called 'Diseases of Urbanisation' All these conditions were rare or non-existent in non-urbanised communities in the past. Regarding our fundamental wellbeing, studies have shown that modern urban lifestyles with

largely sedentary regimes, poor diets and little engagement with nature are quite contrary to 'ancestral' practices. The part of our genome that evolved with us over many millennia to support a non-urban 'hunter-gatherer' culture still requires Homo sapiens to integrate evolutionary-concordant nutrition and daily activities with its immune system and innate biophilia. Based on this concept, the Evolutionary Determinants of Health programme was initiated. The new paradigm suggests that a greater understanding of human evolution holds the key to our future urban wellbeing. Although not a disease in itself, obesity contributes directly to over half of the global disease burden. In Australia, for example, over 11m adults are overweight or obese, and the numbers are rising, from 56% in 1995 to 63% in 2015. From this it follows that the containment of obesity would greatly diminish the increasing prevalence of the 'Diseases of Urbanisation' while simultaneously improving urban wellbeing. It is suggested here that the promotion of evolutionary-compliant activities and nutritional regimes could achieve this, not through pharmaceutical or other medical interventions, but through cultural and behavioural change, facilitated by sympathetic town planners, architects and politicians.

**Database:** CINAHL

**Rapid-Onset Obesity with Hypoventilation, Hypothalamic, Autonomic Dysregulation, and Neuroendocrine Tumors (ROHHADNET) Syndrome: A Systematic Review.**

**Author(s):** Lee, Jiwon M.; Shin, Jaewon; Kim, Sol; Gee, Heon Yung; Lee, Joon Suk; Cha, Do Hyeon; Rim, John Hoon; Park, Se-Jin; Kim, Ji Hong; Uçar, Ahmet; Kronbichler, Andreas; Lee, Keum Hwa; Shin, Jae Il

**Source:** BioMed Research International; Nov 2018 ; p. 1-17

**Publication Date:** Nov 2018

**Publication Type(s):** Academic Journal

Available at [BioMed Research International](#) - from Europe PubMed Central - Open Access

Available at [BioMed Research International](#) - from Hindawi Open Access Journals

**Abstract:**Background and Aim. ROHHADNET (rapid-onset obesity with hypoventilation, hypothalamic, autonomic dysregulation, neuroendocrine tumor) syndrome is a rare disease with grave outcome. Although early recognition is essential, prompt diagnosis may be challenging due to its extreme rarity. This study aimed to systematically review its clinical manifestation and to identify genetic causes. Materials and Methods. We firstly conducted a systematic review on ROHHAD/NET. Electronic databases were searched using related terms. We secondly performed whole exome sequencing (WES) and examined copy number variation (CNV) in two patients to identify genetic causes. Results. In total, 46 eligible studies including 158 patients were included. There were 36 case reports available for individual patient data (IPD; 48 patients, 23 ROHHAD, and 25 ROHHADNET) and 10 case series available for aggregate patient data (APD; 110 patients, 71 ROHHAD, and 39 ROHHADNET). The median age at onset calculated from IPD was 4 years. Gender information was available in 100 patients (40 from IPD and 60 from APD) in which 65 females and 35 males were showing female preponderance. Earliest manifestation was rapid obesity, followed by hypothalamic symptoms. Most common types of neuroendocrine tumors were ganglioneuromas. Patients frequently had dysnatremia and hyperprolactinemia. Two patients were available for WES. Rare variants were identified in PIK3R3, SPTBN5, and PCF11 in one patient and SRMS, ZNF83, and KMT2B in another patient, respectively. However, there was no surviving variant shared by the two patients after filtering. Conclusions. This study systematically reviewed the phenotype of ROHHAD/NET aiming to help early recognition and reducing morbidity. The link of variants identified in the present WES requires further investigation.

**Database:** CINAHL

**Omega-3 Fatty Acids Significantly Reduced Pain in Obese Patients with Breast Cancer.**

**Author(s):** Barbor, Meg

**Source:** Oncology Nurse-APN/PA; Nov 2018; vol. 11 (no. 5); p. 1-2

**Publication Date:** Nov 2018

**Publication Type(s):** Periodical

Available at [Oncology Nurse-APN/PA](#) - from EBSCO (CINAHL Plus with Full Text)

**Database:** CINAHL

**Obesity and HIV: a compounding problem.**

**Author(s):** Biggs, Chara; Spooner, Elizabeth

**Source:** South African Journal of Clinical Nutrition; Nov 2018; vol. 31 (no. 4); p. 78-83

**Publication Date:** Nov 2018

**Publication Type(s):** Academic Journal

Available at [South African Journal of Clinical Nutrition](#) - from EBSCO (CINAHL Plus with Full Text)

