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

**Taxation of unprocessed sugar or sugar-added foods for reducing their consumption and preventing obesity or other adverse health outcomes**
Manuela Pfinder, Thomas L Heise, Michele Hilton Boon, Frank Pega, Candida Fenton, Ursula Griebler, Gerald Gartlehner, Isolde Sommer, Srinivasa Vittal Katikireddi, Stefan K Lhachimi
Intervention Review
9 April 2020
Open access

**Strategies to improve the implementation of healthy eating, physical activity and obesity prevention policies, practices or programmes within childcare services**
Luke Wolfenden, Courtney Barnes, Jannah Jones, Meghan Finch, Rebecca J Wyse, Melanie Kingsland, Flora Tzelepis, Alice Grady, Rebecca K Hodder, Debbie Booth, Sze Lin Yoong
Intervention Review
10 February 2020
- Conclusions changed

**Metformin for ovulation induction (excluding gonadotrophins) in women with polycystic ovary syndrome**
Abigail Sharpe, Lara C Morley, Thomas Tang, Robert J Norman, Adam H Balen
Intervention Review
17 December 2019
- New search
- Conclusions changed
Periodontal therapy for primary or secondary prevention of cardiovascular disease in people with periodontitis
Wei Liu, Yubin Cao, Li Dong, Ye Zhu, Yafei Wu, Zongkai Lv, Zipporah Iheozor-Ejiofor, Chunjie Li
Intervention Review
30 December 2019

Caregiver involvement in interventions for improving children’s dietary intake and physical activity behaviors
Emily H Morgan, Anel Schoonees, Urshila Sriram, Marlyn Faure, Rebecca A Seguin-Fowler
Intervention Review
5 January 2020
Show preview

Anti-inflammatory medications for obstructive sleep apnoea in children
Stefan Kuhle, Dorle U Hoffmann, Souvik Mitra, Michael S Urschitz
Intervention Review
17 January 2020
- New search
- Conclusions changed
Show PICOs BETA
Show preview

Regulation of advertising for unhealthy food and beverage products to children
Advertising of unhealthy food and beverage products to children – Does statutory regulation or self-regulation by the industry have an effect?
2019 Swedish Council on Technology Assessement

Environmental interventions to reduce the consumption of sugar-sweetened beverages and their effects on health. (Full text)
The evidence included in this review indicates that effective, scalable interventions addressing SSB consumption at a population level exist. Implementation should be accompanied by high-quality evaluations using appropriate study designs, with a particular focus on the long-term effects of approaches suitable for large-scale implementation.
Full text: YDH
2019 Cochrane PubMed

Caffeinated energy drinks and effects in UK young people
Overall, reviews report that between half and two thirds of all young people surveyed have tried CEDs at some point; and up to nearly one third report either frequent or heavy use. Findings reporting the prevalence of alcohol mixed with energy drink (AmED) use ranges more widely, from 10% to 69% of young people. These findings suggest that a potentially large proportion of young people are exceeding recommended daily caffeine intake (EFSA NDA Panel 2015; NHS Digital 2017).
Full text: YDH
2019 EPPI Centre
Liraglutide and weight loss among patients with advanced heart failure and a reduced ejection fraction: insights from the FIGHT trial. (Full text)
Liraglutide is an efficacious weight loss agent in patients with HFrEF. These findings will require further exploration in a well-powered cardiovascular outcomes trial.

Full text: YDH
2019 ESC heart failure PubMed

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 with an OpenAthens username and password. To register for an OpenAthens account click here.

Obesity in adults: Prevalence, screening, and evaluation
We suggest that all adult patients be screened for overweight and obesity. This is done by measuring body mass index (BMI) at the routine physical examination. In addition, we suggest measuring waist circumference in those with BMI between 25 and 35 kg/m² as abdominal adiposity (and associated risk) may not be captured in this BMI range. Waist circumference measurement is unnecessary in patients with BMI ≥35 kg/m².

Obesity in adults: Overview of management
Consumption of a reduced calorie diet, frequent self-weighing, and participation in a lifestyle intervention program are strategies to help maintain weight loss. However, the body appears to have a "set point" of adipose tissue mass, and strategies that assume the effective treatment of obesity is only a matter of an individual’s "willpower" may lead to repeated failure due to the body’s tendency to revert to its set point. Bariatric surgery, which may alter the body’s adipose tissue set point, and extended use of anti-obesity pharmacologic therapy may help address these underlying physiologic changes.

