



The Built Environment and Location-Based Physical Activity

American Journal of Preventive Medicine (April 2010)- Studies of the built environment and physical activity have implicitly assumed that a substantial amount of activity occurs near home, but in fact the location is unknown.

This study aims to examine associations between built environment variables within home and work buffers and moderate-to-vigorous physical activity (MVPA) occurring within these locations.

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Lower-Body Function, Neighborhoods, and Walking in an Older Population

American Journal of Preventive Medicine (April 2010)- Poor lower-body capacity is associated with reduced mobility in older populations.

This study sought to determine whether neighborhood environments (e.g., land-use patterns and safety) moderate that association.

Living in a residential area, compared to a mixed-use or commercial area, was associated with less time spent walking (<150 minutes per week; OR=1.57, 95% CI=1.04, 2.38). Living in a less-compact area (greater median block length) is also significantly associated with less walking for seniors, but only among those with excellent lower-body strength.

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Parenting Characteristics in the Home Environment and Adolescent Overweight: A Latent Class Analysis

Obesity (April 2010)- Parenting style and parental support and modeling of physical activity and healthy dietary intake have been linked to youth weight status, although findings have been inconsistent across studies. Furthermore, little is known about how these factors co-occur, and the influence of the coexistence of these factors on adolescents' weight. This article examines the relationship between the co-occurrence of various parenting characteristics and adolescents' weight status.

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Child Overweight, Associated Psychopathology, and Social Functioning: A French School-based Survey in 6- to 11-year-old Children

Obesity (April 2010)- The aim of this study was to estimate the prevalence of child overweight in a regional sample of primary school-aged children, and to examine the relationships among child overweight, psychopathology, and social functioning.

A cross-sectional survey was conducted in 2004 in 100 primary schools of a large French region, with 2,341 children aged 6–11 randomly selected. Child weight and height, lifestyle variables (leisure-time physical activity (LTPA), watching television (TV), playing video games), and socioeconomic characteristics were collected in parent-administered questionnaires. Child psychopathology outcomes were assessed using child- and parent-reported instruments (Dominic Interactive (DI) and Strengths and Difficulties Questionnaire (SDQ)).

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Let's Move — Childhood Obesity Prevention from Pregnancy and Infancy Onward

The New England Journal of Medicine (April 22, 2010)- First Lady Michelle Obama unveiled her "Let's Move" campaign against childhood obesity on February 9, 2010. The program's main antiobesity strategies are empowering parents and consumers by revamping the nutritional labeling of products by the U.S. Department of Agriculture (USDA), improving the nutritional standards of the National School Lunch Program, increasing children's opportunities for physical activity, and improving access to high-quality foods in all U.S. communities (www.letsmove.gov).

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East Chattanooga planting garden, seeking grocery store

Chattanooga Times Free Press (4-21-2010)- Residents in a community with no nearby grocery stores have planted their own vegetable garden to grow healthy foods affordably, fight obesity and foster mentoring relationships among youth and adults.

"We've got the biggest obesity problem in the county," said Mildred Moreland, a local registered nurse and chairwoman of the health committee for the East Side Task Force. "When grocery stores are not available, the children go to fast food and convenience stores to get chicken and chips."

More than 70 percent of the predominately black population in East and South Chattanooga is overweight or obese, she said.

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