**Abstract:** Objectives: A cross-sectional study was undertaken at Lancers Road Clinic, Durban, South Africa to determine body composition, haemoglobin, serum albumin and serum high sensitivity C-reactive protein (hs-CRP) levels in asymptomatic ART-naive HIV positive adults. Methods: All eligible adults attending the clinic were sampled. Body composition was assessed using deuterium dilution. Descriptive statistics, Wilcoxon rank-sum test, chi-square test, Fisher's exact test and Spearman's rank correlation coefficient were used for data analysis. Results: A total of 84 participants (CD4 count:  $542.5 \pm 145$  cell/mm<sup>3</sup>) enrolled. The mean body mass index (BMI) was  $29.5 (\pm 6.4)$  kg/m<sup>2</sup> and the mean fat mass percentage was  $44.9 (\pm 18.7)$ . The prevalence of overweight (26.2%, 22/84) and obesity (46.4%, 39/84) was high. Mean haemoglobin (Hb) levels were  $12.0 \pm 1.6$  g/dl. Mild, moderate and severe anaemia was present in 21.4% (18/84), 20.2% (17/84) and 1.2% (1/84) of patients, respectively. Mean albumin levels ( $36.2 \pm 3.8$  g/l) were on the borderline low range of normal with mildly depleted albumin levels being present in a third (32.1%, 27/84) of patients. The mean hs-CRP levels ( $5.5 \pm 7.2$  mg/l) were high. Conclusion: In this cohort of patients, wasting was not associated with HIV as the prevalence of overweight/obesity was high and followed the population trend in SA. This seemingly well, asymptomatic population of people living with HIV was at an increased risk of morbidity, progression and death due to the compounding factors of overweight/obesity, hypoalbuminemia, raised hs-CRP levels and anaemia.

**Database:** CINAHL

### **Occupational Therapy for Adults with Overweight and Obesity: Mapping Interventions Involving Occupational Therapists.**

**Author(s):** Solgaard Nielsen, Svetlana; Reffstrup Christensen, Jeanette

**Source:** Occupational Therapy International; Oct 2018 ; p. 1-17

**Publication Date:** Oct 2018

**Publication Type(s):** Academic Journal

Available at [Occupational Therapy International](#) - from Hindawi Open Access Journals

**Abstract:** Background. Worldwide obesity rates are increasing. The effectiveness of occupational therapy in overweight and obese adults has not yet been clarified. Objectives. The scoping review aimed at examining the evidence on interventions involving occupational therapists in the treatment of adults with overweight and obesity. Methods. Data on interventions involving occupational therapists and reporting on lifestyle-related outcomes in overweight and obese adults was extracted from the databases Cochrane, PubMed, CINAHL, and Embase, including hand and reference search. The scoping review methodology of Arksey and O'Malley was used. Conclusions were based on numerical and narrative analysis. Results. Thirteen articles reporting on eleven studies met the inclusion criteria. Several studies showed significant weight loss. However, the studies possessed high heterogeneity and showed insufficient explication of the role and contribution of occupational therapy to the outcomes. Conclusions. The interventions with involvement of occupational therapists were suggested to help short-term weight loss. Occupational therapists contributed to the outcomes with a holistic approach, educating on the role of activity, providing technological support, and promoting enjoyment of being active. There is a need for further documentation of the effectiveness, role, and contributions of occupational therapy in the treatment of overweight and obese adults in all settings.

**Database:** CINAHL

### **Being targeted as a "severely overweight pregnant woman" —A qualitative interview study.**

**Author(s):** Lauridsen, Drude S.; Sandøe, Peter; Holm, Lotte

**Source:** Health Expectations; Oct 2018; vol. 21 (no. 5); p. 878-886

**Publication Date:** Oct 2018

**Publication Type(s):** Academic Journal

Available at [Health Expectations](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [Health Expectations](#) - from Europe PubMed Central - Open Access

