



Traffic Density and Increased Body Mass Index Linked

ScienceDaily (May 11, 2010) — People living in neighborhoods where they perceived traffic made it unpleasant to walk were more likely to have a higher BMI than those who didn't, according to a new University of Alberta study looking at the relationship between the built environment, socio-economic status (SES), and changes in body mass index (BMI) over a six year period.

This was one of the surprise findings in the study, led by Tanya Berry, a professor in behavioral medicine and a population health expert in the Faculty of Physical Education and Recreation.

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Obesity Linked to Lowest Earnings

ScienceDaily (May 11, 2010) — A new UC Davis study has found that minimum-wage employees are more likely to be obese than those who earn higher wages, adding to growing evidence that being poor is a risk factor for unhealthy weight.

"Our study clarifies a link that has been assumed but difficult to prove," said Paul Leigh, senior author of the study and professor in the UC Davis Center for Healthcare Policy and Research. "The correlation between obesity and poverty-level wages was very strong."

Public-health scientists have identified several potential reasons why lower wages could support the tendency for obesity. One is that poorer people tend to live in less-safe neighborhoods with reduced access to parks and other low-cost means of physical activity.

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Link Between Obesity and Federal School Nutrition Programs Found

ScienceDaily (May 11, 2010) — With obesity becoming an epidemic among school-aged children in this country, a Georgia State University professor has found a link between overweight children and federal school nutrition programs.

Research reveals that children who eat lunch as part of the National School Lunch Program (NSLP) have an increased likelihood of becoming overweight, according to research co-authored by Rusty Tchernis, associate professor with Georgia State University's Andrew Young School of Policy Studies. The findings also show that the School Breakfast Program (SBP) is a "valuable tool in the current battle against childhood obesity," according to the research.

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Gender Specific Disease Risks Start in the Womb

ScienceDaily (May 9, 2010) — Pregnancy places competing demands on a mother's physiology: Her body wants to produce a strong healthy baby but not at the expense of her own health. Some of the genes that she passes on to her child therefore try to protect her own body from excessive demands from her child. These so-called "imprinted genes" inherited from the father however do not show the same restraint -- their goal is to get as many resources for the fetus as possible.

Evidence that this battle of the imprinted genes might be at the root of later life disease processes will be presented at the International Conference The Power of Programming in Munich on 6 to 8 May, organized by the EC-funded Early Nutrition Programming Project (EARNEST).

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QuickStats: Prevalence of Obesity (Class I, II, and III)* Among Adults Aged ≥20 Years, by Age Group and Sex --- National Health and Nutrition Examination Survey, United States, 2007--2008

CDC (May 7, 2010)- During 2007--2008, men had a higher prevalence of class I obesity (21.5%) than women (17.8%). However, women had a higher prevalence of class II (10.5%) and class III (7.2%) obesity than men (6.5% and 4.2%). The prevalence of class I obesity significantly increased with age in men, but not in women. The prevalence of class II and class III obesity did not differ significantly by age for either men or women.

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National Physical Activity Plan

The U.S. National Physical Activity Plan has a vision: One day, all Americans will be physically active and they will live, work, and play in environments that facilitate regular physical activity.

The Plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. The Plan is the product of a private-public sector collaborative. Hundreds of organizations are working together to change our communities in ways that will enable every American to be sufficiently physically active.

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