



### **Compulsive Eating Shares Addictive Biochemical Mechanism With Cocaine, Heroin Abuse, Study Shows**

ScienceDaily (Mar. 29, 2010) — In a newly published study, scientists from The Scripps Research Institute have shown for the first time that the same molecular mechanisms that drive people into drug addiction are behind the compulsion to overeat, pushing people into obesity.

The new study, conducted by Scripps Research Associate Professor Paul J. Kenny and graduate student Paul M. Johnson, was published March 28, 2010 in an advance online edition of the journal *Nature Neuroscience*.

[Read More](#)

[Get the Paper](#)

### **Study Connects Workplace Turmoil, Stress and Obesity**

ScienceDaily (Mar. 25, 2010) — A new study that provides a snapshot of a typical American workplace observed that chronic job stress and lack of physical activity are strongly associated with being overweight or obese.

Unexpectedly, researchers also found that a diet rich in fruits and vegetables did little to offset the effect of chronic job stress on weight gain among the employees, who were mostly sedentary. Instead, exercise seemed to be the key to managing stress and keeping a healthy weight.

Lead author Diana Fernandez, M.D., M.P.H., Ph.D., an epidemiologist at the URMC Department of Community and Preventive Medicine, said her study is among many that associate high job pressure with cardiovascular disease, metabolic syndrome, depression, exhaustion, anxiety and weight gain. It's time to improve corporate policies that better protect the health of workers, she said.

[Read More](#)

[Get the Paper](#)

### **Health Behaviors May Account for Substantial Portion of Social Inequality in Risk of Death**

ScienceDaily (Mar. 24, 2010) — An analysis of nearly 25 years of data for about 10,000 civil servants in London finds an association between socioeconomic position and risk of death, with much of this relation accounted for by health behaviors such as smoking, alcohol consumption, diet and physical activity, according to a new study.

The higher prevalence of unhealthy behaviors in lower socioeconomic positions is seen to be one of the mechanisms linking lower socioeconomic position to worse health. "However, major changes have occurred in population lifestyles. These include the decreasing prevalence of smoking and a remarkable increase in obesity since the 1990s.

[Read More](#)

[Get the Paper](#)

[Get the Paper](#)

### **Four Preventable Risk Factors Reduce Life Expectancy in US and Lead to Health Disparities, Study Finds**

ScienceDaily (Mar. 24, 2010) — A new study led by researchers from the Harvard School of Public Health (HSPH) in collaboration with researchers from the Institute for Health Metrics and Evaluation at the University of Washington estimates that smoking, high blood pressure, elevated blood glucose and overweight and obesity currently reduce life expectancy in the U.S. by 4.9 years in men and 4.1 years in women. It is the first study to look at the effects of those four preventable risk factors on life expectancy in the whole nation.

The researchers also estimated the effects of these risk factors on eight subgroups of the U.S. population, called the "Eight Americas." The Eight Americas are defined by race, county location and the socioeconomic features of each county.

[Read More](#)

[Get the Paper](#)

### **Culture of Corpulence: American innovations in food, transportation, and technology are threatening to supersize us all.**

NEWSWEEK (March 14, 2010)- Look around anywhere in America and the reality assaults you: we are simply too big. Nowhere is the evidence for this more striking than the Centers for Disease Control and Prevention's color-coded obesity map. Between 1990 and 2008 the country morphs from a sea of pleasant blue, representing an obese population of less than 19 percent, to an alarming patchwork of tan, orange, and maroon, where the stats range from 21 percent obese in Connecticut to 32.8 percent in Mississippi.

[Read More](#)

### **A sweet problem: Princeton researchers find that high-fructose corn syrup prompts considerably more weight gain**

News at Princeton (March 30, 2010)- A Princeton University research team has demonstrated that all sweeteners are not equal when it comes to weight gain: Rats with access to high-fructose corn syrup gained significantly more weight than those with access to table sugar, even when their overall caloric intake was the same.

In addition to causing significant weight gain in lab animals, long-term consumption of high-fructose corn syrup also led to abnormal increases in body fat, especially in the abdomen, and a rise in circulating blood fats called triglycerides. The researchers say the work sheds light on the factors contributing to obesity trends in the United States.

[Read More](#)

[Get the Paper](#)

To add or remove your name from this mailing list, please [click here](#)

To view archive issues of *In the News*, [click here](#)