Available at [Health Expectations](#) - from Unpaywall

**Abstract:** Background: Pregnant women with a body mass index (BMI)  $\geq 30$  kg/m<sup>2</sup> have been targeted in health-care systems in many western countries as a high-risk group. However, we have limited knowledge of the long-term significance of this prenatal care policy. Objective: To investigate accounts women give of their experiences of being targeted as severely overweight during pregnancy when they look back at the intervention 4-5 years later. Design: Interpretive analysis based on 21 semi-structured interviews conducted 4-5 years after the pregnancy with Danish mothers categorized as having a pre-pregnancy BMI  $\geq 30$ . Findings: In the women's retrospective accounts three phases were identified and separated: (i) Being identified as a "severely overweight pregnant woman." The women differed over whether they accepted this categorization, but all believed that an approach based on weight was acceptable. (ii) Encounters with health-care professionals. The women differed here: some

reported no negative experiences; others reported experiences of prejudice and silence. (iii) Reflections on long-term outcomes. Most women reported that the interventions during their pregnancies did not lead to any lasting lifestyle change. The women disagreed over whether, in principle, pregnancy was a suitable time to be targeted. Discussion and conclusion: Our study illustrates the importance of critically considering whether pregnancy is a suitable window of opportunity for obesity prevention, and shows that women's experiences should be examined in relation to each phase of intervention. More interdisciplinary studies are needed to map potential benefits and other consequences over the short- and long-term.

**Database:** CINAHL

#### **Using the Facebook Social Networking Website to Improve the Utilization of Weight Loss Programs by Community Obese Adults.**

**Author(s):** Shiu-Shan WENG; Yu-Mei CHENG; Hsueh-Ling LIU

**Source:** Journal of Nursing; Oct 2018; vol. 65 (no. 5); p. 80-88

**Publication Date:** Oct 2018

**Publication Type(s):** Academic Journal

Available at [Journal of Nursing](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [Journal of Nursing](#) - from ProQuest (Hospital Premium Collection) - NHS Version

**Abstract:**Background & Problems: In light of the known impacts of obesity on well-being, we regularly work to promote weight loss programs in community settings. However, we found that a gap exists between the need for weight loss and the utilization of healthy weight loss programs among BMI (body mass index)  $\geq 27$  kg/m<sup>2</sup> adults. The low utilization of healthy weight loss programs may lower the overall benefit of these programs. Purpose: We reexamined access to health services and developed an accessible weight loss program for BMI  $\geq 27$  kg/m<sup>2</sup> adults that would improve the overall utilization of healthy weight loss programs. Resolution: A telephone survey for obese adults was conducted to explore the reasons that discouraged persons in this group to not use our weight loss programs. The main reasons identified were: program schedules did not fit with respondent's daily schedule, the unsuitable services provided, and the overly long distance to the weight loss class. The social-cognitive-theory-based 1-year weight loss program that was developed provided immediate and accurate information about weight loss, inspiring words, weight management advice, and immediate and convenient consultation services. Moreover, this program established an incentives system on a social networking platform (Facebook) and was marketed under a creative slogan. Results: The developed weight loss program increased not only program utilization (from 54.7% to 78.1%) but also reduced the average weight of obese adult participants by 3.4 kg. Conclusions: This program adjusted existing weight loss programs and improved the utilization of weight loss programs. These results may be applied elsewhere to increase weight-loss efficacy and to maximize health.

**Database:** CINAHL

#### **Acupuncture and Related Therapies for Obesity: A Network Meta-Analysis.**

**Author(s):** Zhang, Yanji; Li, Jia; Mo, Guoyan; Liu, Jing; Yang, Huisheng; Chen, Xianglin; Liu, Hui; Cai, Teng; Zhang, Xian; Tian, Xiangmin; Zhou, Zhongyu; Huang, Wei

**Source:** Evidence-based Complementary & Alternative Medicine (eCAM); Sep 2018 ; p. 1-20

**Publication Date:** Sep 2018

**Publication Type(s):** Academic Journal

Available at [Evidence-Based Complementary and Alternative Medicine](#) - from Europe PubMed Central - Open Access

Available at [Evidence-Based Complementary and Alternative Medicine](#) - from Hindawi Open Access Journals

Available at [Evidence-Based Complementary and Alternative Medicine](#) - from IngentaConnect - Open Access

**Abstract:**Obesity is a worldwide public health problem. Currently, increasing evidence suggests acupuncture and related therapies are effective for obesity. This network meta-analysis (NMA) was performed to compare the effectiveness of different acupuncture and related therapies. We searched potential randomized controlled trials (RCTs) in three international databases. Thirty-four trials involving 2283 participants were included. Pairwise meta-analysis showed that acupuncture and related therapies were superior to lifestyle modification and placebo in reducing weight and body mass index (BMI). Based on decreases in body weight, results from NMA showed that acupoint catgut embedding (standard mean difference [SMD]: 1.26; 95% credible interval [95% CrI], 0.46–2.06), acupuncture (SMD: 2.72; 95% CrI, 0.06–5.29), and combination of acupuncture and related theories (SMD: 3.65; 95% CrI, 0.96–6.94) were more effective than placebo. Another NMA result indicated that acupoint catgut embedding (SMD: 0.63; 95% CrI, 0.25–1.11), acupuncture (SMD: 1.28; 95% CrI, 0.43–2.06), combination of acupuncture and related therapies (SMD: 1.44; 95% CrI, 0.64–2.38), and electroacupuncture (SMD: 0.60; 95% CrI, 0.03–1.22) were superior to

lifestyle modification in decreasing BMI. Combination of acupuncture and related therapies was ranked the optimal method for both reducing weight and BMI. Further studies will clarify which combination of acupuncture and related therapies is better.

