



Childhood Obesity Linked to Stiff Arteries

ScienceDaily (Apr. 12, 2010) — Children with more body fat and less endurance than their fitter, leaner counterparts have stiffer arteries at a young age, Medical College of Georgia researchers said.

Stiff arteries are a hallmark of atherosclerosis, a typically adult condition in which blood vessels become clogged.

"When children at such a young age start getting diseases only adults used to get, it's like the sky is falling," said Dr. Catherine L. Davis, clinical health psychologist in MCG's Georgia Prevention Institute and principal investigator on the study. The findings were presented during the 31st Annual Society of Behavioral Medicine Meeting.

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Getting Heavier, Younger: Generational Shift in Obesity Found

ScienceDaily (Apr. 7, 2010) — It was a provocative prediction that due to the obesity epidemic Baby Boomers may outlive their children.

But a new study by the University of Michigan Health System on obesity trends shows Americans are getting heavier younger and carrying the extra weight for longer periods over their lifetime.

As a result, the study suggests the impact on chronic diseases and life expectancy may be worse than previously thought. The findings will be published April 12 in the International Journal of Obesity.

Researchers used a wide range of national data on children and adults born between 1926 and 2005 to reveal the troubling trend of younger generations becoming obese earlier in life than their parents and grandparents.

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Pediatricians find link between cumulative hardships and health in low-income young children

(Boston) - Pediatric researchers from Boston Medical Center (BMC), in partnership with other Children's HealthWatch investigators in Minneapolis, Little Rock, Philadelphia, and Baltimore, have found that the cumulative effects of crowded and unstable housing and uncertain supplies of food and heat act together to decrease the chances of normal growth and development and good physical health among infants and toddlers. The findings, which appear in the April 12th online issue of the journal Pediatrics, bring attention to remediable conditions that influence the health, development and growth of America's youngest children.

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Model Sugar-Sweetened Beverage Tax Legislation

Nplanonline.org (April 2010)- Today almost one-third of children in the United States are obese or overweight, and many studies have demonstrated a link between obesity and the consumption of sodas and other sugar-sweetened beverages.

States can help reduce the amount of sugar-sweetened beverages consumed while generating funds for programs that address obesity by imposing an excise tax on sugar-sweetened beverages. (An excise tax is generally charged to a business selling a product; a sales tax is charged to consumers.)

NPLAN has developed this model legislation to help states that want to impose an excise tax on these beverages and earmark the proceeds for programs to prevent and treat obesity. To help support the legislation, NPLAN has also developed an accompanying set of evidence-backed facts, or "findings."

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Eating Liberally: A vote for Jamie Oliver

Food Politics Blog (April 12, 2010)- In part in response to the outpouring of hate mail about Jamie Oliver's "food revolution," Kerry Trueman has tossed in another question from Eating Liberally:

KT: The last two episodes of Jamie Oliver's Food Revolution have yet to air, but folks are already assessing whether Oliver's attempt to launch a culinary coup in the community of Huntington, West Virginia was a success or a failure. Jamie's 'people' consulted you at the start of this project. Did they heed your advice? If it had been your show, how would you have gone in and done it?

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Feeling the pinch from being unhealthy

Chattanooga Times Free Press (April 9, 2010)- The health care industry in Chattanooga, like the rest of the nation, is being squeezed from all sides.

From rising health care costs to fluctuating reimbursements for doctors and hospitals, providers say they're hard pressed to care for the needs of an unhealthy population on tighter budgets and smaller profit margins.

The health care needs in Tennessee and Georgia are enormous, with both states ranking high in terms of incidences of obesity and related illnesses such as heart disease and diabetes.

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