

# HEAR (*Health Evidence Awareness Report*)

## Inside this issue

Welcome	<a href="#">1</a>
Fast Facts	<a href="#">1</a>
Healthy Bites	<a href="#">2</a>
Research from Ireland	<a href="#">3</a>
Latest Evidence	<a href="#">4</a>
Obesity & Your Health	<a href="#">5</a>
Self Help Books	<a href="#">6</a>
In the News	<a href="#">7</a>
Obesity Myths	<a href="#">7</a>
Useful sites	<a href="#">8</a>
Social Media	<a href="#">8</a>

We would be happy to receive any comments or feedback on the content in HEAR, including opinions expressed in the videos and other opinion pieces. Feedback will be used to improve the newsletter so please [email us](#).

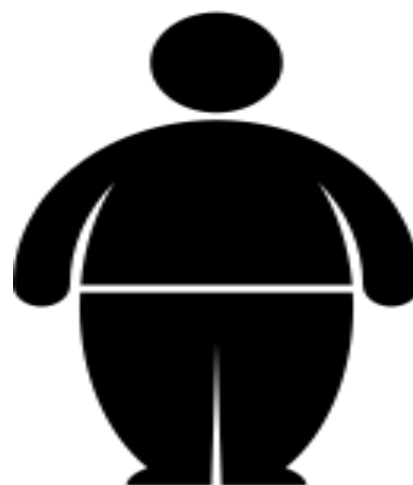
We are: Anne Madden, St. Vincent's University Hospital; Bernadette Colley, Temple Street University Hospital; Caroline Rowan, St. Michael's Hospital; Catherine Dillon, HSE; Gethin White, Dr. Steeven's Hospital; Grace Hillis, Daughters of Charity Disability Support Services; Isabelle Delaunois, University Hospital Limerick, Joanne Callinan, Milford Care Centre; Louise Galligan, Irish Cancer Society; Margaret Morgan, Midland Regional Hospital Mullingar, Marie Carrigan, St. Luke's Radiation Oncology Network; Niamh O'Sullivan, Irish Blood Transfusion Service.

## Focus on Obesity

Welcome to the first issue of HEAR for 2017. The purpose of HEAR is to provide specialised information to health professionals, patients and the public about key health topics. Each issue is the result of the collaborative effort of librarians from health organisations across Ireland.

This month, the focus is on **Obesity**. January seemed to be the most appropriate month for this topic as media and advertisers go overboard with "solutions" to the obesity crisis - from the helpful to the dangerous or the just plain crazy.

Should you wish to make any suggestions for future editions of HEAR, we would love to hear from you, please [Email Us](#).



*Image by Ana Felix [CC BY 3.0 (<http://creativecommons.org/licenses/by/3.0/>)], via Wikimedia Commons*

## FAST FACTS on Obesity

Did you know that, according to the [Irish Longitudinal Study on Ageing](#) led by Trinity College, Dublin, four out of five of the over-50s in Ireland are overweight or obese?

OVER A THIRD of 15-24 year olds drink sugar-sweetened drinks most days of the week or daily, according to new data from the [Institute of Public Health in Ireland](#)

"Overweight" is clinically defined by a Body Mass Index (BMI) — a measure relating height and weight — of 25 to 29.9, and "obese" by a BMI of 30 and above.

Based on [World Health Organisation](#) Research, overweight and obesity are linked to more deaths worldwide than underweight.

Costs for treating obesity in Ireland is estimated at €0.4 billion ([Irish Heart Foundation Obesity Fact Sheet](#))

The Special Action Group on Obesity (SAGO) .... is concentrating on a range of measures including publishing calorie counts on menus in restaurants, the supply of healthy food products in vending machines in schools, [healthy eating guidelines](#).

