



Obesity News

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Obesity News has links to recently published news stories relating to obesity prevention from a variety of online sources.

New Zealand

NZ - Local initiatives to reduce the availability of junk foods and drinks

[Limit on dairies part of anti-obesity plan](#)

In a [report](#) to the group [Healthy Auckland Together](#), Auckland Regional Public Health Service makes many recommendations to help reduce obesity. One of these has had huge media coverage: limiting what dairies can sell to children, as well as new laws to restrict how many dairies can be in one area. Changes to the Resource Management Act would give councils the power to stop new dairies, convenience stores and takeaways being built, in the same way they can for alcohol outlets.

Source: Radio NZ, 18 May 2015

[Call to get rid of sugary foods from council facilities](#)

South Canterbury DHB recommends Timaru councillors send "a message to the market" and reduce sugary drinks sold at council-controlled facilities to less than 30 per cent of drinks options by 2017, and remove them completely by 2025.

Source: Stuff, 26 May 2015

[Wellington City Council could help reduce and prevent obesity](#)

Wellington Regional Public Health made a submission on Wellington City Council's draft 10 year plan. As part of upgrading sports facilities, it recommends WCC review any food provision policies to make the healthy choice the easy choice. It also suggests WCC can show leadership in identifying and implementing strategies that support and promote healthy food provision in communities, Council owned cafes, vending machines and sponsored events. RPH has made similar submissions on several other Council draft long term plans.

Source: Regional Public Health, 16 Apr 2015

[Hutt Hospital to ban sale of all fizzy drinks, including diet](#)

Hutt Valley District Health Board has endorsed the gradual introduction of new healthy food and beverage guidelines that neighbouring Wairarapa and Capital & Coast DHBs are also adopting.

Source: Upper Hutt Leader /Stuff, 21 Apr 2015

NZ – Other

['Get serious about childhood obesity', experts warn](#)

Health experts are issuing a warning that Kiwi kids will only get fatter if government, business, and communities can't work together.

Source: Yahoo.com, 26 May 2015

[Priority actions identified to tackle child obesity](#)

More than 60 of our leading health experts have endorsed three priority policy actions to tackle child and adolescent obesity: restricting marketing of unhealthy foods to children, ensuring foods provided by schools meet dietary guidelines, and taxing sugary drinks.

[In:](#) World Health Organisation (WHO) Bulletin, May 2015

Source: University of Auckland, 25 May 2015

[Stop junk food ads aimed at Kiwi kids - experts](#)

A broad range of public health experts concerned about New Zealand's growing obesity rates want a clampdown on the marketing of unhealthy foods to children. Auckland University researchers who canvassed 52 experts found the greatest support among child-focused policies was for Government rules to restrict unhealthy food marketing to people under 16 on television, food packaging, point-of-sale ads and through sports sponsorship deals.

Source: NZ Herald, 26 May 2015

[Time to end sweet nothings and act on child obesity crisis](#)

Duncan Garner doesn't expect the budget to have a wide-ranging visionary plan to help reduce obesity.

Source: Dominion Post/Stuff, 16 May 2015

Source: Stuff, 15 May 2015

[Obesity set to be NZ's number one health problem by next year](#)

Ron Dunham, CEO of Lakes DHB, talking about the cost of obesity to DHBs and what needs to be done

Source: Nine to Noon, Radio NZ, 6 May 2015

[Why we need to start educating kids about food in school – Whiteboard Friday](#)

Geoff Simmons explains why he supports Jamie Oliver's global campaign to put compulsory practical food education on the school curriculum.

Source: Gareth's World, 15 May 2015

[Fresh food price rises masked by discounting of junk food](#)

The 2 big supermarket chains are battling it out with junk food: "More discounting on items such as biscuits, snack foods and sauces contributed to lower grocery prices. This was countered by higher prices for tomatoes, beef and chicken", according to Statistics NZ.

Source: Stuff, 13 May 2015

[Virtual supermarket can test policy changes](#)

A new three-dimensional virtual supermarket software tool to measure food purchase behaviour will be able to test the effectiveness of food-related policy changes.

Source: University of Auckland, 4 May 2015

[The allure of a Virtual Supermarket for public health nutrition research](#)

The Virtual Supermarket is a 3D computer model of a real supermarket that researchers started developing some years ago. Nick Wilson looks at recent research on this virtual reality approach and attempts to answer the question – what is the allure of a virtual supermarket for public health nutrition research?

