



January 2014

About this e-bulletin

Happy New Year to all our friends and colleagues

Welcome to the 29th edition of the Food Futures e-bulletin - a regular update featuring brief articles on local and national news, events, funding opportunities and developments that relate to food. We hope you find it informative and useful and would welcome any comments or suggestions you may have for the next edition.

Please send all copy to Christine Raiswell on c.raiswell@manchester.gov.uk

In this bulletin:

- Food Poverty Funding
- People's Postcode Trust – small grants
- Reducing social isolation funding programme
- Food advice in cold weather
- Health and Wellbeing Service Consultation
- Growing Manchester
- New luncheon club opens in Openshaw
- Love Food Hate Waste FREE classes
- Manchester's Sustainable Schools Conference
- Cracking Good Food
- Fruit Tree Maintenance Workshop
- Mindful Eating Training
- Swap while you shop
- New Obesity Report
- Junk Free Checkouts Campaign – good news!
- Academic Highlights

Local News, Events, Funding and Training:

Food Poverty Funding

Manchester City Council has funds available to assist voluntary and third sector groups to combat food poverty in the city. Organisations are invited to apply for funds to help the most vulnerable residents in serious poverty and with immediate food needs. The funds can be used to help maintain existing schemes or to provide new support, but should be used to supply food or goods, rather than money. If you would like to know more about the scheme or would like to submit an application, please follow the link below:-

<http://www.manchester.gov.uk/foodpovertyfund>

Funding Opportunity - People's Postcode Trust - Small Grants Programme Open to Applications from Scotland, Wales and North of England

Funding is available in the following areas: poverty prevention; advancement of health; community development; public sports; human rights; and environmental protection.

Registered charities, Scottish Charitable Incorporated Organisations (SCIOs), constituted voluntary and community groups, social enterprises, community interest companies (CICs), not-for-profit organisations and sports clubs are eligible to apply. Grants range from £500 to £20,000 for organisations in Scotland and England and up to £5,000 for those in Wales.

All projects should provide assistance in one or more of the Trust's following fields of operation:

- Prevention of poverty; reduction of distress and suffering.
- Advancement of health.
- Advancement of citizenship or community development.
- Advancement of public participation in sport.
- Advancement of human rights, conflict resolution or reconciliation.
- Advancement of environmental protection or improvement.

Funding is available for projects of up to 12 months in length (6 months in Wales) that positively impact their local community. Projects that are creative, far-reaching and will leave a long-term impact once completed stand the best chance of being successful.

The Fund is open to applications from Scotland, Wales and North of England with a deadline of 21 February 2014.

<http://www.postcodetrust.org.uk/small-grants.aspx>

Reducing Social Isolation Funding programme

One of the major issues facing Manchester is the loneliness and isolation of older people. Loneliness causes high levels of emotional distress. Without early support and intervention, social isolation and loneliness can cause older peoples health to deteriorate and need more intensive forms of support from health and social services in the long term.

Macc is running a grants programme on behalf of the Manchester Clinical Commissioning Groups (CCGs) who want to work in alliance with voluntary sector organisations and social enterprises to discover the way forward for service provision to reduce social isolation and loneliness in Manchester. The grant programme will act as a springboard for change in the way that organisations in Manchester collectively work to help older people.

There will be two levels of grants, small grant, up to 10,000 and large grant from 10k to 50k and the maximum period of the grants will be 18 months. The total amount of grants is £550,000. Please email Anna@macc.org.uk. for more information.

Please find the link to more information on the Manchester Community Central website. <http://www.manchestercommunitycentral.org/reducing-social-isolation-loneliness-grant-funding>

Food Futures has produced the following advice for people who may be at risk during cold weather

Have you thought of stocking up your kitchen cupboards for winter?

In cold weather, it is more important than ever to ensure that you have regular hot drinks and eat at least one hot meal a day as eating regularly keeps your energy levels up. However, when the temperature drops and the roads and pavements get icy some of you will prefer to stay indoors until it gets warmer and safer to be out and about again.

You can prepare for bad weather by making sure you don't run out of food and drink even if you cannot leave the house for a week - just stock up your cupboards and the freezer!

- Depending on what you like to eat and how much cooking you can do yourself either buy the ingredients to prepare the meals or just get some ready meals that will be either canned or frozen.
- Make sure that you include all mealtimes and snacks in your shopping.
- Make sure that you buy products with a long shelf life - canned and frozen fruit and vegetables, cheeses and meats as well as sauces, soups, fruit juices etc.

- Remember that your milk may not be delivered during bad weather so do not forget about cartons of long life milk that you can use instead when you fancy a cup of tea.
- Think about what and how much you eat each day and base your “long life” shopping list using that.