Worldwide obesity has more than doubled since 1980. ([WHO Media Centre](#))

See where you fit on the "Global Fat Scale", try this [quick quiz](#)

["Promoting a healthy Ireland"](#)

The Nutrition & Health Foundation

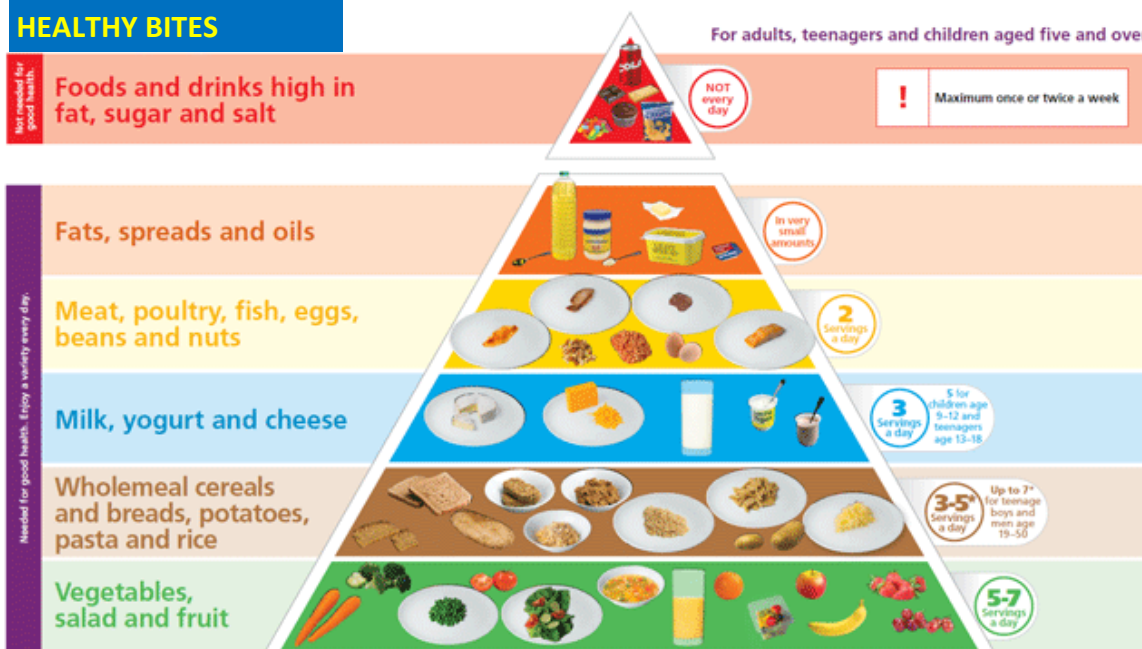
[Healthy Food for life](#)  
from Healthy Ireland

*"The same parts of the brain that light up with alcohol light up with sugary drinks. People will not let their kids smoke a cigarette or drink a glass of wine - there has to be the same attitude to daily consumption of sugar sweetened drinks. These should only be consumed by children very occasionally."* [Prof. Donal O'Shea](#)

## HEALTHY BITES

**Foods and drinks high in fat, sugar and salt**

For adults, teenagers and children aged five and over



<http://www.safefood.eu/Healthy-Eating/What-is-a-balanced-diet/The-Food-Pyramid.aspx?>

## RECENT PAPERS ON DIET & NUTRITION

**Bischoff, S.C.,** Boirie, Y., Cederholm, T., Chourdakis, M., Cuerda, C., Delzenne, N.M., Deutz, N.E., Fouque, D., Genton, L., Gil, C. and Koletzko, B., 2016. Towards a multidisciplinary approach to understand and manage obesity and related diseases. *Clinical Nutrition*. <http://www.sciencedirect.com/science/article/pii/S0261561416313231>

**Johansson, K.,** Neovius, M. and Hemmingsson, E., 2014. Effects of anti-obesity drugs, diet, and exercise on weight-loss maintenance after a very-low-calorie diet or low-calorie diet: a systematic review and meta-analysis of randomized controlled trials. *The American journal of clinical nutrition*, 99(1), pp.14-23 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC24172297/>

**Franz, M.J.,** Boucher, J.L., Rutten-Ramos, S. and VanWormer, J.J., 2015. [Lifestyle weight-loss intervention outcomes in overweight and obese adults with type 2 diabetes: a systematic review and meta-analysis of randomized clinical trials](#). *Journal of the Academy of Nutrition and Dietetics*, 115(9), pp.1447-1463.