Clinical evaluation of the obese child and adolescent
Height and weight should be measured and BMI calculated at least yearly in children older than two years. Those who are overweight or obese should undergo evaluation to identify treatable causes and comorbidities. The evaluation should include a complete history and physical examination with particular attention to the signs and symptoms of comorbidities and genetic and endocrinologic causes of overweight. Management strategies vary according to the child’s age, weight status and trend, and history of interventions.

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.
1. Integrative Review of Dietary Choice Revealed by fMRI: Considerations for Obesity Prevention and Weight-Loss Education

Author(s): Long, JoAnn D; Dodd, Sara L; Doumit, Rita; Boswell, Carol; Michael W O’Boyle; Rogers, Toby
Source: Worldviews on Evidence-Based Nursing; Apr 2020; vol. 17 (no. 2); p. 151
Publication Date: Apr 2020
Publication Type(s): Journal Article

This review contributes several recommendations that should be considered by nurses providing individualized weight-loss education. Linking Evidence to Action Nurses engaged in patient education for obesity prevention should consider personalized interventions that cultivate internal awareness for dietary adherence, self-care, exercise, hydration, and mood state; avoid using caloric deprivation approaches, such as skipping breakfast, for weight-loss interventions; and note the importance of individualized obesity prevention and weight-loss education.

Database: BNI

2. Transforming Health Experience and Action through Shifting the Narrative on Obesity in Primary Care Encounters

Author(s): Luig, Thea; Keenan, Louanne; Campbell-Scherer, Denise L
Source: Qualitative Health Research; Apr 2020; vol. 30 (no. 5); p. 730
Publication Date: Apr 2020
Publication Type(s): Journal Article

We sought to understand the impact of primary care conversations about obesity on people’s everyday life health experience and practices. Using a dialogic narrative perspective, we examined key moments in three very different clinical encounters, the patients’ journals, and follow-up interviews over several weeks. We trace how people living with obesity negotiate narrative alternatives that are offered during clinical dialogue to transform their own narrative and experience of obesity and self. Findings provide pragmatic insights into how providers can play a significant role in shifting narratives about obesity and self and how such co-constructed narratives translate into change and tangible health outcomes in people’s lives.

Database: BNI
3. Disturbed eating behaviours do not impact treatment response in a paediatric obesity chronic care treatment programme

**Author(s):** Fogh, Mette; Lund, Morten A V; Mollerup, Pernille M; Johansen, Mia Ø; Melskens, Rikke H; Trier, Cæcilie; Kloppenborg, Julie T; Hansen, Torben; Jens-Christian Holm

**Source:** Journal of Paediatrics and Child Health; Apr 2020; vol. 56 (no. 4); p. 542

**Publication Date:** Apr 2020

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

Disturbed eating behaviours were highly prevalent in children and adolescents with overweight or obesity, and varied with age and sex. After 1 year of treatment, the degree of obesity improved, regardless of the presence of disturbed eating behaviours at treatment initiation.

**Database:** BNI

4. The built environment and obesity

**Author(s):** Parise, Ivan

**Source:** Australian Journal of General Practice; Apr 2020; vol. 49 (no. 4); p. 226

**Publication Date:** Apr 2020

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

High BMI steadily rises in the working age group, especially in men, peaking at the age of 65 years. Decreased time for healthy behaviour because of commuting, an increase in sedentary jobs and the rise of labour-saving technology have all contributed to decreased activity and high BMI in this population. Additionally, features of the work environment have been suggested to affect physical activity, for example: stair access, connectivity between buildings and shelter from the elements, parking situation and availability of amenities such as gym membership. Because of the time-poor nature of the working population, there is a scarcity of research into the workplace environment and obesity. Finally, ‘food security’, or reliable access to affordable healthy, fresh food, is important for maintaining healthy weight.

**Database:** BNI

5. Obesity: medical leaders call for end to "stigmatising" language

**Author(s):** Iacobucci, Gareth

**Source:** BMJ: British Medical Journal (Online); Mar 2020; vol. 368

**Publication Date:** Mar 2020

**Publication Type(s):** News

High BMI steadily rises in the working age group, especially in men, peaking at the age of 65 years. Decreased time for healthy behaviour because of commuting, an increase in sedentary jobs and the rise of labour-saving technology have all contributed to decreased activity and high BMI in this population. Additionally, features of the work environment have been suggested to affect physical activity, for example: stair access, connectivity between buildings and shelter from the elements, parking situation and availability of amenities such as gym membership. Because of the time-poor nature of the working population, there is a scarcity of research into the workplace environment and obesity. Finally, ‘food security’, or reliable access to affordable healthy, fresh food, is important for maintaining healthy weight.
6. Obesity Treatment: A Focus on Pharmacotherapy of Weight Management

