

**American Public Supports Investment in Prevention As Part of Health Care Reform**

(RWJF)-When it comes to health care reform, one thing is clear: the American electorate wants prevention to play a central role in shaping a new direction for our health care system. They view prevention as a top priority, support increasing our investment in it, and favor the specific prevention initiatives being proposed in health care reform legislation.

By a 52 – 16 percent margin, voters say we should be putting more emphasis on prevention than treatment (27 percent say we currently have the right balance). As the graph on following page shows, they overwhelmingly support backing this belief through investment—more than seven out of 10 (71 percent) of American voters favor increasing the level of funding for prevention.

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**High Fructose Corn Syrup: A Recipe For Hypertension, Study Finds**

*ScienceDaily (Nov. 11, 2009)* — A diet high in fructose increases the risk of developing high blood pressure (hypertension), according to a paper being presented at the American Society of Nephrology's 42nd Annual Meeting and Scientific Exposition in San Diego, California. The findings suggest that cutting back on processed foods and beverages that contain high fructose corn syrup (HFCS) may help prevent hypertension. Over the last 200 years, the rate of fructose intake has directly paralleled the increasing rate of obesity, which has increased sharply in the last 20 years since the introduction of HFCS.



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**State Indicator Report on Fruits and Vegetables, 2009**

(CDC) — The State Indicator Report on Fruits and Vegetables, 2009 provides for the first time information on fruit and vegetable (F&V) consumption and policy and environmental support within each state.\* Fruits and vegetables are important for optimal child growth, weight management, and chronic disease prevention. Supporting increased F&V access, availability, and reduced price are key strategies towards the Centers for Disease Control and Prevention's (CDC) objective of improved F&V consumption and thus improved nutrition among all Americans.



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**Exercising to End of Pregnancy Is Healthy for Baby and Mother, New Study Suggests**

*ScienceDaily (Nov. 13, 2009)* — Contrary to more conservative customs, exercising up to the end of pregnancy has no harmful effect on the weight or size of the foetus, new research suggests. This is what has been indicated in a study carried out by researchers of the Universidad Politécnica de Madrid (Polytechnic University of Madrid), which also shows the positive relationship between the weight of sedentary mothers before pregnancy and the size of their babies. "Partaking in low-level physical activity has beneficial effects on materno-foetal health."



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**Teenage Obesity Linked to Increased Risk of Multiple Sclerosis**

*ScienceDaily (Nov. 15, 2009)* — Teenage women who are obese may be more than twice as likely to develop multiple sclerosis (MS) as adults compared to female teens who are not obese, according to a study published in the November 10, 2009, print issue of *Neurology*®, the medical journal of the American Academy of Neurology.

The research involved 238,371 women from the Nurses' Health Study and Nurses' Health Study II who were 25 to 55 years old. The women answered a questionnaire about their health behavior and medical information every two years. Over the course of 40 years, 593 developed MS.

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**Fat Collections Linked to Decreased Heart Function**

*ScienceDaily (Nov. 13, 2009)* — Researchers from Boston University School of Medicine (BUSM) have shown that fat collection in different body locations, such as around the heart and the aorta and within the liver, are associated with certain decreased heart functions. The study, which appears online in *Obesity*, also found that measuring a person's body mass index (BMI) does not reliably predict the amount of undesired fat in and around these vital organs. The prevalence of obesity is rising rapidly in the United States. Recent estimates suggest that approximately 30 percent of the adult population meets this criterion. Past studies have shown that fat accumulation in the liver and around the heart are linked to cardiovascular disease and type 2 diabetes.



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