Source: Public Health Expert, 11 May 2015

[Fighting Fat: Drain your stomach](#)

Obese patients will pump out excess food through a stomach drain in a hospital trial. FOE's Dr Robyn Toomath supports the trial but says NZ needs more food and advertising controls to reduce our obesity promoting environment.

Source: NZ Herald, 25 Apr 2015

[Study to tackle NZ's growing obesity via rugby clubs](#)

A new study announced today will determine if a weight management programme delivered throughout New Zealand rugby clubs could help to curb the nation's growing obesity problem, particularly among Māori and Pacific men.

Source: Health Research Council/Scoop, 14 May 2015

[Kellogg's reveals its cereal health star ratings](#)

Health star ratings for Kellogg's NZ products are available on Kellogg's New Zealand website. It's expected that a significant number of their products with the health star rating will be on supermarket shelves by the end of 2015.

Source: SMH/Stuff, 21 Apr 2015

[Gordon Campbell on the death knell for the TPP](#)

Gordon Campbell explains how a recent vote in the US Senate makes the TPP less likely, as other countries will balk at signing because they think any agreement will get mauled in the US Congress.

Source: Scoop, 13 May 2015

Australia

[Aussies give green light on tax for sugar-filled drinks to curb obesity epidemic](#)

A survey of Australian adults has revealed strong support for a tax on sugary drinks to help reduce childhood obesity.

Source: Obesity Policy Coalition, 15 May 2015

[Australia: The \\$250 million tax eight in ten Australians say they would support](#)

A major new News poll survey by the Obesity Policy Coalition found more than eight in ten Australians would support a tax on sugary drinks if the revenue was spent tackling childhood obesity. And seven in ten Australians would support money from the tax being spent subsidising healthy food.

Source: News.com, 15 May 2015

[Kellogg's reveals its cereal that gets just 1.5 health stars](#)

Global cereal giant Kellogg's has relented to months of health and consumer campaigning, and says it will roll out [Australia and New Zealand's health star ratings](#) across its full cereal range of 37 products.

Source: SMH/Stuff, 21 Apr 2015

[OPC congratulates Kellogg's for adding health stars to cereal products](#)

Source: Obesity Policy Coalition, 20 Apr 2015

[Influencing children's health: critical windows for intervention](#)

A new report looks at the key moments for developing healthy habits in children and adolescents. It focuses on understanding the factors which lead to children becoming overweight or obese, particularly in the school, work, home and neighbourhood environments, and makes suggestions for intervention.

Source: Vic Health, 14 Apr 2015

United Kingdom

[UK: Jamie Oliver calls for 'nanny state' on food to keep children healthy](#)

Jamie Oliver says healthy eating for youngsters is a public health issue and makes a fresh call for tax on sugary drinks and compulsory cooking classes. "I think we should absolutely follow France and Mexico in a 20% sugary drinks tax. Absolutely. It's seven pence on a can. This tax would raise around £1bn a year, Oliver said, which could be split between health and education."

Source: The Guardian, 15 May 2015

[UK: Your gut bacteria don't like junk food – even if you do](#)

A junk food diet decimates our gut microbes, killing off the gut bacteria that help people burn off their excess energy, genetic epidemiology professor Tim Spector of King's College London says.

Source: The Conversation UK, 10 May 2015

[Food industry 'responsibility deal' has little effect on health, study finds](#)

The UK Government's policy of tackling obesity by asking food producers to change their behaviour has failed to improve eating habits and excludes most of the measures that would make a real impact, according to a government-funded study.

[In](#): Food Policy, July 2015

Source: The Guardian, 12 May 2015

Sugar and carbs are the obesity culprits - not lack of exercise

Bad diet is a cause of obesity, but a lack of exercise is not, says an editorial reviewing this issue. The 'false perception' that exercise matters more than healthy eating is due to food industry marketing, they argue.

[In:](#) British Journal of Sports Medicine, Online 22 Apr 2015

Source: Medical News Today, 23 Apr 2015

Exercise 'not key to obesity fight'

While physical activity is a key part of staving off diseases such as diabetes, heart disease and dementia, its impact on obesity is minimal.

[In:](#) British Journal of Sports Medicine, Online 22 Apr 2015

Source: BBC News, 23 Apr 2015

UK: Fear of other parents' driving limits walking to school

Almost two-fifths of parents are put off letting their primary-age children walk to school by other parents' driving, a survey suggests. And almost two-thirds of those surveyed would like to see car-free zones outside both primary and secondary schools as well as 20mph speed limits in surrounding areas.

