

Obesity

Current Awareness Bulletin

July 2021

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.



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Systematic Reviews



[Pharmacological and non-pharmacological strategies for obese women with subfertility](#)

Seyed Abdolvahab Taghavi, Madelon van Wely, Shayesteh Jahanfar, Fatemeh Bazarganipour
Intervention

Review

25 March 2021

Clinicians primarily recommend weight loss for obese women seeking pregnancy. The effectiveness of interventions aimed at weight loss in obese women with subfertility is unclear.

[Interventions for weight loss in people with chronic kidney disease who are overweight or obese](#)

Marguerite M Conley, Catherine M McFarlane, David W Johnson, Jaimon T Kelly, Katrina L Campbell, Helen L MacLaughlin
Intervention

Review

Review

30 March 2021

Obesity and chronic kidney disease (CKD) are highly prevalent worldwide and result in substantial health care costs. Obesity is a predictor of incident CKD and progression to kidney failure.

[Financial incentives for decreasing and preventing obesity in workers](#)

Mojtaba Keikha, Shayesteh Jahanfar, Janice Christie, Parvin Abedi, Margaret Danowski, Daisuke Yoneoka, Mohammad Hossein Ebrahimi

Intervention

Protocol

10 July 2021

This is a protocol for a Cochrane Review (intervention). The objectives are as follows: 1. Decreasing obesity To evaluate the effectiveness of financial incentives compared to no financial incentive for decreasing obesity in workers.



[Interventions for reducing gestational weight gain in obese and overweight women](#)

Systematic Reviews

2021 [Swedish Council on Technology Assessment](#)

Gestational weight gain is a natural part of pregnancy. Excessive gestational weight gain, more common among obese and overweight pregnant women, may lead to negative health effects for mother and child. Exercise and diet therapy interventions are used to reduce excess gestational weight gain in obese and overweight women.

[Elements in lifestyle interventions for weight reduction among adults with overweight or obesity: a mapping review](#)

Evidence Based Synopses

2021 [Norwegian Institute of Public Health](#)

Close Infectious diseases & Vaccines Mental & Physical health Environment & Lifestyle Health in Norway Quality & Knowledge Research & Access to data About NIPH Close Elements in lifestyle interventions for weight reduction among adults with overweight or obesity.

[Long limb compared with standard limb Roux-en-Y gastric bypass for type 2 diabetes and obesity: the LONG LIMB RCT](#)

Systematic Reviews

2021 [NIHR HTA programme](#)

[Setmelanotide \(Imcivree\) - To treat obesity and the control of hunger associated with pro-opiomelanocortin deficiency](#)

Evidence Based Synopses

2021 [FDA - Drug Approval Package](#)

[Treatment options for morbid obesity](#)

Evidence Based Synopses

2021 [Norwegian Institute of Public Health](#)

World Health Organization defines morbid obesity as a body mass index ≥ 40 kg/m² or ≥ 35 kg/m² in patients with overweight-related comorbidity. Treatment options for morbid obesity include lifestyle interventions.

[A balancing act: GLP-1 receptor agonists for non-diabetic obesity](#)

Evidence Based Synopses

2021 [Clinical Correlations](#)

Receptors have been identified in a number of tissues, including the GI tract on these results, the SCALE Maintenance trial demonstrated that the combination of liraglutide 3.0 mg per day and lifestyle intervention significantly improved weight maintenance at 56 weeks when compared with controls (who received placebo and lifestyle intervention) in overweight and obese individuals who had already lost at least 5% of initial body weight during a low-calorie diet prior to randomization.

[Obesity and Cardiovascular Disease: A Scientific Statement From the American Heart Association](#)

USA Guidelines

2021 [American Heart Association](#)

Although BMI is strongly correlated with percent body fat across populations, there are limitations in its predictive ability to estimate body fat for any given individual, with considerable variation by sex, age, and race/ethnicity. , Country-specific cut points have been developed for Asian subpopulations such as in China.

[Appropriate Systemic Therapy Dosing for Obese Adult Patients With Cancer](#)

USA Guidelines

2021 [American Society of Clinical Oncology Guidelines](#)

Approaches that limit full calculated dosing in overweight and obese patients with cancer have gradually faded since the publication and adoption of the previous version of this guideline. However, with the introduction of multiple novel cancer therapies, the scope of this update has been expanded to include immunotherapy (specifically, checkpoint inhibitors) and targeted cancer in the systematic review based on the following criteria: Study designs: randomized controlled trials (RCTs), meta-analyses, and cohort studies.