**Keane, E.,** Cullinan, J., Perry, C.P., Kearney, P.M., Harrington, J.M., Perry, I.J. and Layte, R., 2016. Dietary quality in children and the role of the local food environment. *SSM-Population Health*, 2, pp.770-777. <http://www.sciencedirect.com/science/article/pii/S2352827316301069>

**Flórez, K.R.,** Richardson, A.S., Ghosh-Dastidar, M.B., Beckman, R., Huang, C., Wagner, L.V. and Dubowitz, T., 2016. Improved parental dietary quality is associated with children's dietary intake through the home environment. *Obesity Science & Practice*. <http://onlinelibrary.wiley.com/doi/10.1002/osp4.81/pdf>

**Go, A.S.,** Mozaffarian, D. and Roger, V.L., 2013. Sugar-sweetened beverages initiatives can help fight childhood obesity. *circulation*, 127, pp.e6-e245. [http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm\\_462756.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_462756.pdf)

**Abraham, S.B.,** Rubino, D., Sinaii, N., Ramsey, S. and Nieman, L.K., 2013. Cortisol, obesity, and the metabolic syndrome: A cross-sectional study of obese subjects and review of the literature. *Obesity*, 21(1), pp.E105-E117. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3602916/>

The [Obesity Hub](#) is a free service to the community and aims to support policy-makers and practitioners working to prevent and manage obesity across the island of Ireland.

What is a serving size? A guide for pre-schools. From [SafeFood.eu](#)

This easy-to-follow infographic provides a [useful guide to portion sizes](#)

## Research from Ireland

Kearns, K., Dee, A., Fitzgerald, A.P., Doherty, E. and Perry, I.J., 2014. [Chronic disease burden associated with overweight and obesity in Ireland: the effects of a small BMI reduction at population level](#). BMC Public Health, 14(1), p.1.

Tracey, M.L., Gilmartin, M., O'Neill, K., Fitzgerald, A.P., McHugh, S.M., Buckley, C.M., Canavan, R.J. and Kearney, P.M., 2016. [Epidemiology of diabetes and complications among adults in the Republic of Ireland 1998-2015: a systematic review and meta-analysis](#). BMC public health, 16(1), p.1.

Keane, E., Kearney, P.M., Perry, I.J., Kelleher, C.C. and Harrington, J.M., 2014. [Trends and prevalence of overweight and obesity in primary school aged children in the Republic of Ireland from 2002-2012: a systematic review](#). BMC public health, 14(1), p.1.

Dept of Health & Children: "[A Healthy Weight for Ireland: Obesity Policy and Action Plan 2016 – 2025](#)"

RCPI Policy Group on Obesity: [An expert report on how to clinically manage and treat obesity in Ireland](#); October 2015

Fitzgerald, S., Kirby, A., Murphy, A. and Geaney, F., 2016. [Obesity, diet quality and absenteeism in a working population](#). Public health nutrition, pp.1-9.

Wynne, Ciara, Catherine Comiskey, and Sinéad McGilloway. "[The role of body mass index, weight change desires and depressive symptoms in the health-related quality of life of children living in urban disadvantage: Testing mediation models](#)." Psychology & health 31.2 (2016): 147-165.

Irish Heart Foundation & Social Justice Ireland (2015) [Reducing obesity and future health costs](#).