**Database:** CINAHL

### **Moxibustion-Simulating Bipolar Radiofrequency Suppresses Weight Gain and Induces Adipose Tissue Browning via Activation of UCP1 and FGF21 in a Mouse Model of Diet-Induced Obesity.**

**Author(s):** Koh, Young Jun; Lee, Ju-Hee; Park, Sung Yun

**Source:** Evidence-based Complementary & Alternative Medicine (eCAM); Sep 2018; vol. 2018 ; p. 1-12

**Publication Date:** Sep 2018

**Publication Type(s):** Academic Journal

Available at [Evidence-Based Complementary and Alternative Medicine](#) - from Europe PubMed Central - Open Access

Available at [Evidence-Based Complementary and Alternative Medicine](#) - from Hindawi Open Access Journals

Available at [Evidence-Based Complementary and Alternative Medicine](#) - from IngentaConnect - Open Access

**Abstract:**Background. Obesity is a pathological condition associated with various diseases including diabetes, stroke, arthritis, infertility, and heart disease. Moxibustion is widely used to prevent and manage obesity in traditional Asian medicine. We tested our hypothesis that moxibustion-simulating bipolar radiofrequency (M-RF) can suppress total body and white adipose tissue (WAT) weight gain via induction of WAT browning in a mouse model of diet-induced obesity (DIO). Methods. We designed an M-RF device that could accurately adjust the depth and temperature at which heat stimulation was administered into the abdomen of DIO mice. High-fat-fed male C57BL/6 mice were treated with the M-RF device every two or three days for three weeks. We then harvested WAT and serum from the mice and measured total body and WAT weight, size of adipocytes, mitochondrial contents, features of the dead adipocyte environment, and levels of uncoupling protein 1 (UCP1) and fibroblast growth factor 21 (FGF21). Results. Heat stimulation by M-RF in DIO mice resulted in precise temperature adjustment in the mice abdomen, with variance less than 1°C. Additionally, M-RF stimulation inhibited body and WAT weight gain, resulting in increased formation of beige adipocytes, increased mitochondrial content, and decreased formation of dead adipocytes in WAT. Moreover, treatment of M-RF induced expression of UCP1 and FGF21 in serum and/or epididymal WATs in DIO mice. Conclusion. Heat stimulation by M-RF treatment induced upregulation of UCP1 and FGF21 expression in serum and/or WATs, which was correlated with reduced total body and WAT weight gain in DIO mice.

**Database:** CINAHL

### **Obesity Prevalence and Voting Behaviors in the 2016 US Presidential Election.**

**Author(s):** An, Ruopeng; Ji, Mengmeng

**Source:** American Journal of Health Behavior; Sep 2018; vol. 42 (no. 5); p. 21-31

**Publication Date:** Sep 2018

**Publication Type(s):** Academic Journal

Available at [American Journal of Health Behavior](#) - from EBSCO (CINAHL Plus with Full Text)

**Abstract:**Objective: We assessed the relationship between county-level prevalence of adult obesity and voting behaviors in the 2016 US presidential election. Methods: Spatial autoregressive regression was performed to examine county-level obesity rate in relation to the vote margin for the Republican Party presidential candidate, defined as the percentage difference in votes received by the Republican presidential candidate and those received by the Democratic presidential candidate, adjusting for county sociodemographics and state fixed effects. Results: A quadratic association was found between county-level obesity rate and the vote margin for the Republican Party presidential candidate-the margin increased when obesity rate increased from 11.8% to 34.1%, but after reaching its peak of 36.1%, it started to decrease when obesity rate further increased to 47.9%. Conclusions: Typically, health disparity has been considered as a political outcome, whereas its impact on political behavior is rarely examined. Our findings indicate obesity disparities may not only be influenced by political decisions but also affect political behavior. Future studies should elucidate the pathway linking obesity to voting behavior and track the long-term trend of this relationship.

