



Grocery store deserts

Chattanooga Times-Free Press - The poorest residents of Chattanooga face the highest prices at their neighborhood food stores, according to an analysis of food prices and grocery store access in Chattanooga.



With few nearby grocery stores, residents of low-income neighborhoods such as East Chattanooga and Highland Park often have to do their food shopping at corner stores and convenience stores, where perishable items such as vegetables and meats are significantly more expensive, according to the Ochs Center for Metropolitan Studies report released today.

The situation amounts to a kind of "food tax" on the population least able to afford it and creates a barrier to accessing healthy, nutritious foods, the

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Adverse Consequences of Obesity May Be Greater Than Previously Thought

ScienceDaily (Dec. 23, 2009) — The link between obesity and cardiovascular mortality may be substantially underestimated, while some of the

adverse consequences of being underweight may be overstated, concludes a study published online in the British Medical Journal. This means that the adverse influence of higher BMI and obesity in a population is of greater magnitude than previously thought, say the authors. Numerous studies have already investigated the link between body mass index (BMI) and mortality. They show that high BMI is associated with higher rates of death from cardiovascular causes, diabetes, and some cancers, while low BMI is associated with increased mortality from other causes, such as respiratory disease and lung cancer.

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Home-Based Child Care Meeting Nutritional Standards; Widespread Use of TV a Concern

ScienceDaily (Dec. 23, 2009) — A large study of family child care providers shows that while nutrition standards are often met, most children ages 2 to 5 are not getting enough physical activity and are exposed to the television for most of the day.

A study of about 300 home-based child care providers by Oregon State University's Stewart Trost, an internationally-recognized expert on childhood obesity issues, sheds light on both positive and negative aspects of family daycare providers. The findings are published in the December issue of the American Journal of Preventive Medicine.



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Relationship Between Basal Metabolic Rate, Gender, Age, and Body Composition in 8,780 White Obese Subjects

Obesity - The objective of the present study was to explore the relationship between basal metabolic rate (BMR), gender, age, anthropometric characteristics, and body composition in severely obese white subjects. In total,

1,412 obese white children and adolescents (BMI > 97th percentile for gender and age) and 7,368 obese adults (BMI > 30 kg/m²) from 7 to 74 years were enrolled in this study. BMR was measured using an indirect calorimeter equipped with a canopy and fat free mass (FFM) were obtained using tetrapolar bioelectrical impedance analysis (BIA).

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Prevalence of Obesity Among Children With Chronic Conditions

Obesity— New evidence suggests that children with chronic conditions may be predisposed to overweight and obesity. This study provides prevalence estimate of obesity for children and adolescents with select chronic conditions. We analyzed reported height and weight and the corresponding BMI from 46,707 subjects aged 10–17 years collected by the National Survey of Children's Health (NSCH-2003). Our main outcome measure was the prevalence of obesity (defined as ≥95th percentile of the sex-specific BMI for age growth charts), adjusted for underlying demographic and socioeconomic factors.



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Impact of Menu Labeling: People Eat Less When They Know More

The Rudd Center — Calorie labels on restaurant menus result in the consumption of significantly fewer calories, according to new study from the Rudd Center. The study, which measures the impact of menu-labeling regulations, appears online in the American Journal of Public Health.

The researchers studied 303 adults in New Haven, Connecticut, dividing them into three groups - the first saw a menu with no calorie labels, the second saw a menu with calorie labels, and the third saw a menu with calorie labels plus information on the recommended daily caloric intake for an average adult.

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