"The Quadruple Bypass Burger from the Heart Attack Grill" By Heart Attack Grill - Own work, CC BY-SA 3.0,

## Tackling Obesity in Ireland

Healthy Ireland: [Obesity Policy](#)

From the Department of Health: [Obesity Policy & Action Plan 2016-2025](#)

Childhood Obesity Campaign, ROI. "[Your Child's Weight](#)"

Report tracking what it costs for a healthy diet in Ireland: "[What is the cost of a healthy food basket in the Republic of Ireland in 2016?](#)" and for Northern Ireland: [What is the cost of a healthy food basket in Northern Ireland in 2016?](#) Date: September, 2016, ISBN: 978-1-905767-65-6

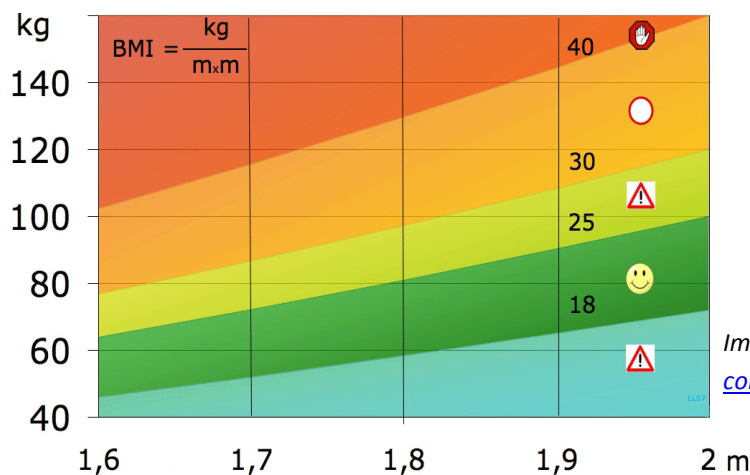


Image by LaurensvanLieshout - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=3958994>

## Latest Evidence

- Wolfenden L, Jones J, Williams CM, Finch M, Wyse RJ, Kingsland M, Tzelepis F, Wiggers J, Williams AJ, Seward K, Small T, Welch V, Booth D, Yoong SL. [Strategies to improve the implementation of healthy eating, physical activity and obesity prevention policies, practices or programmes within childcare services](#). Cochrane Database of Systematic Reviews 2016, Issue 10. Art. No.: CD011779. DOI: 10.1002/14651858.CD011779.pub2. (Includes plain language summary")
- NICE Clinical guideline [CG189] [Obesity: identification, assessment and management](#) Published date: November 2014
- Wilkie, H.J., Standage, M., Gillison, F.B., Cumming, S.P. and Katzmarzyk, P.T., 2016. [Multiple lifestyle behaviours and overweight and obesity among children aged 9–11 years: results from the UK site of the International Study of Childhood Obesity, Lifestyle and the Environment](#). BMJ open, 6(2), p.e010677.
- Lakerveld, Jeroen, et al. [Obesity-related behaviours and BMI in five urban regions across Europe: sampling design and results from the SPOTLIGHT cross-sectional survey](#). BMJ open 5.10 (2015): e008505.
- Mead E, Atkinson G, Richter B, Metzendorf MI, Baur L, Finer N, Corpeleijn E, O'Malley C, Ells LJ. [Drug interventions for the treatment of obesity in children and adolescents](#). Cochrane Database of Systematic Reviews 2016, Issue 11. Art. No.: CD012436. DOI: 10.1002/14651858.CD012436. (Includes plain language summary).
- NICE Quality Standard: [Obesity in children and young people: prevention and lifestyle weight management programmes](#) Quality standard [QS94] Published date: July 2015.
- American College of Cardiology and American Heart Association Task Force on Practice Guidelines, 2014. [Expert Panel Report: Guidelines \(2013\) for the management of overweight and obesity in adults](#). Obesity (Silver Spring, Md.), 22, p.S41.
- Robertson, C., Archibald, D., Avenell, A., Douglas, F., Hoddinott, P., Boyers, D., Stewart, F., Boachie, C., Fioratou, E., Wilkins, D. and Street, T., 2014. [Systematic reviews of and integrated report on the quantitative, qualitative and economic evidence base for the management of obesity in men](#). Health Technology Assessment, 18(35), pp.1-458.
- Colquitt JL, Pickett K, Loveman E, Frampton GK. Surgery for weight loss in adults. Cochrane Database of Systematic Reviews 2014, Issue 8. Art. No.: CD003641. DOI: 10.1002/14651858.CD003641.pub4 <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003641.pub4/abstract> (includes plain language summary).