**Database:** CINAHL

### **Subjective Social Status and Unhealthy Behaviors among South Korean Adults.**

**Author(s):** Jihyung Hong

**Source:** American Journal of Health Behavior; Sep 2018; vol. 42 (no. 5); p. 100-116

**Publication Date:** Sep 2018

**Publication Type(s):** Academic Journal

Available at [American Journal of Health Behavior](#) - from EBSCO (CINAHL Plus with Full Text)

**Abstract:** Objectives: This study was an exploration of the associations between socioeconomic status (SES), particularly subjective social status (SSS), and unhealthy behaviors among South Korean adults. Methods: Data were taken from the 2013 Korea Health Panel survey data. SSS was measured using the MacArthur scale. Overweight/obesity was defined as body mass index of  $\geq 25$ . Other behaviors were assessed using closed questions. Sex-stratified logistic regression analyses were conducted with 10,482 respondents (N = 6875 for nonadherence), including SSS, conventional socioeconomic measures and demographics. Results: A pattern of SSS gradients in unhealthy behaviors, except for medication nonadherence, were observed among women, but they were statistically significant only for current smoking and physical inactivity. Such patterns were rarely observed among men, except for current smoking. Education-related inequalities also were found in overweight/obesity and current smoking for both sexes, but with an inverse gradient in overweight/obesity for men. An independent role of income was limited only to physical inactivity among women. Conclusions: These findings highlight stronger socioeconomic gradients in unhealthy behaviors for women than for men in South Korea. SSS, together with education, may have greater implications than income in understanding unhealthy behaviors. A multifaceted approach is needed to understand the relationships more fully.

**Database:** CINAHL

#### **THE OCCUPATIONAL HAZARDS OF NURSING: BEHAVIORS THAT SABOTAGE OUR HEALTH.**

**Author(s):** Jones, Angela

**Source:** Arkansas Nursing News; Sep 2018; vol. 13 (no. 4); p. 10-12

**Publication Date:** Sep 2018

**Publication Type(s):** Academic Journal

Available at [Arkansas Nursing News](#) - from EBSCO (CINAHL Plus with Full Text)

**Database:** CINAHL

#### **NEW COLLECTIVE TO TACKLE AUSTRALIA'S OBESITY.**

**Author(s):**

**Source:** Australian Nursing & Midwifery Journal; Sep 2018; vol. 26 (no. 3); p. 5-5

**Publication Date:** Sep 2018

**Publication Type(s):** Periodical

Available at [Australian Nursing & Midwifery Journal](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [Australian Nursing & Midwifery Journal](#) - from ProQuest (Hospital Premium Collection) - NHS Version

**Abstract:** The article reports on the unveiling of the coalition of researchers called the Obesity Collective, whose goal is to combat the obesity crisis in Australia.

**Database:** CINAHL

#### **Obesity, Inflammation,... and Garlic?**

**Author(s):**

**Source:** Better Nutrition; Sep 2018; vol. 80 (no. 9); p. 14-14

**Publication Date:** Sep 2018

**Publication Type(s):** Periodical

Available at [Better Nutrition](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [Better Nutrition](#) - from ProQuest (Hospital Premium Collection) - NHS Version

**Abstract:** The article reports that according to a research supplementing with Aged Garlic Extract (AGE) helps reduce inflammation associated with obesity and improves several other obesity-related health markers.

**Database:** CINAHL

#### **Triple Transformation.**

**Author(s):** JAMES, KAT

**Source:** Better Nutrition; Sep 2018; vol. 80 (no. 9); p. 32-33

**Publication Date:** Sep 2018

**Publication Type(s):** Periodical

Available at [Better Nutrition](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [Better Nutrition](#) - from ProQuest (Hospital Premium Collection) - NHS Version

**Abstract:**The article presents an interview with Jessica Bayer, from Buena Park in California. Topics discussed include views of Jessica Bayer regarding her exhaustion, depression and food cravings during her pregnancy; her views regarding need for reducing consumption of sweet beverages, grains, flours, starchy vegetables and fruits; and health challenges and changes brought about by Jessica Bayer during her pregnancy.

**Database:** CINAHL

#### **Communication with health professionals: The views of pregnant women with a raised BMI.**

**Author(s):** Cunningham, Jenny; Endacott, Ruth; Gibbons, Dinah

**Source:** British Journal of Midwifery; Sep 2018; vol. 26 (no. 9); p. 598-604

**Publication Date:** Sep 2018

**Publication Type(s):** Academic Journal

Available at [British Journal of Midwifery](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [British Journal of Midwifery](#) - from MAG Online Library

**Abstract:**Background: There is evidence that midwives may find discussions about weight difficult with pregnant women with a raised body mass index (BMI). In previous studies, pregnant women have reported a lack of information and negative experiences. Aim: To explore the experiences of pregnant women with a raised BMI to investigate if their pregnancies were affected by their interactions with midwives and other health professionals. Methods: Women (n=11) were interviewed using an standardised framework. The discussions were recorded and then transcribed. Thematic analysis was used. Findings: Three themes emerged from the data: 'feeling judged', 'knowledge gap' and 'doing your best'. Conclusion: Pregnant women with a raised BMI can feel judged in their communications with midwives and other health professionals. They do not have the information necessary to make informed decisions on their care but they do their best to follow guidelines and have a healthy pregnancy.