**Author(s):** Patel, Khyati

**Source:** Orthopaedic Nursing; 2020; vol. 39 (no. 2); p. 121

**Publication Date:** 2020

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

**Abstract:** Obesity, a chronic multifactorial disease, has been on the rise in the United States in recent years. It paves a way to other chronic conditions and related morbidity and mortality. The treatment of obesity should have a chronic approach involving lifestyle modifications from the very beginning. Along with reduced calorie diet, increased physical activity, and behavior modifications, various short- and long-term pharmacological agents are available to help with the weight loss. For qualifying patients, selection of an appropriate agent based on its mechanism, efficacy, and safety profile as well as patient preference can provide desired outcomes. This medical weight management should be a multidisciplinary approach involving nurses to provide continuous patient education and motivation.

**Database:** BNI

7. Dietary inflammatory index and prevalence of overweight and obesity in Brazilian graduates from the Cohort of Universities of Minas Gerais (CUME project)

**Author(s):**

**Source:** Nutrition; Mar 2020; vol. 71

**Publication Date:** Mar 2020

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

The most proinflammatory dietary pattern was associated with a higher prevalence of overweight and obesity and other unhealthy lifestyles including being sedentary, smoking, and consuming an obesogenic diet.

**Database:** BNI

8. Obesity: A preventable, treatable, but relapsing disease

**Author(s):**

**Source:** Nutrition; Mar 2020; vol. 71

**Publication Date:** Mar 2020

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

The recognition of obesity as a disease and institutional interest can shift the focus onto obesity and not on the obese, with improvements in adherence to prevention plans. Anthropogenic factors and gut microbiota can influence human behavior and food choice, such as food addiction. Obesity has all the criteria to be recognized as a disease. Proper clinical management will lead to cost and complications savings, such as in diabetes. The aim of this review was to discuss in detail the criteria for defining primary obesity as a disease in a step-by-step manner.

**Database:** BNI

9. Effects of zinc, vitamin D, and their co-supplementation on mood, serum cortisol, and brain-derived neurotrophic factor in patients with obesity and mild to moderate depressive symptoms: A phase II, 12-wk, 2 × 2 factorial design, double-blind, randomized, placebo-controlled trial

**Author(s):**

**Source:** Nutrition; Mar 2020; vol. 71

**Publication Date:** Mar 2020

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

Supplementation with zinc, vitamin D, or in combination for 12 wk yielded significant beneficial effects on the BDI-II score in obese or overweight patients with BDI-II ≥10.

**Database:** BNI
10. Associations between BMI, waist circumference, central obesity and outcomes in type II diabetes mellitus: The ACCORD Trial

Author(s): German, Charles A; Laughey, Brian; Bertoni, Alain G; Yeboah, Joseph

Source: Journal of Diabetes and its Complications; Mar 2020; vol. 34 (no. 3)

Publication Date: Mar 2020

Publication Type(s): Journal Article

Available at Journal of diabetes and its complications - from ProQuest (Health Research Premium) - NHS Version

Both BMI and WC independently capture the risk associated with adiposity in type 2 diabetes. However, those considered overweight and obese by BMI, and those with CO were not independently associated with outcomes in this cohort.

Database: BNI

11. Obesity in youth and adults with intellectual disability in Europe and Eurasia

Author(s): Sadowsky, Molly; McConkey, Roy; Shellard, Amy

Source: Journal of Applied Research in Intellectual Disabilities : JARID; Mar 2020; vol. 33 (no. 2); p. 321

Publication Date: Mar 2020

Publication Type(s): Journal Article

Available at Journal of applied research in intellectual disabilities : JARID - from Wiley Online Library Medicine and Nursing Collection 2020

Participation in sports does not appear to have protected these athletes from obesity. Arguably, this remains the most pressing health issue for people with intellectual disability, particularly in Western Europe.

Database: BNI

12. Ripple Effects of the Communities Preventing Childhood Obesity Project

Author(s): Gold, Abby L; Bennett, Keith; Jansen, Rick J; Mobley, Amy R; Procter, Sandra B; Smathers, Carol; Contreras, Dawn; Peters, Paula; Keim, Ann; Oscarson, Renee

Source: Health Promotion Practice; Mar 2020; vol. 21 (no. 2); p. 308

Publication Date: Mar 2020

Publication Type(s): Journal Article

Available at Health promotion practice - from Unpaywall

All scores were higher in intervention communities; however, the differences were not statistically significant (p > .05). Assessing community assets, such as availability of a community coach, is necessary in order to decide whether to deploy certain resources when designing health promotion strategies.