Taking off just 10% of your body weight goes a long way towards being healthier, lowering blood pressure, cholesterol, and triglycerides levels

Obesity reduces life expectancy by an average of 3 to 10 years, depending on how severe it is. It's estimated that obesity and being overweight contribute to at least 1 in every 13 deaths in Europe.

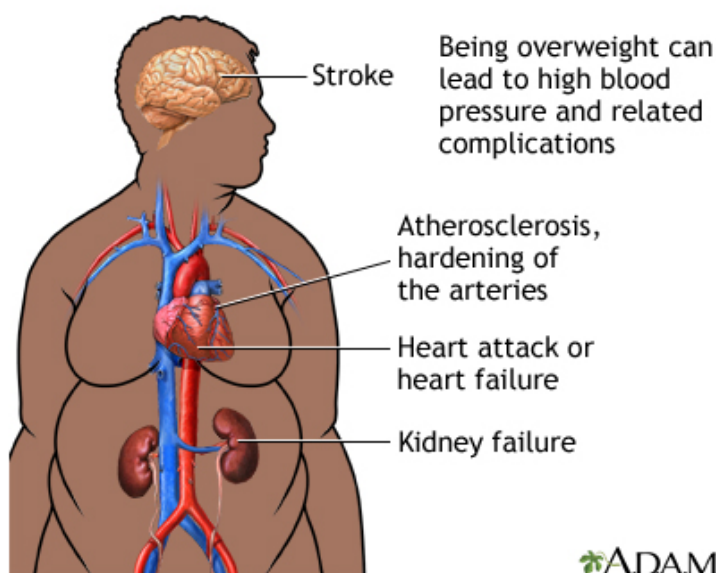
Day-to-day problems related to obesity include: Breathlessness; increased sweating; snoring; difficulty doing physical activity; often feeling very tired; joint and back pain; low confidence and self-esteem; feeling isolated.

“Wondering if you’re eating healthy? Take [this quiz](#) to test your nutrition IQ!” From the American Heart Association.

Or try the University of California Berkley [Wellness Quiz](#).

And one for the kids from the Australian Government [“Healthy Kids”](#) site.

## Obesity and health



From MedlinePlus: <https://medlineplus.gov/ency/>

### Feeling ‘better’

The physical and health rewards of losing weight were described as ‘awesome’, ‘amazing’, ‘unbelievable’ by some young people. Changes young people noticed since losing weight included:

- Having more energy
- Sleeping better and waking up feeling rested and in a good mood
- Having fewer aches and pains
- Improved ability to move and get around
- Finding it easier to breathe
- Improved immune system (ability to fight off illness)

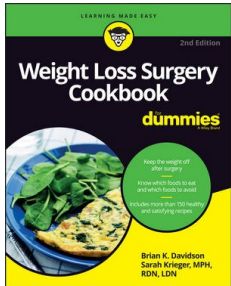
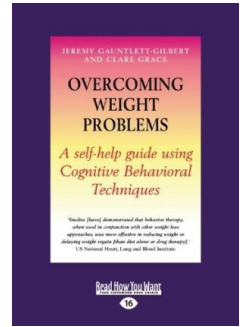
Follow us: [@healthtalkorg on Twitter](#) | [healthtalk.org on Facebook](#)

[Hunger and Obesity? Making the Connections \(from the Centre for Science in the Public Interest\)](#). Excerpt:

- ☐ Hunger and obesity often occur within the same populations — even the same families.
- ☐ Both hunger and obesity can be consequences of low income and the resulting lack of access to enough food.
- ☐ High levels of stress, poor access to health care, and ways that households are forced to manage their limited resources compound these income and access gaps – and contribute to obesity.
- ☐ Studies show that participation in federal nutrition programs can combat both hunger and obesity.”