**Database:** CINAHL

#### **CHALLENGES IN THE OPERATING ROOM WITH OBESE AND EXTREMELY OBESE SURGICAL PATIENTS.**

**Author(s):** VAN WICKLIN, SHARON ANN

**Source:** International Journal of Safe Patient Handling & Mobility (SPHM); Sep 2018; vol. 8 (no. 3); p. 120-131

**Publication Date:** Sep 2018

**Publication Type(s):** Academic Journal

Available at [International Journal of Safe Patient Handling & Mobility \(SPHM\)](#) - from EBSCO (CINAHL Plus with Full Text)

**Abstract:**The specific problems associated with the safe handling and movement of obese and extremely obese perioperative patients with equipment and the need to prevent injury to patients and personnel while performing these tasks have not yet been fully addressed by the safe patient handling and movement community. This article provides a discussion of some of the unique challenges associated with caring for obese and extremely obese patients undergoing surgical procedures in the perioperative environment. Guidance is also provided for addressing some of the problems associated with the surgical positioning of patients of size. Providing care for obese and extremely obese patients in the operating room presents unique challenges that include meeting special needs for dignity and respect, addressing increased risk for pressure and positioning injury, attending to increased risk for venous thromboembolism, working with inadequate or insufficient equipment, using mechanical lifting equipment, and dealing with patient risks related to specific surgical positions.

**Database:** CINAHL

#### **Influenza research update.**

**Author(s):**

**Source:** MLO: Medical Laboratory Observer; Sep 2018; vol. 50 (no. 9); p. 56-57

**Publication Date:** Sep 2018

**Publication Type(s):** Academic Journal

Available at [MLO: Medical Laboratory Observer](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [MLO: Medical Laboratory Observer](#) - from EBSCO (Health Business FullTEXT Elite)

Available at [MLO: Medical Laboratory Observer](#) - from ProQuest (Hospital Premium Collection) - NHS Version

**Abstract:**The article offers news briefs on influenza research in the U.S. as of September 2018. Obesity is found to extend the duration of the influenza A virus's shedding from infected adults compared to non-obese adults by about 1.5 days. Influenza vaccines for the influenza surface protein neuraminidase (NA) could protect against various influenza virus strains and reduce illness severity. Annual influenza vaccination is found to boost influenza infection susceptibility in years of vaccine mismatch.

**Database:** CINAHL

**The Effect of Water-Based Aerobic Training on the Dynamic Balance and Walking Speed of Obese Elderly Men with Low Back Pain.**

**Author(s):** Irandoust, Khadijeh; Taheri, Morteza; Shavikloo, Javad

**Source:** Sleep & Hypnosis; Sep 2018; vol. 20 (no. 3); p. 233-240

**Publication Date:** Sep 2018

**Publication Type(s):** Periodical

Available at [Sleep & Hypnosis](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [Sleep & Hypnosis](#) - from ProQuest (Hospital Premium Collection) - NHS Version

Available at [Sleep & Hypnosis](#) - from Unpaywall

**Abstract:**Background and Objective: Body composition changes such as high body fat percentage, muscle weakening and resulting physical problems such as low back pain and weakness in balance and reduced walking speed are among the problems faced by the elderly. Accordingly, the purpose of this study was to investigate the effect of water-based aerobic training on the dynamic balance and walking speed of obese elderly men with low back pain. Materials and Methods: This research was a semi-experimental study with pre-test and post-test design. The subjects were 36 elderly aged persons ( $62.3 \pm 2.6$  kg;  $163.1 \pm 2.1$  cm) with low back pain, body fat percentage higher than 35%, waist-hip ratio of over 95% and visceral fat above 100 cm<sup>2</sup>. In this way, using a systematic non-random sampling technique, the samples were divided into experimental and control groups randomly (each group included 18 subjects). While the control group continued their daily routines, the experimental group performed aerobic exercises for 4 months and three sessions of 60 minutes. All body composition variables were measured using the body composition analysis, walking speed by walking speed test of 10m, and the ability to maintain balance by time up and go test before and after the trainings. Independent and paired t-tests were used to analyze the data via SPSS software at the significant level of  $P < 0.050$ . Results: It was suggested that experimental group had a significant decrease in the test time of 10 m walking speed ( $p = 0.001$ ), time up and go test ( $p = 0.001$ ), as well as in obesity variables ( $p = 0.001$ ) and back pain ( $p = 0.001$ ) after four months; however, no significant reduction was observed in any of the test times and variables of obesity and low back pain in the control group. Conclusion: aerobic exercise seem to improve walking speed, maintain balance and also reduce obesity and low back pain in obese elderly people and can be used in conjunction with other training programs. However, this research has its own limits and further research is needed.