Database: BNI
13. Process Evaluation of an Early Care and Education Intervention: The California Childhood Obesity Research Demonstration Study (CA-CORD)

Author(s): Shih-Fan, Lin; Binggeli-Vallarta Amy; Cervantes Griselda; Angulo Janette; Moody, Jamie S; McKenzie, Thomas L; Horton, Lucy A; Ayala, Guadalupe X

Source: Health Promotion Practice; Mar 2020; vol. 21 (no. 2); p. 298

Publication Date: Mar 2020

Publication Type(s): Journal Article

ECE directors/lead teachers reported that the intervention activities and materials helped them promote the targeted behaviors, especially PA. Results demonstrated that the use of NAP SACC, trainings, and toolkit had high fidelity and were potentially replicable for implementation in ECE settings among Hispanic/Latino communities.

Database: BNI

14. The Associations Between Breastfeeding Duration and Body Dissatisfaction, Ethnicity, and Obesity Among Mexican Women, a Cross-Sectional Study, ENSANUT 2012

Author(s):

Source: Breastfeeding Medicine; Mar 2020; vol. 15 (no. 3); p. 147

Publication Date: Mar 2020

Publication Type(s): Journal Article

Available at Breastfeeding medicine : the official journal of the Academy of Breastfeeding Medicine - from Unpaywall

Mexican women with a higher BID score reported lower odds of breastfeeding duration (≥6 months). Body image concerns should be integrated into a health promotion curriculum to mitigate their negative effect particularly in certain segments of the populations, such as women with obesity and among indigenous women.

Database: BNI

15. Maternal lipids are associated with newborn adiposity, independent of GDM status, obesity and insulin resistance: a prospective observational cohort study

Author(s): Samsuddin, S; Arumugam, P A; MdS Md Amin; Yahya, A; Musa, N; L-L Lim; Paramasivam, S S; Ratnasingam, J; Ibrahim, L; Chooi, K C; Tan, ATB; Tan, P C; Omar, S Z; Samiingan, N; A Ahmad Kamar; Zaini, A Anuar; Jalaluddin, MY; Vethakkan, SR

Source: BJOG; Mar 2020; vol. 127 (no. 4); p. 490

Publication Date: Mar 2020

Publication Type(s): Journal Article

Available at BJOG : an international journal of obstetrics and gynaecology - from Wiley Online Library

Maternal lipaemia and GWG at a low threshold (>10 kg) adversely impact neonatal adiposity in Asian offspring, independent of glucose, insulin resistance and pre-gravida BMI. These may therefore be important modifiable metabolic targets in pregnancy. 

Database: BNI

**Author(s):** Hales, Craig; Fryar, Cheryl D.

**Source:** MMWR: Morbidity & Mortality Weekly Report; Apr 2020; vol. 69 (no. 13); p. 390-390

**Publication Date:** Apr 2020

**Publication Type(s):** Periodical

Available at MMWR. Morbidity and mortality weekly report - from ProQuest (Health Research Premium) - NHS Version

Available at MMWR. Morbidity and mortality weekly report - from PubMed Central

Available at MMWR. Morbidity and mortality weekly report - from PubMed

Available at MMWR. Morbidity and mortality weekly report - from doi.org

Available at MMWR. Morbidity and mortality weekly report - from Unpaywall

**Database:** CINAHL

17. The impact of visceral and general obesity on vascular and left ventricular function and geometry: a cross-sectional magnetic resonance imaging study of the UK Biobank.

**Author(s):** Hout ; Dekkers, Ilona A; Westenberg, Jos J M; Schalij, Martin J; Scholte, Arthur J H A; Lamb, Hildo J

**Source:** European Heart Journal - Cardiovascular Imaging; Mar 2020; vol. 21 (no. 3); p. 273-281

**Publication Date:** Mar 2020

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

Available at European Heart Journal - Cardiovascular Imaging - from Unpaywall

Visceral obesity was associated with a smaller LV EDV and subclinical lower LV systolic function in men, suggesting that visceral obesity might play a more important role compared to general obesity in LV remodelling.