## Self-help Books

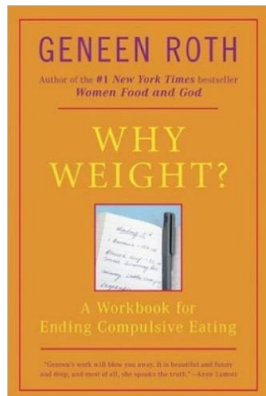
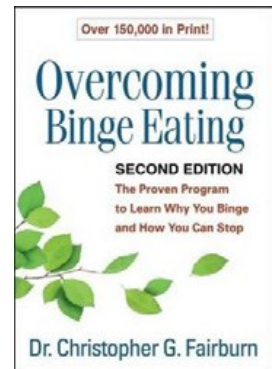
Jeremy Gauntlett-Gilbert & Clare Grace. Overcoming weight problems: a self-help guide using Cognitive Behavioral Techniques. 2005, Robinson, London, 1845290682 (Available from Public Libraries, check [catalogue](#) for details.)



[Weight Loss Surgery Cookbook for Dummies By Brian K. Davidson, David Fouts, Karen Myers](#)

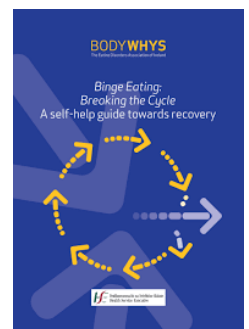
(You may be able to download the 1st edition of the entire book at: <http://www.edu12345.com/fujian/shu/ifsssp.pdf>)

Fairburn, CG (2013): “Overcoming Binge Eating”, Paperback: 243 pages. Publisher: The Guilford Press; 2 edition Language: English. ISBN-13: 978-1572305618 (This book is available from Public Libraries—check [catalogue](#) for details)



[Why Weight? A Guide to Ending Compulsive Eating](#) Geneen Roth/I Pages : 208 pages/  
Publisher : Plume 1989-06/Language : English/ISBN-13 : 9780452262546

Bodywhys—the Eating Disorder Association of Ireland: [Binge Eating: Breaking the Cycle: A self-help guide towards recovery](#)



Easy Reading “[Obesity](#)”

## Myths about Weight

["The idea you can be fat but fit is 'a myth' study argues"](#)

["Superfoods: the evidence"](#)

["Fidgeting probably not a useful alternative to proper exercise"](#)

["Obesity Myths Busted in the New England Journal of Medicine"](#) (Original NEJM article is at: Casazza, K., Fontaine, K.R., Astrup, A., Birch, L.L., Brown, A.W., Bohan Brown, M.M., Durant, N., Dutton, G., Foster, E.M., Heymsfield, S.B. and McIver, K., 2013. [Myths, presumptions, and facts about obesity](#). New England Journal of Medicine, 368(5), pp.446-454. )

["Want to lose weight? Eat SIX small meals a day say nutrition experts in new study."](#) (Mirror online, 7/5/15)  
Truth behind this headline: <http://www.nhs.uk/news/2015/05May/Pages/eating-little-and-often-no-better-for-dieters-than-fewer-feasts.aspx>

## In the News

Over the past few years, the topics of obesity, weight and diet have rarely been out of the news. Below are some examples. Wherever an "unusual" headline has occurred, a link to the facts behind the headlines has been attached.

22/9/16: Ministers Launch "[A Healthy Weight for Ireland: Obesity Policy and Action Plan 2016-2025](#)" "The economic cost of obesity for adults in 2009 was estimated to have been €1.13 bn. " Minister Corcoran Kennedy

15/09/15: "[Portion size key in tackling obesity, says study](#)." BBC News. For what gave rise to this headline, see: <http://www.nhs.uk/news/2015/09September/Pages/Decreasing-portion-sizes-could-cut-obesity-levels.aspx>

06/05/15: [Ireland set to be most obese country in Europe, WHO says Irish men at forefront of trend, leading an 'overweight' table of 53 countries](#)

18/04/15: "[Six categories of obesity, and just as many ways to treat it](#)." The Times. This claim is analysed here: <http://www.nhs.uk/news/2015/04April/Pages/There-are-six-different-types-of-obesity-study-argues.aspx>

01/04/16: [Irish women second most obese in Europe by 2025 - report](#).