[Obesity in Pregnancy](#)

USA Guidelines

2021 [American College of Obstetricians and Gynecologists](#)

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[Obesity in adults: Prevalence, screening, and evaluation](#)

Literature review current through: Jun 2021. | This topic last updated: Apr 27, 2021.

We suggest that all adult patients be screened for overweight and obesity ([Grade 2B](#)). This is done by measuring body mass index (BMI) ([calculator 1](#)) at the routine physical examination. In addition, we suggest measuring waist circumference in those with BMI between 25 and 35 kg/m².

[Clinical evaluation of the child or adolescent with obesity](#)

Literature review current through: Jun 2021. | This topic last updated: Sep 28, 2020.

Obesity has become one of the most important public health problems in the United States. As the prevalence of obesity increases, so does the prevalence of the comorbidities associated with obesity. For this reason, it is imperative that health care providers identify children with overweight and obesity so that counseling and treatment can be provided.

[Obesity in adults: Drug therapy](#)

Literature review current through: Jun 2021. | This topic last updated: Apr 30, 2021.

A number of medications are approved by the US Food and Drug Administration (FDA) for the treatment of overweight or obesity. It is essential that the medications are used in conjunction with healthy eating, physical activity, and behavior modification, as medication usage without such changes are generally ineffective.

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

NICE Healthcare Databases

1. Evaluation of a health-related intervention to reduce overweight, obesity and increase employment in France and the United Kingdom: a mixed-methods realist evaluation protocol.

Author(s): Amenyah ; Murphy, Jane; Fenge, Lee-Ann

Source: BMC Public Health; Mar 2021; vol. 21 (no. 1); p. 1-11

Publication Date: Mar 2021

Publication Type(s): Academic Journal

PubMedID: NLM33761929

Available at [BMC public health](#) - from BioMed Central

Available at [BMC public health](#) - from Europe PubMed Central - Open Access

Available at [BMC public health](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [BMC public health](#) - from Unpaywall

The results from this evaluation will provide an understanding of how a model of health-related interventions which improve health, wellbeing and maintenance of a healthy lifestyle could reduce overweight, obesity and unemployment. The findings will enable the adaptation of this model for effective implementation in different contexts and circumstances. Trial Registration: ISRCTN registry: Study ID: ISRCTN17609001 , 24th February 2021 (Retrospectively registered).

Database: CINAHL

2. Alcohol Consumption Is Associated with Poor Prognosis in Obese Patients with COVID-19: A Mendelian Randomization Study Using UK Biobank.

Author(s): Fan ; Liu, Zhengwen; Poulsen, Kyle L.; Wu, Xiaoqin; Miyata, Tatsunori; Dasarathy, Srinivasan; Rotroff, Daniel M.; Nagy, Laura E.; Henneman, Peter

Source: Nutrients; May 2021; vol. 13 (no. 5); p. 1592-1592

Publication Date: May 2021

Publication Type(s): Academic Journal

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

Available at [Nutrients](#) - from ProQuest (MEDLINE with Full Text) - NHS Version

Available at [Nutrients](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [Nutrients](#) - from Unpaywall

Our findings suggest that alcohol consumption has adverse effects on the progression of COVID-19 in white participants with obesity, but was not associated with susceptibility to SARS-CoV-2 infection.

Database: CINAHL

3. Long-term body mass index changes in overweight and obese adults and the risk of heart failure, cardiovascular disease and mortality: a cohort study of over 260,000 adults in the UK.

Author(s): Iyen ; Weng, Stephen; Vinogradova, Yana; Akyea, Ralph K.; Qureshi, Nadeem; Kai, Joe

Source: BMC Public Health; Apr 2021; vol. 21 (no. 1); p. 1-13

Publication Date: Apr 2021

Publication Type(s): Academic Journal

PubMedID: NLM33853578

Available at [BMC public health](#) - from BioMed Central

Available at [BMC public health](#) - from Europe PubMed Central - Open Access

Available at [BMC public health](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [BMC public health](#) - from Unpaywall

The majority of adults who are overweight or obese retain their degree of overweight or obesity over the long term. Individuals with stable severe obesity experience the worst heart failure, CVD and mortality outcomes. These findings highlight the high cardiovascular toll exacted by continuing failure to tackle obesity.

Database: CINAHL

4. Diet, Physical Activity and Gestational Weight Gain Patterns among Pregnant Women Living with Obesity in the North East of England: The GLOWING Pilot Trial.

