



NATIONAL  
WORKPLACE  
WELLBEING DAY  
WORKING TOGETHER FOR  
A HEALTHIER FUTURE



Date for your  
Diary:  
Workplace  
Wellbeing  
Day 2016 will  
take place  
on the **8th of  
April 2016**

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**Tips for a Healthy  
New Year**

NIH MedlinePlus the  
Magazine 2016  
Vol.10 No.4



## HEALTH AWARENESS

The HSE has an 'A to Z' of common health conditions which is accessible at [http://www.hse.ie/eng/A\\_to\\_Z/](http://www.hse.ie/eng/A_to_Z/). See relevant sections below:

[Obesity](#)

[Eating Disorders](#)

**NHS Choices:** Get Active Your Way

<http://www.nhs.uk/Livewell/fitness/Pages/Activelifestyle.aspx>

[Getting exercise in winter](#)

[Eat Well](#)

**Mayo Clinic:** Nutrition and Healthy Eating

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477>

**Mayo Clinic:** Exercise: 7 benefits of regular physical activity

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>

## Stories from the press...

[Cut sugar in fizzy drinks to prevent 300,000 diabetes cases](#) *Irish Examiner*  
6<sup>th</sup> Jan, 2016

[Stay slim to stave off disease and save the planet](#) Jacky Jones, *Irish Times*  
5<sup>th</sup> Jan, 2016

[We are living two-and-a-half years longer than we did 10 years ago but lifestyle habits threaten our health](#) Eilish O'Regan *Irish Independent* 6<sup>th</sup> Jan, 2016

## Support Groups

Eating Disorders - [BodyWhys](#)

Eating Disorder Centre Cork [Carers Support Group](#)

INDI: [Irish Nutrition & Dietetic Institute](#)

## Challenges for Charity

[Trek to Kilimanjaro](#) Focus Ireland

[10k "Connemarathon"](#) Cancer West

[The Camino Walk](#) Focus Ireland

[Make-A-Wish Walking Challenge 2016](#)

[Paris2Nice Charity Cycle](#) 2016

The Meath Spring [Half-Marathon](#)

## Upcoming Events

**Parkruns** are ongoing throughout Ireland. Check your [nearest location](#)

Find a **walking group** near you at <http://getirelandwalking.ie/findgroup/>

[Open Programmes](#) Irish Heart Foundation



# Get Active



## MOVE MORE

Moving more means being physically active in a variety of ways.

Use the Activity Pyramid and Activity Table as a guide to the different type of activities your child can do to move more.



## Guidelines

Institute for Clinical Systems Improvement (ICSI) guideline for healthy lifestyles can be found at [ICSI 2013 May PDF](#) or at [National Guideline Clearinghouse 2013 Dec 16:46239](#), executive summary can be found at [ICSI 2013 May PDF](#)

Institute of Medicine (IOM) report on physical activity: moving toward obesity solutions can be found at [IOM 2015 PDF](#)

Irish Heart Foundation (IHF) position statement on physical activity can be found at [IHF 2000 PDF](#)

Cancer Care Ontario (CCO) Program in Evidence-based Care guideline on healthy eating, physical

activity, and healthy weights for public health in Ontario can be found at [CCO 2010 Mar PDF](#) or at [National Guideline Clearinghouse 2011 Mar 28:24049](#)

National Guidelines on Physical Activity for Ireland (DoH, 2009)

## Research of Irish Interest



Scully, P., Macken, A. P., Leddin, D., Dunne, Cullen, W. and O'Gorman, C. S. (2015) C., '**Children's television and nutrition**'. Irish Medical Journal, 108(2), 37-38.

Timulak, L., et al. B. A. f. C. a. (2013) '**Helpful and unhelpful aspects of eating disorders treatment involving psychological therapy: a meta-synthesis of qualitative research studies.**'

Gallagher, S. and Hannigan, A. (2015) '**Child problem behaviours are associated with obesity in parents caring for children with developmental disabilities**'. Research in developmental disabilities, 36, 358-365.

**Muscle matters:** Dr. Brendan Egan at [TEDx UCD](#)

[Irish Times Get Running](#)

[Irish Times Get Swimming](#)



## RAPID ROUNDS



### Research Articles

Gardner, B., et al. (2015). **How to reduce sitting time? A review of behaviour change strategies used in sedentary behaviour reduction interventions among adults.**

*Health psychology review*, 1-24.