11/01/17: "[Alcohol flips brain into hungry mode](#)." BBC News"

15/01/17: [8 Things You Did not Know About Irish Obesity](#).

14/07/15: "[How Peppa Pig could be making your children fat](#)." The Telegraph" Facts behind the headlines: <http://www.nhs.uk/news/2015/07July/Pages/Homer-and-Peppa-Pig-linked-to-childhood-obesity.aspx>

09/07/15: "[Generation 'fat-blind': More than a third of obese teenagers think their weight is 'about right', study warns](#)." Daily Mail. Facts behind the headlines: <http://www.nhs.uk/news/2015/07July/Pages/are-overweight-teens-unaware-of-their-size.aspx>

27/04/15: "[Have scientists found a way to banish hunger pangs? Breakthrough could help dieters lose more weight - and make them less grumpy](#)." Mail Online. For the facts behind this headline see: <http://www.nhs.uk/news/2015/04April/Pages/Brains-hunger-hub-could-be-switched-off.aspx>

05/05/16: "[Is obesity CONTAGIOUS? Spores of bacteria from guts of fat people 'could spread to healthy individuals'](#)." Mail Online. The story is analysed here: <http://www.nhs.uk/news/2016/05May/Pages/can-you-really-catch-obesity.aspx>

DEAD END | by Christopher Dombres CCBY.



Please contact your hospital or healthcare librarian if you have any difficulty accessing the full text for articles included in this issue.

***"Healthcare Librarians—  
making evidence evident"***



Image by NPR [Public domain], via Wikimedia Commons

We hope you find this issue useful but please note, the information in HEAR is not advice and should not be treated as such.

## Social Media

Follow on **Twitter**:

[@safefood\\_eu](#) (e.g. "There's no need to give up the things you love, simple #foodswaps can make a big difference. Click for more ideas: <http://bit.ly/2ikgD7v>").

[@HSELive](#) (e.g. "Looking for inspiration to keep your New Years Resolution going? There are fun idea's for all ages of the family on <http://www.getirelandactive.ie/>")

[@OliviaC](#) "Good for you" (e.g. "New year...new you? Tune into [@dublincityfm](#) @ 11 Muireann Cullen [@NHF\\_Irl](#) talks nutrition & healthy living live here <http://dublincityfm.ie/>")

<https://twitter.com/OliviaC/status/816229594902724608>

[@FoodSwitchUK](#) (e.g. "Great practical resources for teachers to help teach children about what's in their food, how to make healthier choices and be more active")



## YouTube and other videos

BMJ: "[Short man, or overweight woman? Your size could make you poorer](#)"

BMJ: "[Where does the fat go?](#)"

Harvard: "[Heart attack survivors who eat lots of fibre live longer](#)"

Women's Health Matters: "[My Health Matters - How does being overweight or obese affect pregnancy risks?](#)"

Howard County General Hospital: "[Obesity and Pregnancy](#)"

TED Talks: "[The killer American diet that's sweeping the planet](#)"

## Blogs etc

Safefood.eu: <http://www.safefood.eu/Blog/Blog/July-2012/New-dietary-guidelines-in-the-Republic-of-Ireland.aspx>



Meal plans and more: [Healthy Eating Guidelines](#), HSE

[Nutrition and Health Foundation Ireland](#) (NHF)

Facebook: [Obesity Ireland](#)

## Temple Street Children's University Hospital "W82Go" programme leaflets:

<http://www.cuh.ie/wp-content/uploads/2014/10/W82Go-Leaflet.pdf>

[http://www.cuh.ie/wp-content/uploads/2014/10/Streetwise\\_booklet.pdf](http://www.cuh.ie/wp-content/uploads/2014/10/Streetwise_booklet.pdf)

[http://www.cuh.ie/wp-content/uploads/2014/10/W82GO-Smartphone\\_Leaflet.pdf](http://www.cuh.ie/wp-content/uploads/2014/10/W82GO-Smartphone_Leaflet.pdf)