Source: BBC News, 16 May 2015

United States

How front groups posing as grassroots campaigns do the dirty work for Big Food

Describes the world of food "front groups" — fake grassroots groups created by Big Food to keep health and safety regulations from cutting into sales.

Source: Raw Story, 8 May 2015

Food ads during children's TV don't meet proposed guidelines

On TV aimed at kids under age 12, the vast majority of commercials are for products with too much added sugar, saturated fat or sodium, according to a new study. The food industry's definition of what is healthy and can be marketed to kids is completely out of whack with the opinions of government experts charged with coming up with food marketing recommendations.

[In:](#) American Journal of Preventative Medicine, 8 May 2015

Source: Reuters Health, 8 May 2015

US: The Trouble with Foods Kids See Advertised on TV

A new study shows that 53% of food products approved for advertising on TV programmes that cater to kids do not meet U.S. recommended government nutrition guidelines.

Source: Time, 23 Apr 2015

[US: Laws on junk food in schools fail to help poor fight obesity, study says](#)

Since state laws made it harder for California primary school children to get sugary drinks and junk food snacks at school, their risk of becoming overweight or obese fell slightly — but mostly if they came from higher-income neighbourhoods.

[In](#): JAMA Pediatrics, 4 May 2015

Source: LA Times, 4 May 2015

[US: Special Report: How Washington went soft on childhood obesity](#)

A must read Reuters Special Report uncovers widespread lobbying by the food and beverage industries and how it has influenced US public health policies to the detriment of children's health.

Source: Reuters, 27 Apr 2015

[US: How the White House wobbled on childhood obesity](#)

Marion Nestle summarises [Reuters' special report](#) which explains how food and beverage companies dominate policymaking in Washington, doubled lobbying expenditures during the past three years, and defeated government proposals aimed at changing the nation's diet.

Source: Food Politics, 28 Apr 2015

[US: 95 percent of parents think their overweight children look 'just right'](#)

Most US parents can no longer tell what a healthy weight for children looks like.

[In](#): Child Obesity, 30 Apr 2015

Source: Washington Post, 12 May 2015

International

International - Sugar

[Sugar intake: lowering the bar](#)

A Lancet editorial shows how the new WHO sugar intake guidelines differ from earlier ones. It also outlines how WHO reviewed the evidence for a lower free sugar intake and why Big Sugar failed to influence the outcome. However, The Lancet is sceptical that individual governments will be strong enough to put in the necessary public health interventions so individuals can comply with the guidelines.

In: The Lancet, Diabetes & Endocrinology, May 2015

[Curbing global sugar consumption](#)

World Cancer Research Fund International has launched a policy brief to help reduce the amount of sugar consumed worldwide. It can be used by governments to quickly identify effective policies that can help curb sugar consumption.

Source: World Cancer Research Fund, 18 May 2015

[Let's stop sugar-coating the world's diet](#)

Professor Barry Popkin blogs on the problem of sugar in our diet and WCRF's new policy brief.

Source: World Cancer Research Fund, 18 May 2015

International – Other

[Pacific has nine of the ten fattest countries](#)

Figures from the World Health Organization (WHO) show nine of the 10 countries with the highest levels of obesity in the world are in the Pacific. The Cook Islands tops the list, followed by Samoa, Tonga and Niue. The burden of related non-communicable disease is reportedly overwhelming their public health systems.

Source: Radio NZ, 8 May 2015

[Denmark: Why did the fat tax have to go, when it seemed to be working?](#)

A review of the evidence from the implementation of the tax on saturated fat in Denmark, introduced in 2011 and abandoned at the end of 2012, suggests that it reduced saturated fat intake and was thus projected to reduce non-communicable diseases (NCDs) in the country. So why was it abandoned? A Danish academic discusses the reasons.

Source: News Hour.com, 9 May 2015

[Mexico Cracks Down on Junk Food in Schools](#)

Mexico is restricting high calorie food in schools, but enforcement is a challenge.

Source: Wall Street Journal, 14 May 2015

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[FOE on Facebook](#) – join in the discussions

[FOE's website](#) has news about obesity and in depth coverage of some issues.

[Back Issues of Obesity News](#) are on our website

FOE's Robyn Toomath is active on Twitter.



STOP OUR CHILDREN DEVELOPING TYPE 2 DIABETES

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