**Database:** CINAHL


**Author(s):** Wilding ; Ziauddeen, Nida; Smith, Dianna; Roderick, Paul; Chase, Debbie; Alwan, Nisreen A.

**Source:** BMC Medicine; Mar 2020; vol. 18 (no. 1); p. 1-13

**Publication Date:** Mar 2020

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

**PubMedID:** NLM32188454

Available at BMC medicine - from BioMed Central

Available at BMC medicine - from Europe PubMed Central - Open Access

Available at BMC medicine - from ProQuest (Health Research Premium) - NHS Version

Local access to natural greenspaces at the time of birth was inversely associated with becoming overweight or obese by age 10-11, regardless of migration. Increased access/protection of greenspace may have a role in the early prevention of childhood obesity.

**Database:** CINAHL
19. Obesogenic environments and obesity: a comment on 'Are environmental area characteristics at birth associated with overweight and obesity in school-aged children? Findings from the SLOPE (Studying Lifecourse Obesity PrEdictors) population-based cohort in the south of England'.

Author(s): Hobbs; Radley, Duncan
Source: BMC Medicine; Mar 2020; vol. 18 (no. 1); p. 1-3
Publication Date: Mar 2020
Publication Type(s): Academic Journal
PubMedID: NLM32183849
Abstract: Obesogenic environments and obesity: a comment on 'Are environmental area characteristics at birth associated with overweight and obesity in school-aged children? Keywords: Health geography; Obesity; Environment; Greenspace; Cohort study It is particularly important to consider these age groups of children given recent evidence from the English 2018/19 National Childhood Measurement Programme, which showed 9.7% of reception class children (aged 4-5 years) were obese, while the prevalence of obesity in year 6 children (aged 10-11 years) was 20.2% [[9]]. There continues to be growing interest in the environmental determinants of health outcomes and health behaviours.

Database: CINAHL


Author(s): Keaver; Pérez-Ferrer, Carolina; Jaccard, Abbygail; Webber, Laura
Source: Journal of Public Health; Mar 2020; vol. 42 (no. 1)
Publication Date: Mar 2020
Publication Type(s): Academic Journal
Available at Journal of Public Health - from HighWire - Free Full Text
Social inequalities based on occupation are projected to widen (except in English females). Social inequalities based on education are projected to decrease (except in Welsh females). A population strategy of prevention focused on the structural determinants of obesity is needed to change the trajectory of obesity prevalence trends and to tackle health inequalities.

Database: CINAHL


Author(s): Patel
Source: Radiography; Jan 2020; vol. 26
Publication Date: Jan 2020
Publication Type(s): Academic Journal
Available at Radiography - from Unpaywall
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.

**Advanced nutrition and dietetics in obesity (2018)**
Hankey, Catherine (Editor)

**Managing obesity: a practical guide for clinicians (2019)**
Whitehead, Saffron (Author)

**Practical guide to obesity medicine (2018)**
Weaver, Jolanta (Editor)

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In the News

**Behind the headlines**

**Obesity in children may be linked to brain structure**
Wednesday 11 December 2019

**No link found between caesarean section and obesity in boys**
Monday 9 December 2019

**Limiting impact of obesity on work ‘highest among women over 50’**

04 March, 2020

Older workers with obesity are at a higher risk of prolonged sickness absence or losing their jobs for health reasons than those of normal weight, with women affected significantly more than men. These are the findings of research carried out by the University of Southampton and published in the International...
Many outcome measures of UK child health ‘stalling or in decline’
04 March, 2020
Progress has stalled in the UK for many outcome measures of children’s health and wellbeing, or is even in reverse for some – a rarely seen trend in high income countries, a royal college has warned. The UK was in danger of “failing a generation of children and young people”,...

Weight gain in middle age ‘linked to faster lung capacity decline’
28 February, 2020
Mid-life weight gain is linked to an acceleration in the natural decline in lung capacity that comes with ageing, according to a 20-year study by Spanish researchers. But they found mid-life weight loss was associated with the slowing of this ageing process, emphasising the importance of maintaining a healthy weight,...

Life expectancy stagnation ‘reinforces need for nursing investment’
25 February, 2020
Addressing nursing workforce shortages in health visiting, school nursing and public health will be key to tackling widening health inequalities in England, say nursing leaders in response to a major new report. The report from the Institute of Health Equity found life expectancy across the country has failed to increase...

Long-term obesity linked to ‘increased risk of type 2 diabetes’
23 December, 2019
Longer and sustained exposure to obesity, plus the earlier development of obesity, is linked to an increased risk of type 2 diabetes, according to US researchers. They said cumulative exposure to obesity could be at least as important as actually being obese in terms of risk of developing type 2...

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.

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