



Announcement from MNC Chair

Dear MNC members,

I would like to welcome you to the first issue of Medical Nutrition News, brought to you by the Medical Nutrition Council of ASN as a membership benefit. Every other month, ASN will send you the latest research findings and practices, potential funding sources, professional development opportunities, and nutrition news.

Dr. Thomas Ziegler, MNC Chair, announces that single positions are open for MNC Executive Committee Chair-elect and secretary/treasurer and three additional positions for member of the MNC Executive Committee. The Committee meets regularly by teleconference and face-to-face at the Experimental Biology meeting in the spring as a leadership group to discuss MNC initiatives, including development of symposia and lectures for presentation at Experimental Biology and other educational venues, interactions with ASN and other academic societies and other activities of value to MNC members. If you or a colleague you wish to nominate for one of these positions are interested in being considered for the election slate for the fall election, please send a CV and a brief note regarding the position of interest to Dr. Ziegler at tzieg01@emory.edu by September 15, 2008

I welcome your suggestions on how to improve this newsletter and look forward to serving as Chair of the MNC.

Thomas R. Ziegler, MD
Emory University School of Medicine

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Research News

Obesity Surgery May Not End Sleep Apnea

WebMD (08/15/08) Hitti, Miranda

For people who are obese, weight loss surgery will likely not curb their obstructive sleep apnea, a study published in the Journal of Clinical Sleep Medicine suggests. The study monitored 24 severely obese adults with

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Learn more about scientific programming and registration for Experimental Biology

The American Society for Nutrition (ASN) is the premier research society dedicated to improving the quality of life through the science of nutrition.

ASN Medical Nutrition News is an executive summary of noteworthy articles pertaining to the latest research findings and practices, potential funding sources, advocacy activities, and nutrition in regards to our society and is distributed regularly to ASN members as an exclusive membership benefit. Our editorial staff monitors nearly 8,000 newspapers, business publications, Web sites, national and international wire services, and other periodicals and summarizes significant articles into an easy-to-read summary.

For more information on ASN and *ASN Medical Nutrition News* contact:

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obstructive sleep apnea who underwent bariatric surgery. After one year, the patients' average BMI fell from 51 to 32, but their obstructive sleep apnea condition persisted despite the surgery. All of the patients also required continuous positive airway pressure (CPAP) machines to assist their breathing at night. But just six patients were still using them, probably because patients who reported less snoring were more prone to abandoning their CPAP devices, according to Christopher Lettieri at Walter Reed Medical Center and colleagues. The researchers emphasized that people with obstructive sleep apnea will likely require treatment for the condition after weight surgery, and they urged them not to stop using their CPAP device without consulting a doctor and conducting a sleep test.

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Exercise and Good Eating Habits a Family Affair

Atlanta Journal-Constitution (08/06/08) Conwell, Vikki

The Children's Healthcare of Atlanta recently ran a 12-week program to train families to adopt healthier diets and exercise practices in an effort to combat obesity and prevent diabetes. The class teaches families how to combine proper diet with regular exercise to prevent weight gain and improve their health. Valerie Thomas, who recently completed the class, says families have to make changes together. In Georgia, more than 59,000 middle school and 50,000 high school children are considered obese, according to the Department of Human Resources, and sedentary lifestyles and poor eating habits continue to contribute to the growing problem. Unfortunately, many families lack the knowledge to fight weight problems. According to an online survey by DisneyFamilies.com, 67 percent of respondents expressed concern about the ingredients in the food their children eat, but only 33 percent knew the correct number of food groups, and only 44 percent of parents claimed their children exercised 45 to 90 minutes a day. Children's Healthcare of Atlanta exercise specialist Ruth Bell says parents should motivate their children by modeling the behavior they want without forcing or controlling the child. "If a parent is overly restrictive and makes physical activity look like a chore, the child will push back," Bell says. "Kids do physical activity not because they think it's going to make them healthier but because they think it's fun." The same approach should be taken with nutrition, with the entire family eating healthier foods to help overweight family members lose weight.

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Broccoli May Undo Diabetes Damage

BBC News (08/05/08)

Researchers from the University of Warwick suggest that sulforaphane, a compound found in broccoli, could reverse blood vessel damage caused by diabetes. People with diabetes are as much as five times more likely to develop cardiovascular diseases, linked to damaged blood vessels. The study, led by Prof. Paul Thornalley and published in the journal *Diabetes*, showed that sulforaphane reduced Reactive Oxygen Species (ROS) by 73 percent. High levels of ROS, such as those caused by hyperglycemia, can cause human cell damage. Sulforaphane was also found to activate nrf2, a protein that protects cells and tissues by activating protective enzymes.