Kuijjer, R. G., et al. (2015). **Associating a prototypical forbidden food item with guilt or celebration: Relationships with indicators of (un) healthy eating and the moderating role of stress and depressive symptoms.** *Psychology & health*, 30(2), 203-217.

Vinkers, Charlotte DW, et al. **Better sorry than safe: Making a Plan B reduces effectiveness of implementation intentions in healthy eating goals.** *Psychology & health* 30.7 (2015): 821-838.

Schwingshackl, L. & Georg, H. **Adherence to Mediterranean diet and risk of cancer: an updated systematic review and meta-analysis of observational studies.** *Cancer medicine* 4.12 (2015): 1933-1947.

Nissensohn, M., et al. **The Effect of the Mediterranean Diet on Hypertension: A Systematic Review and Meta-Analysis.** *Journal of nutrition education and behavior* (2015).

Schwingshackl, L., and G. Hoffmann. **Mediterranean dietary pattern, inflammation and endothelial function: a systematic review and meta-analysis of intervention trials.** *Nutrition, Metabolism and Cardiovascular Diseases* 24.9 (2014): 929-939.

### SYSTEMATIC REVIEWS

Schwingshackl, L & Georg, H. **Diet Quality as Assessed by the Healthy Eating Index, the Alternate Healthy Eating Index, the Dietary Approaches to Stop Hypertension Score, and Health Outcomes: A Systematic Review and Meta-Analysis of Cohort Studies.** *Journal of the Academy of Nutrition and Dietetics* 115.5 (2015): 780-800.

Ha, V., et al. **Effect of dietary pulse intake on established therapeutic lipid targets for cardiovascular risk reduction: a systematic review and meta-analysis of randomized controlled trials.** *Canadian Medical Association Journal* 186.8 (2014): E252-E262.

Gresham, Ellie, et al. **Effects of dietary interventions on neonatal and infant outcomes: a systematic review and meta-analysis.** *The American journal of clinical nutrition* (2014): ajcn-080655.

Hay, P. J., et al. (2016) **Individual psychological therapy in the outpatient treatment of adults with anorexia nervosa,** *Cochrane Database of Systematic reviews.*

Shrestha, N., et al. **Workplace interventions for reducing sitting at work.** *Cochrane Database Syst Rev* 1 (2015).

Schoenaker, D.AJM, et al. **The association between dietary factors and gestational hypertension and pre-eclampsia: a systematic review and meta-analysis of observational studies.** *BMC medicine* 12.1 (2014): 157.

## Top Tweets



### [Cancer Research UK](#)

[@CR\\_UK Jan 7](#) We need urgent action on [#obesity](#): if trends continue, by 2035 almost 4 in 10 adults will be obese

### [Food Revolution](#)

[@FoodRev Jan 7](#)

Why preventing [#obesity](#) makes economic sense from [@CR\\_UK](#)  
<http://goo.gl/3wd837>  
[#foodrevolution](#)

Can [#nurses](#) help prevent [#obesity](#) in early life? One highlight of BMC Nursing in 2015:

<http://buff.ly/1JFcTJL>

### [Mayo Clinic Verified](#)

[account @MayoClinic Jan 12](#) [#Healthy](#) meals start with planning  
<http://mayocl.in/1P4suP4>

**Health Science Libraries Group**  
A section of the Library Association of Ireland.

The Health Sciences Libraries Group is committed to empowering all our members to excellence in the field of information management, and by doing so, advancing health for all.

**We're on the Web!**  
<https://hslgblog.wordpress.com/>  
**#HEARbulletin**

**DISCLAIMER**  
The newsletter contains information about getting active and eating healthily. The information is not advice, and should not be treated as such.

## Websites for Getting Active/Eating Well

[Operation Transformation](#)

<http://www.getirelandactive.ie/>

[Fitness and Nutrition of the Elderly](#)

[Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging](#)

[An Board Bia Healthy Eating Planner](#)

[\) L W Q H V V I R U 7 K R V H Z L W K O H' G O D C](#)

[Top Tips for Getting & Staying Physically Active](#) 1 X W U L W L R Q

[Top Tips for Healthy Eating](#) 1 X W U L W L R Q + H D O W

[Family Fitness from the American Heart Association](#)

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[NHS and Healthier Scotland 2011. Keep yourself healthy: eating well and staying fit. 4.](#)

[Staying fit and healthy.](#)

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## Who are we? We are the librarians!

This content is brought to you by a collaborative group of health science librarians working in Ireland.

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