Author(s): Heslehurst ; Flynn, Angela C.; Ngongalah, Lem; McParlin, Catherine; Dalrymple, Kathryn V.; Best, Kate E.; Rankin, Judith; McColl, Elaine

Source: Nutrients; Jun 2021; vol. 13 (no. 6); p. 1981-1981

Publication Date: Jun 2021

Publication Type(s): Academic Journal

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

Available at [Nutrients](#) - from ProQuest (MEDLINE with Full Text) - NHS Version

Available at [Nutrients](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [Nutrients](#) - from Unpaywall

Deprived women with obesity have a double inequality as both increase pregnancy risks. This population requires support to meet guideline recommendations for diet, PA and GWG. Further research exploring obesity classes would inform policies and care to achieve the best pregnancy outcomes.

Database: CINAHL

5. Is Obesity Policy in England Fit for Purpose? Analysis of Government Strategies and Policies, 1992–2020.

Author(s): THEIS ; WHITE, MARTIN

Source: Milbank Quarterly; Mar 2021; vol. 99 (no. 1); p. 126-170

Publication Date: Mar 2021

Publication Type(s): Academic Journal

Available at [The Milbank Quarterly](#) - from Wiley Online Library Medicine and Nursing Collection 2020

Available at [The Milbank Quarterly](#) - from Unpaywall

The government obesity strategies' failure to reduce the prevalence of obesity in England for almost 30 years may be due to weaknesses in the policies' design, leading to a lack of effectiveness, but they may also be due to failures of implementation and evaluation. These failures appear to have led to insufficient or no policy learning and governments proposing similar or identical policies repeatedly over many years. Governments should learn from their earlier policy failures. They should prioritize policies that make minimal demands on individuals and have the potential for population-wide reach so as to maximize their potential for equitable impacts. Policies should be proposed in ways that readily lead to implementation and evaluation.

Database: CINAHL

6. Obesity and revision surgery, mortality, and patient-reported outcomes after primary knee replacement surgery in the National Joint Registry: A UK cohort study.

Author(s): Evans ; Mouchti, Sofia; Blom, Ashley William; Wilkinson, Jeremy Mark; Whitehouse, Michael Richard; Beswick, Andrew; Judge, Andrew

Source: PLoS Medicine; Jul 2021; vol. 18 (no. 7); p. 1-19

Publication Date: Jul 2021

Publication Type(s): Academic Journal

Available at [PLOS Medicine](#) - from Europe PubMed Central - Open Access

Available at [PLOS Medicine](#) - from Public Library of Science (PLOS)

Available at [PLOS Medicine](#) - from ProQuest (MEDLINE with Full Text) - NHS Version

Available at [PLOS Medicine](#) - from ProQuest (Health Research Premium) - NHS Version

Database: CINAHL

7. Obesity, Ethnicity, and Risk of Critical Care, Mechanical Ventilation, and Mortality in Patients Admitted to Hospital with COVID-19: Analysis of the ISARIC CCP-UK Cohort.

Author(s): Yates ; Zaccardi, Francesco; Islam, Nazrul; Razieh, Cameron; Gillies, Clare L.; Lawson, Claire A.; Chudasama, Yogini; Rowlands, Alex; Davies, Melanie J.; Docherty, Annemarie B.; Openshaw, Peter J. M.; Baillie, J. Kenneth; Semple, Malcolm G.; Khunti, Kamlesh; Openshaw, Peter Jm

Source: Obesity (19307381); Jul 2021; vol. 29 (no. 7); p. 1223-1230

Publication Date: Jul 2021

Publication Type(s): Academic Journal

PubMedID: NLM33755331

Available at [Obesity \(Silver Spring, Md.\)](#) - from Wiley Online Library

Available at [Obesity \(Silver Spring, Md.\)](#) - from Unpaywall

Obesity was associated with an elevated risk of in-hospital COVID-19 outcomes in all ethnic groups, with associations strongest in Black ethnicities.

Database: CINAHL

8. Ultra-processed food consumption and risk of obesity: a prospective cohort study of UK Biobank.

Author(s): Rauber ; Chang, Kiara; Vamos, Eszter P.; da Costa Louzada, Maria Laura; Monteiro, Carlos Augusto; Millett, Christopher; Levy, Renata Bertazzi

Source: European Journal of Nutrition; Jun 2021; vol. 60 (no. 4); p. 2169-2180

Publication Date: Jun 2021

Publication Type(s): Academic Journal

Available at [European Journal of Nutrition](#) - from Unpaywall

Our findings provide evidence that higher consumption of ultra-processed food is strongly associated with a higher risk of multiple indicators of obesity in the UK adult population. Policy makers should consider actions that promote consumption of fresh or minimally processed foods and reduce consumption of ultra-processed foods.

