Dietetics Bulletin May 2019

Articles

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Behavioral, contextual and biological factors associated with obesity during adolescence: A systematic review.
[A positive consistent association between genetic factors and obesity during adolescence was found. Also, there is evidence to support the association between socioeconomic status and obesity. There was conflicting evidence for the contribution of dietary intake, physical activity, sedentary behavior, sleep, food store environment, school food environment. For the remaining factors no associations were found, or no conclusions could be drawn due to the limited number of studies identified.]
Freely available online

Effect of a novel supplementary porridge on the nutritional status of infants and young children diagnosed with moderate acute malnutrition in Uganda: a cluster randomised control trial.
[Moderate acute malnutrition and anaemia are prevalent among infants/children in Uganda. A lack of consensus regarding the most effective strategy for managing MAM among IYC resulted in the present study comparing the effect of malted sorghum-based porridge (an active malt, extruded maize and soy sorghum supplementary porridge developed for the purpose of the present study) as an intervention versus an extruded maize and soy micronutrient fortified blend as a control and current standard care. ]
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Facilitators and barriers to a dietitian-implemented blended care weight-loss intervention (SMARTsize): a qualitative study.
[Most dietitians considered that implementation of the SMARTsize intervention consisting of e-health, written information and cooking classes and face-to-face counselling is challenging but feasible. Further development of the SMARTsize intervention and implementation tools is needed to lower experienced barriers. It is also recommended that a version of the intervention to be developed that is suitable for patients with lower levels of health literacy.]
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Filling the intervention gap: service evaluation of an intensive nonsurgical weight management programme for severe and complex obesity.
McCombie M. *Journal of Human Nutrition and Dietetics* 2019;32(3):329-337.
[Weight management including formula total diet replacement (TDR) is emerging as an
effective intervention for severe and complex obesity, particularly with respect to type 2 diabetes (T2DM). However, no prospective audit and service evaluation of such programmes have been reported.]

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**Impacts of skipping breakfast and late dinner on the incidence of being overweight: a 3-year retrospective cohort study of men aged 20–49 years.**


[Most studies on the dietary habits and overweight status of men aged 20–49 years have been cross-sectional, with longitudinal studies being scarce. One-quarter of Japanese men aged 20–49 years skip breakfast or have dinner within 2 h of bedtime (late dinner); therefore, the effects of these eating habits on men’s increasing body weight need to be determined.]

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**Individualised nutritional support in medical inpatients at nutritional risk: a randomised clinical trial.**


[In medical inpatients at nutritional risk, the use of individualised nutritional support during the hospital stay improved important clinical outcomes, including survival, compared with standard hospital food. These findings strongly support systematically screening medical inpatients on hospital admission regarding nutritional risk, independent of their medical condition, followed by a nutritional assessment and introduction of individualised nutritional support in patients at risk.]

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**Maternal socio-demographic characteristics and associated complementary feeding practices of children aged 6–18 months with moderate acute malnutrition in Arua, Uganda.**


[There is a paucity of published data regarding maternal socio-demographic characteristics and associated complementary feeding practices of moderately malnourished infants and young children (IYC) in sub-Saharan Africa. In the present study, this association was investigated in Arua, Uganda.]

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**Reports**

The following report(s) may be of interest:

**Kids on the breadline: solutions to holiday hunger.**

Bevan Foundation; 2019.


[School holidays put severe pressure on low income families. Losing free school meals and the high costs of food, childcare and holiday treats mean many families struggle to make]
ends meet. This report outlines how the Welsh Government, local authorities, social landlords and others can provide immediate help to low-income families as well as pointing to longer-term solutions that would put more cash in families’ pockets.]

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