**Database:** CINAHL

**Evidence Summary: Prevention of pressure injuries in individuals with overweight or obesity.**

**Author(s):** Haesler, Emily

**Source:** Wound Practice & Research; Sep 2018; vol. 26 (no. 3); p. 158-161

**Publication Date:** Sep 2018

**Publication Type(s):** Academic Journal

Available at [Wound Practice & Research](#) - from EBSCO (CINAHL Plus with Full Text)

**Abstract:**The article offers information on the evidence for prevention of pressure injuries in obese person. Topics discussed include the increased risk of PI in obese person, the influence of optimal nutrition on the prevention and healing of PIs, and the use of regular skin assessment to determine areas at risk of PI.

**Database:** CINAHL

**Can we solve the obesity epidemic?**

**Author(s):** Moir, Chris

**Source:** Kai Tiaki Nursing New Zealand; Aug 2018; vol. 24 (no. 7); p. 30-31

**Publication Date:** Aug 2018

**Publication Type(s):** Academic Journal

Available at [Kai Tiaki Nursing New Zealand](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [Kai Tiaki Nursing New Zealand](#) - from ProQuest (Hospital Premium Collection) - NHS Version

**Database:** CINAHL

**Impact of Circuit Training Exercises on land Versus in Water in Overweight Females--A Randomized Clinical Trial.**

**Author(s):** Motimath, Basavaraj; Pillai, Haritha; Motar, Pooja; Pradhan, Smruti

**Source:** Indian Journal of Physiotherapy & Occupational Therapy; Jul 2018; vol. 12 (no. 3); p. 93-96

**Publication Date:** Jul 2018

**Publication Type(s):** Academic Journal

Available at [Indian Journal of Physiotherapy & Occupational Therapy](#) - from EBSCO (CINAHL Plus with Full Text)

**Abstract:**Background: Circuit training exercises are proved to be effective in weight reduction. Very less literature is available comparing the effect of circuit training exercises on land and in water using same intensity on overweight individuals. Objective: The purpose of the study was to compare the effects of circuit training exercises on overweight individuals on land and in water. Design: Randomized clinical trial Methods: the present randomized clinical trial was conducted among 28 overweight females between the age group of 18-25 years and they were randomly allocated into 2 groups namely Group A:[Aquatic circuit training] and Group B:[Land circuit training]. Pre-interventional outcome measurements were taken in the form of Body Mass Index(BMI), Waist to Hip ratio and skin fold measurements. Results: Statistical analysis for the present study was done using the website social science statistics. BMI and skin fold measurement were found to be statistically significant and waist to hip ratio was clinically significant in overweight females performing circuit training exercises in water when compared to individuals performing circuit training exercises on land. Conclusion: The present study demonstrates that aquatic circuit training exercise program proved to be more effective in weight reduction in overweight females.

**Database:** CINAHL

**Visceral fat has more to do with diet than genes.**

**Author(s):**

**Source:** Lamp; Jul 2018; vol. 75 (no. 6); p. 31-31

**Publication Date:** Jul 2018

**Publication Type(s):** Periodical

Available at [Lamp](#) - from EBSCO (CINAHL Plus with Full Text)

**Abstract:**The article reports on a study which claims that gut bacteria play a major role in how much body fat people store around their waist.

**Database:** CINAHL

**How Did We Get Here? Explaining the obesity epidemic.**

**Author(s):** Hall, Kevin

**Source:** Nutrition Action Health Letter; Jul 2018; vol. 45 (no. 6); p. 3-5

**Publication Date:** Jul 2018

**Publication Type(s):** Periodical

Available at [Nutrition Action Health Letter](#) - from EBSCO (CINAHL Plus with Full Text)

Available at [Nutrition Action Health Letter](#) - from ProQuest (Hospital Premium Collection) - NHS Version

**Abstract:**An interview with disease investigator Kevin Hall on the obesity epidemic in the U.S. as of 2018 is presented. When asked on its causes, he replies that calories pushed into the food system changed what and how much people eat and their eating habits. Hall observes that while carbohydrates and fats have led to weight gain, their reduced consumption did not prevent the rise of obesity. He notes that policy changes increased the production of cheap commodity crops that are high in calories.

