A quick overview of the latest guidance and evidence on current issues such as smoking, sexual health, health inequalities, mental health, obesity, substance abuse, women’s health – in fact anything that you ask for!

If you have a topic suggestion, please email it to Rachel Posaner.

---

**Department of Health**

*Chief Medical Officer annual report* (2014)

- Reducing obesity and improving diet

**Public Health England**

*Sugar*

- *New Change4Life campaign encourages families to make sugar swaps* (2015)

- *Swap while you shop: new campaign launched to get families making healthy swaps in January* (2014)

- *Purchase of sugary drinks falls during healthy swaps campaign*

*Active lifestyle*

- *Get everybody active every day*

- *New briefing paper explores inequalities in diet and physical activity*

*Environment*

- *Healthy people, healthy places: building a healthy future*

- *Obesity and the environment briefing: increasing physical activity and active travel*

- *Obesity and the environment briefing: regulating the growth of fast food outlets*

*Diabetes*

- *Adults with a large waist are 5 times more likely to get type 2 diabetes*

**HSMC**

*Obesity: Why you are not always just what you eat*

**The King’s Fund**

*Obesity*

**Nuffield Trust**

*Prevention is better than a cure*

**World Health Organization (Europe)**

- *WHO European Childhood Obesity Surveillance Initiative*

- *Obesity and inequities, Guidance for addressing inequities in overweight and obesity*

- *Country profiles on nutrition, physical activity and obesity in the 53 WHO European Region Member States, Methodology and summary* (2013)

- *Marketing of foods high in fat, salt and sugar to children: update 2012–2013*

- *New European Food and Nutrition Action Plan adopted*

- *Responsible marketing of food and drink to children*

- *EU adopts Action Plan on Childhood Obesity 2014-2020*
Adult obesity and type 2 diabetes

Socio-economic factors
Obesity more likely in children from deprived areas

Directors of Public Health survey
PHE and Association of Directors of Public Health survey findings: tackling obesity

Disability
Obesity and disability: children and young people

NICE
Obesity: identification, assessment and management of overweight and obesity in children, young people and adults
Offer weight loss surgery to obese people with diabetes
Managing overweight and obesity among children and young people: lifestyle weight management services
Managing overweight and obesity in adults – lifestyle weight management services
NICE issues guidance to encourage people to make resolutions for life, not just New Year
Behaviour change: individual approaches
Obesity: working with local communities

Faculty of Public Health
Food marketing to children
Obesity
Built environment and physical activity (Position statement)
Built environment and physical activity (Briefing statement)
A duty on sugar sweetened beverages (Position statement)

NHS Choices
Obesity
Healthy eating

Childhood obesity: action plan for population-based prevention

HMIC
Unhealthy food, integrated marketing communication and power: a critical analysis.
Estimating overweight risk in childhood from predictors during infancy.
The relationship between family functioning and child and adolescent overweight and obesity: a systematic review.
Obesity and industry self-regulation of food and beverage marketing: a literature review.
Overweight or obese young people are not at increased risk of depression, but young people with depression are at increased risk of obesity.
Maternal obesity and infant mortality: Meta-analysis.
Early childhood obesity prevention in low-income, urban communities.
Family-based childhood obesity interventions in the UK: a systematic review of published studies.
Fruit and vegetable consumption and BMI change in primary school-age children: a cohort study.

Google Scholar
Active Living Research: creating and using evidence to support childhood obesity prevention
Field assessments for obesity prevention in children and adults: physical activity, fitness, and body composition
Interventions for preventing obesity in children
Steps to Growing Up Healthy: a pediatric primary care based obesity prevention program for young children

The Conversation
More than a health issue: addressing the social determinants of obesity
Lose weight

BMA
BMA campaigns for action on obesity

Academy of Medical Royal Colleges
Health Select Committee Inquiry Diet, Physical Activity and Health (Consultation Responses)
Measuring Up: The medical profession's prescription to the obesity crisis
Annual Weigh-In

Royal College of Physicians
Action on obesity: comprehensive care for all

European Association for the Study of Obesity
Need for a Paradigm Shift in Adult Overweight and Obesity Management
Beyond BMI - Phenotyping the Obesities
An EASO Position Statement on Multidisciplinary Obesity Management in Adults
The Ethics of Childhood Obesity Treatment
Monitoring the Obesity Epidemic into the 21st Century - Weighing the Evidence

National Obesity Forum
State of the Nation's Waistline Report 2015
New study gets more people buying healthy foods

The Association for the Study of Obesity
Fairness in a Car Dependent Society

In the news
Regular weight checks should be compulsory
Can eating like a Viking 'reduce obesity risks'?
Obesity can be a disability, EU court rules
School-run parents 'fuelling rise in childhood obesity'
Men in denial about weight issues as research shows 69% are obese
Four out of ten Birmingham primary pupils now overweight

BMJ
When somebody loses weight, where does the fat go?
Associations between active commuting, body fat, and body mass index: population based, cross sectional study in the United Kingdom
Associations between exposure to takeaway food outlets, takeaway food consumption, and body weight in Cambridgeshire, UK: population based, cross sectional study
Effect of intervention aimed at increasing physical activity, reducing sedentary behaviour, and increasing fruit and vegetable consumption in children: Active for Life Year 5 (AFLY5) school based cluster randomised controlled trial

European Parliament
Food labelling: saving lives and improving habits (video)
A-Z: Y for Yo-yo (video)

Scottish Parliament
Obesity in Scotland

Useful websites
Obesity Learning Centre
National Obesity Observatory (NOO)
Obesity data and tools (NOO)
Active travel in the city of the future
Addressing physical inactivity needs to be at the heart of public health policy

Planning Healthy-Weight Environments

Obesity Facts & Figures
BDA Food Fact Sheets (British Dietetic Association)
Unicef UK (collection of resources on breastfeeding and childhood obesity)
Physical Activity and Nutrition Networks Wales

Obesity – causes and consequences (MOOC)