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Lifestyle Issues Contribute to Weight Gain in Teen Girls

American Medical News (07/28/08) Elliott, Victoria Stagg

Researchers led by Catherine Berkey of Harvard Medical School studied the sleeping, drinking, and Internet-surfing habits of 4,427 girls between the ages of 14 and 21 years--a cohort whose parents participated in the Nurses' Health Study--and how they contribute to weight gain. Researchers found that sleeping fewer than five hours per night, drinking over two servings of alcohol on a weekly basis, and surfing the Web for at least an hour per sitting resulted in weight gain of four pounds annually on average. Published in the July 10 online issue of the *Journal of Pediatrics*, the study noted that these behaviors amount to sedentary socialization that boosts calorie consumption, especially considering that people often eat and surf the Web simultaneously. Additionally, alcohol boosts liquid calorie intake and makes it difficult to sleep,

which causes metabolic changes that increase weight gain and contribute to daytime exhaustion. Experts believe the Internet is equivalent to television and encourage doctors to focus on total screen time instead of just the number of hours spent in front of the television. Meanwhile, the study showed no impact on weight gain from coffee, but researchers report a jump in the caloric content of coffee beverages in recent years. Experts hope future studies will focus on teen boys and all caffeinated beverages.

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In Summer, Obesity Rules

Boston Globe (08/12/08) Smith, Stephen

Experts who study overweight children say many children gain weight during the summer because they are too inactive. Children spend too much time in front of televisions, computers, and hand-held devices, says Dr. David Ludwig, director of the Optimal Weight for Life program at Children's Hospital Boston. They are also prompted to overeat when they watch television commercials for high-calorie snacks, he says, while some parents are fearful of letting their children play outside. A 2007 study found that when overweight middle school children went on summer vacation, their progress in cardiovascular fitness, insulin levels, and body composition were reversed. The study, conducted by researchers at the University of Wisconsin and published in the Archives of Pediatrics & Adolescent Medicine, blamed the lack of discipline during the summer. Weight specialists at Children's Hospital of Philadelphia predict that this summer will be worse than usual for children due to higher food prices and safety issues about fruits and vegetables. Melinda Sothorn, an associate professor at Louisiana State University and founder of the Trim Kids campaign, asserts that during the summer, families often spend time traveling, making it harder for children to stick to a fitness routine. When children are at home, they may overeat because they have greater access to the refrigerator when their parents are away at work, she says.

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Sugar-Sweetened Beverages and Incidence of Type 2 Diabetes Mellitus in African American Women

Archives of Internal Medicine (07/28/08) Vol. 168, No. 14, P. 1487; Palmer, Julie R.; Boggs, Deborah A.; Krishnan, Supriya

A new study indicates that regular consumption of sweetened beverages can increase the risk of type 2 diabetes in African-American women. The researchers used data from the ongoing follow-up Black Women's Health Study, which involves 59,000 African-American women. Out of 43,960 women who provided complete weight and dietary information and did not have diabetes at the beginning of the study in 1995, 2,713 had developed type 2 diabetes by the end of the study 10 years later. The study asked about consumption of sweetened fruit beverages as well as regular soft drinks, with a 24 percent increase in diabetes occurrence for women who consumed two or more soft drinks per day compared to those who drank less than one soda a month, and a 31 percent increase in those who consumed two or more sweetened fruit drinks per day; drinking orange and grapefruit juice and diet sodas was not linked to diabetes risk. The researchers suggest that the weight gain associated with soft drink consumption is the strongest factor connected to the diabetes increase. With regard to fruit drinks, the researchers stated, "The public should be made aware that these drinks are not a healthy alternative to soft drinks with regard to risk of type 2 diabetes."

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Fruit Reduces Diabetes Risk

Nursing Times (07/29/08) Coubrough, Alice

A new study published in the Archives of Internal Medicine found that eating more fruits and vegetables may decrease the risk of diabetes. The study indicates that a higher plasma vitamin C level and, to a lesser degree, fruit and vegetable intake, were linked to a reduced risk of type 2 diabetes. The findings were based on a 12-year population cohort study involving more than 21,000 individuals in Norfolk, England, between 40 and 75 years of age. The average age of the participants was 58. The data indicated that the risk of developing

diabetes was 62 percent lower for those in the top fifth of the population sample compared to those in the bottom fifth. A similar but weaker inverse association was discovered with the consumption of fruits and vegetables and the risk of diabetes. "Because fruit and vegetables are the main sources of vitamin C, the findings suggest that eating even a small quantity of fruit and vegetables may be beneficial and that the protection against diabetes increases progressively with the quantity of fruit and vegetables consumed," according to the study authors.

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Study Links MSG With Being Overweight

Durham Herald-Sun (NC) (08/18/08)

The consumption of monosodium glutamate (MSG) could make a person more prone to being overweight or obese compared to people who do not use the flavor enhancer, according to a study by researchers at the University of North Carolina's (UNC's) School of Public Health and in China. The researchers observed more than 750 men and women ages 40 to 59 from three rural villages in China. Approximately 82 percent of the participants used MSG in their food, and were divided into three groups based on the amount of MSG they used. People in the group that used the most MSG were three times more likely to be overweight compared to those who never used MSG. "Ours is the first study to show a link between MSG use and weight in humans," said Ka He, assistant professor of nutrition and epidemiology at the UNC School of Public Health. He said the participants were chosen from rural areas because they tend to use a minimum of commercially processed foods but add MSG while cooking. The higher risk for becoming overweight was found even when researchers "controlled for physical activity, total calorie intake, and other possible explanations for the difference in body mass," He said.