Database: CINAHL

9. Basic and clinical science posters: Diet, obesity, exercise and inflammation...Diabetes UK Professional Conference, April 19-30, 2021 (Online)

Author(s):

Source: Diabetic Medicine; Apr 2021; vol. 38 ; p. 1-3

Publication Date: Apr 2021

Publication Type(s): Academic Journal

Available at [Diabetic Medicine](#) - from Wiley Online Library Medicine and Nursing Collection 2020

Available at [Diabetic Medicine](#) - from Unpaywall

Database: CINAHL

10. The Development of a Multilevel Intervention to Optimise Participant Engagement with an Obesity Prevention Programme Delivered in UK children's Centres.

Author(s): Burton ; Sahota, Pinki; Twiddy, Maureen; Brown, Julia; Bryant, Maria

Source: Prevention Science; Apr 2021; vol. 22 (no. 3); p. 345-356

Publication Date: Apr 2021

Publication Type(s): Academic Journal

Available at [Prevention science : the official journal of the Society for Prevention Research](#) - from Unpaywall

Database: CINAHL

11. Independent and combined associations between fast-food outlet exposure and genetic risk for obesity: a population-based, cross-sectional study in the UK.

Author(s): Burgoine ; Monsivais, Pablo; Sharp, Stephen J.; Forouhi, Nita G.; Wareham, Nicholas J.

Source: BMC Medicine; Feb 2021; vol. 19 (no. 1); p. 1-9

Publication Date: Feb 2021

Publication Type(s): Academic Journal

PubMedID: NLM33588846

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

Available at [BMC medicine](#) - from Unpaywall

Our study demonstrated independent associations of both genetic obesity risk and neighbourhood fast-food outlet exposure with adiposity. These important drivers of the obesity epidemic have to date been studied in isolation. Neighbourhood fast-food outlet exposure remains a potential target of policy intervention to prevent obesity and promote the public's health.

Database: CINAHL

12. Diabetes incidence in a high-risk UK population at 7 years: linkage of the Prevention of Diabetes and Obesity in South Asians (PODOSA) trial to the Scottish Diabetes Register.

Author(s): Bhopal ; Douglas, A.; Sheikh, A.; Wild, S. H.; Gill, J. M. R.; Sattar, N.; Lean, M. E. J.; McKnight, J.; Tuomilehto, J.; Wallia, S.; Cezard, G.

Source: Diabetic Medicine; Feb 2021; vol. 38 (no. 2); p. 1-3

Publication Date: Feb 2021

Publication Type(s): Academic Journal

Available at [Diabetic medicine : a journal of the British Diabetic Association](#) - from Wiley Online Library Medicine and Nursing Collection 2020

Database: CINAHL

13. Potential impact of gradual reduction of fat content in manufactured and out-of-home food on obesity in the United Kingdom: a modeling study.

Author(s): Alessandrini ; He, Feng J; Ma, Yuan; Scrutinio, Vincenzo; Wald, David S; MacGregor, Graham A

Source: American Journal of Clinical Nutrition; May 2021; vol. 113 (no. 5); p. 1312-1321

Publication Date: May 2021

Publication Type(s): Academic Journal

Available at [The American Journal of Clinical Nutrition](#) - from Unpaywall

A modest fat reduction (particularly in SFA) in widely consumed foods would prevent obesity, type 2 diabetes, and cardiovascular disease.

Database: CINAHL



[Patients with 'healthy obesity' still at higher risk of diabetes and CVD](#)

11 June, 2021

Weight management should be recommended to all people with obesity, irrespective of their metabolic status, according to UK researchers. They warned that patients who were obese but maintained a normal metabolic profile still faced an increased risk of diabetes, heart diseases, strokes, and respiratory diseases.

[Deaths in diabetes patients 'rose sharply' during the Covid-19 pandemic](#)

27 April, 2021

Mortality levels among patients with type 1 and type 2 diabetes increased significantly during the early phases of the coronavirus pandemic in the UK, according to researchers. Cardiovascular and renal complications and also glycaemic control and body mass index were found to be factors behind the trend, said the study.

[New early pregnancy screening tool for predicting gestational diabetes](#)

22 April, 2021

A novel early pregnancy screening tool for the prediction of gestational diabetes has been developed by researchers from Northern Ireland, with the potential to become part of routine care.

[Fifth of patients with Covid-19 and diabetes 'die within 28 days of admission'](#)

18 February, 2021

Latest data on Covid-19 patients with diabetes indicate that one in five die within 28 days of hospital admission, according to researchers from France.

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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