**Database:** CINAHL

**Intravenous Alpha Lipoic Acid as an Alternative to Amphetamine- Related Drugs for the Treatment of Obesity in Patients with Diabetic Neuropathy. A Commentary of the Available Research.**

**Author(s):** Isaza, Adrian

**Source:** Nutritional Perspectives: Journal of the Council on Nutrition; Jul 2018; vol. 41 (no. 3); p. 33-34

**Publication Date:** Jul 2018

**Publication Type(s):** Academic Journal

Available at [Nutritional Perspectives: Journal of the Council on Nutrition](#) - from EBSCO (CINAHL Plus with Full Text)

**Abstract:**Initial amphetamine drugs around the 1950s were discontinued due to safety issues, and only recently these pharmacological agents with acceptable safety profiles have become available in the U.S.

**Database:** CINAHL

## Library Resources

The books listed below are a selection of those that can be found at the library. To search the library catalogue in full, visit [swims.nhs.uk](http://swims.nhs.uk).

[Advanced nutrition and dietetics in obesity \(2018\)](#)

*Hankey, Catherine; Whelan, Kevin*

[Hankey, Catherine \(Editor\)](#)

[WD110 Book](#)

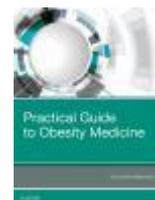


[Practical guide to obesity medicine \(2018\)](#)

*Weaver, Jolanta*

[Weaver, Jolanta \(Editor\)](#)

[WD110 Book](#)



[Childhood obesity \(2016\)](#)

*Buckley, Rita*

[Buckley, Rita \(Author\)](#) [WD110 Book](#)



## In the News

**NHS** Behind the headlines

[Low-carb diet 'could increase long-term weight loss'](#)

While the study results are theoretically interesting, they don't show any actual, physical evidence of increased weight loss or improved weight maintenance for people who followed a low-carb diet rather than a high- or moderate-carb diet.

Thursday November 15 2018

[Genetic links between depression and obesity explored](#)

This study provides evidence that the link seen between obesity and depression may, at least in part, be due to a direct impact of weight on a person's risk of depression.

Wednesday November 14 2018

[US weight-loss drug lorcaserin 'safe' but only modestly effective](#)

This randomised controlled trial has shown that for obese people with cardiovascular disease or cardiovascular risk factors, lorcaserin appears to be safe and does not increase the risk of heart attack, stroke or death from either. However, it does not appear to lead to substantial weight loss either.

Tuesday August 28 2018

**[NHS long-term plan 'will help problem drinkers and smokers'](#)**

5 January 2019 [Steve Ford](#)

Problem drinkers and smokers who end up in hospital will be helped by dedicated new services, as part of the new NHS long-term plan, according to those behind the strategy.

**[Obesity must 'urgently' be recognised as a disease, say doctors](#)**

4 January 2019 Megan Ford

A medical professional body have called for obesity to be “urgently” recognised as a disease, rather than a lifestyle choice, to help improve patient care.

**[Public health cut 'unnecessary, undesirable and unacceptable'](#)**

21 December 2018 [David Paine](#)

Councils have described a £85m cut to public health grants next year as a “deep disappointment” and “incredibly short-sighted”.

**[Mindfulness training could boost weight loss programmes efficacy](#)**

20 December 2018 [Steve Ford](#)

Mindfulness training may improve the effectiveness of intensive weight management programmes, suggesting it could be a successful strategy preventing and managing obesity, say researchers.

**[Unhealthy nurses working irregular night shifts at high diabetes risk](#)**

22 November 2018 [Jo Stephenson](#)

Nurses who work intermittent night shifts and lead an unhealthy lifestyle face an especially high risk of type 2 diabetes, according to a new study.

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This current awareness bulletin contains an inexhaustive selection of information that has not been critically appraised by library staff. It is therefore the responsibility of the reader to appraise this information for accuracy and relevance.

For further information or support please contact Yeovil Academy Library, Level 4, Yeovil District Hospital, Higher Kingston, Yeovil, BA21 4AT; tel 01935 38(4495) or 01935 38(4697), [library@ydh.nhs.uk](mailto:library@ydh.nhs.uk) or visit the library blog at [yeovildh.wordpress.com](http://yeovildh.wordpress.com).