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Childhood Socioeconomic Position, Gender, Adult Body Mass Index, and Incidence of Type 2 Diabetes Mellitus Over 34 Years in the Alameda County Study

American Journal of Public Health (08/08) Vol. 98, No. 8, P. 1486; Maty, Siobhan C.; Lynch, John W.; Raghunathan, Trivellore E.

Researchers sought to examine the link between childhood socioeconomic position and incidence of type 2 diabetes as well as the effects of gender and adult body mass index (BMI). They focused on 5,913 participants in the Alameda County Study from 1965 to 1999 who did not have diabetes when the study commenced. Cox proportional hazards models were used to estimate diabetes risk. Covariates included such demographic confounders and potential pathway components as physical inactivity, smoking, alcohol consumption, hypertension, depression, and health care access. The data indicated that low childhood socioeconomic status was associated with excess diabetes risk, particularly among women. According to the authors, "A cumulative risk effect was observed for both childhood socioeconomic position and adult BMI, especially among women."

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Study Poses Rethinking of Weight, Heart Risks

Wall Street Journal (08/12/08) P. D2

A study by researchers at the University of Michigan indicates that about 50 percent of overweight people have normal blood pressure and cholesterol levels. At the same time, some slim people have problems typically associated with obesity. MaryFran Sowers, the study's lead author, asserted that, "We're really talking about taking a look with a very different lens" at weight and health risks. The study found that some 51 percent of overweight adults and nearly one-third of obese adults--about 56 million Americans--had mostly normal levels of blood pressure, blood sugar, cholesterol, and blood fats called triglycerides. Approximately a fourth of normal weight adults, or about 16 million Americans, were found to have unhealthy levels of at least one of these measures. Sowers said it was surprising that millions of people go against body type stereotypes. However, some researchers are uncertain about the preciseness of the body mass index, a standard used by officials to determine if a person is overweight. Many experts say waist size is a more appropriate way

to predict a person's health risk. Judith Wylie-Rosett, the study's co-author, warns that the study should not cause people to stop worrying about weight because half of overweight people face higher risks for heart disease. The report focused on nationally representative government surveys involving 5,440 people ages 20 and up, and was published in the Archives of Internal Medicine.

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A Medical Home for Children With Insulin-Dependent Diabetes

Pediatrics (08/08) Vol. 122, No. 2, P. e383; Wegner, Steven E.; Lathren, Christine R.

Researchers conducted a mixed-mode survey of pediatricians and endocrinologists who treat children with diabetes in North Carolina. The purpose of the study was to determine the physicians' views on routine preventive and acute care, diabetes-specific care, and family education and care coordination for children with insulin-dependent diabetes. Most of the 132 respondents said that primary care physicians should be in charge of routine primary care, such as well-child exams and vaccinations, and many said that endocrinologists should be in charge of diabetes-specific care. There was less agreement about the primary responsibility for family education and care coordination, with 80 percent of endocrinologists recommending that subspecialists serve as leads for monitoring blood sugar levels, while 52 percent of pediatricians suggested comanagement. In conclusion, the researchers note, "Approaches that recognize the appropriate division of care between primary care physicians and subspecialists, facilitate comanagement when it is needed, and reward the collaboration required to provide medical homes for patients should be investigated as models of care."

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Slow Eating Trims Calorie Intake: Study

Reuters (07/08/08)

University of Rhode Island in Kingston researchers have found that eating slowly can encourage people to eat less and enjoy the meal more. The researchers found that when 30 young women eat a lunch of pasta, tomatoes, and cheese, they consumed an average of 70 fewer calories when they ate the meal slowly and chewed the food thoroughly. The study's findings support the long-recommended weight-control tactic that a leisurely dining pace allows the body's natural fullness signals to kick in. Stomach distension and changes in several appetite-related hormones alert the body that it is time to stop eating, but these processes take time so rushing a meal can lead to overeating. The women involved in the study were given the same pasta meal on two separate occasions. On one day the women were told to eat the meal as fast as they comfortably could, with no pauses between bites, and on the other day they were told to take small bites, put their spoons down between bits, and chew each mouthful 20 to 30 times. On average, the women ate nearly 70 fewer calories when they slowed down, and they also felt fuller and more satisfied after the meal, according to the researchers. In addition to giving the body more time to send out fullness signals, eating slowly may also help people feel more satisfied and eat fewer calories. The researchers note that similar studies are needed in men and obese adults to see if the current findings are true for those groups as well.

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