



Study Shows Trend of Increasing Obesity in Pregnant Moms Contributing to Higher Body Fat in Newborns

ScienceDaily (May 4, 2010) — A new study has found for the first time that as Americans are gaining more body fat, so are their babies. The research, which reviewed data from more than 74,000 births, found that a key measure of body fat composition in newborns increased significantly over a 15-year period, mirroring similar increases among pregnant mothers.

The findings were presented Sunday by researchers from Children's Mercy Hospitals and Clinics at the Pediatric Academic Societies annual meeting.

[Read More](#)

Study Documents Geographic Variation in Childhood Obesity

ScienceDaily (May 3, 2010) — The prevalence of childhood obesity and overweight appears to vary widely among states, according to a report posted online that will appear in the July print issue of Archives of Pediatrics & Adolescent Medicine, one of the JAMA/Archives journals.

Over the past three decades, childhood obesity has dramatically increased in the United States, according to background information in the article. The rate of obese children has more than tripled in this timeframe and remains high among both boys and girls and across all ages and racial and ethnic groups. "In light of these trends, childhood obesity continues to be viewed as a major public health problem in the United States," the authors write.

[Read More](#)

[Get the Paper](#)

Food Insecurity Can Lead to Greater Weight Gain and Complications During Pregnancy

ScienceDaily (May 3, 2010) — Living in a food-insecure household during pregnancy may increase the odds of greater weight gain and pregnancy complications, particularly gestational diabetes mellitus (GDM), according to a new study published in the May issue of the Journal of the American Dietetic Association. Household food insecurity, the inability to obtain nutritious and safe foods in socially acceptable ways, is increasingly recognized as an independent risk factor for many poor health outcomes among women.

[Read More](#)

[Get the Paper](#)

Where do farm subsidies go? Now we know!

Food Politics by Marion Nestle (May 6, 2010)- Yesterday, the Environmental Working Group (EWG) released the latest update of its highly entertaining farm subsidy database. The links cover \$245 billion in federal farm subsidies distributed from 1995 -2009. The site lets you search for subsidies by state, county, congressional district, and specific farm, and by commodity. There is also a national summary.

As the EWG puts it:

taxpayer-funded federal farm subsidies lavished on the wealthiest farms have resisted even modest efforts for reform. Introduced after the Great Depression and once the savior of struggling small family farms, these subsidy programs have been co-opted by the largest agriculture interests and now work to ensure profits for plantation-scale growers of corn, soybeans, rice, cotton and wheat.

[Read More](#)

[Farm Subsidy Database](#)

First Course of Veggies May Appeal to Hungry Preschoolers

ScienceDaily (May 5, 2010) — Increasing the amount of vegetables in the first course of preschool lunch could be a smart way to get children to eat more vegetables, according to Penn State nutrition researchers.

"We have shown that you can use portion size strategically to encourage children and adults to eat more of the foods that are high in nutrients but low in calories," said Barbara J. Rolls, Helen A. Guthrie Chair of Nutritional Sciences.

Rolls and her Penn State colleagues study how varying the portions of fruit and vegetable side dishes can be used to raise vegetable consumption in children and adults.

[Read More](#)

[Get the Paper](#)

The Systematic Screening and Assessment Method

New Directions for Evaluation (Spring 2010)- This issue of New Directions for Evaluation describes the Systematic Screening and Assessment (SSA) Method. The SSA Method translates practice into research by identifying promising practices ready for evaluation. The method captures promising innovations, screening them individually and systematically to ensure their readiness for evaluation. The method is a cost-effective strategy to assess programs and their promise.

[Read More](#)

[Download the full text](#)

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

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