For more information contact Anna Wasielewska
a.wasielewska@manchester.gov.uk

Health and Wellbeing Service Consultation

Manchester City Council and NHS Manchester are currently looking at how mental health and wellbeing services are delivered within the city. We are looking at how the whole system can be redesigned, following an independent review earlier this year that made a number of recommendations on how the system might be improved.

As part of the proposed redesign, NHS Manchester has developed 16 ‘pathways’ that set out how people can access mental health services. These pathways concentrate on the delivery of treatment to people suffering from mental ill health.

Manchester City Council is consulting separately about wellbeing services. Wellbeing services help people to improve and maintain their mental health and wellbeing. Wellbeing services may be used by people who want to stay well or want to prevent themselves from becoming ill. They may also be used by people who are ill or have suffered from mental and/or physical ill–health.

We invite people to take part in the consultation by completing a questionnaire that asks what you think is important to mental health and wellbeing services, how you think the Council’s funding would be best spent and your views on the proposed Pathway to Health and Wellbeing.

The consultation closes on the 12th February 2014.

Please follow the link below

<http://www.manchester.gov.uk/mentalhealthconsultation>

News from the Growing Manchester Programme

The Food Futures Growing Manchester programme supports new and existing community food growing projects to ensure that local people with an enthusiasm to grow can access the training and support their project needs to succeed. Following on from a successful evaluation of the programme, we will soon be launching a new round of Growing Manchester, inviting new groups to tap into

the available expertise whilst working with existing groups to further develop their projects.

Looking to refresh and build upon the success of Growing Manchester in the last few years, 'Sow the City' will be working with us to manage and deliver our horticultural and environmental training and support, bringing their expertise to help groups at every stage in their vision to grow food and live sustainably. So, if you are new to food growing or simply want to take your project to the next level, why not contact us to register an interest or find out more about Growing Manchester? Contact Lindsay Laidlaw, Public Health Manchester Programme Officer on l.laidlaw@manchester.gov.uk or 0161 234 3540.

New Luncheon Club Openshaw

Starting on **20 January 2014** at Age Concern Day Centre, 10 Catherine Street, Openshaw, M11 1WF. Every Monday and Friday book for a tasty two course meal freshly prepared by our own cook just £3. Booking essential please contact Yvonne O'Connor, phone **0161 205 3851** or email yvonne.oconnor@silverservice.org.uk

Love Food Hate Waste Free Cookery Classes

Recycle for Greater Manchester has partnered with Cracking Good Food to deliver FREE Love Food Hate Waste cookery classes across Greater Manchester. Learn how to reduce your food waste and make your food last longer through savvy storage and perfect portions. You will also take part in a group cooking lesson from preparation, through to cooking and eating! No cooking experience is required, just bring along an apron and a food container to take away any leftovers with you. For details on booking a place, please visit www.recycleforgreatermanchester.com/events or <http://www.crackinggoodfood.org/community-outreach/love-food-hate-waste/>.

Manchester's Sustainable Schools Conference

Date: Thursday 27 February 2014 9.15am - 2.30pm.
Venue: Bridge 5 Mill, Beswick Street, Manchester, M4 7HR.

This year the conference will be focusing on 'Future Proofing': exploring creative solutions to a changing climate' and will examine how climate change could dramatically affect the water courses, biodiversity and food production in Manchester in the future. There will be a series of interactive workshops examining creative solutions and look at the positive choices and adaptations schools can make to help us plan for the future. Workshops are interactive and

engaging for pupils and adults, and will give you lots of ideas to take back to school to deliver across all curricular themes.

The event is free to Manchester schools (1 adult and 2 children per school. Pupils to be aged 8 and above).

For more information or to book a place contact Andrea Marshall at sustainable.schools@manchester.gov.uk or 0161 234 3962.

What's new for Cracking Good Food

GM Probation Trust

Cracking Good Food are expanding our work with the Probation Service in 2014. Over the last two years, we have rolled out eight, 6 week cooking, budgeting, planning, healthy eating and nutrition courses at their premises in Chorlton. In partnership with the Manchester College, the next few months will see us deliver Level 2 courses at three further Approver Premises in Greater Manchester. For further details please contact juliet@crackinggoodfood.org

Healthy Living, Healthy Eating in Bury

We're collaborating with Bury City Council on 21 January to deliver cooking workshops at Bury Football Club Social Club, as part of their launch event for their healthy eating / healthy living initiative. We'll be cooking up lentil dahl and all the visitors will go away with a Cracking Good Food Takeaway Kit so that they can make it again at home. For more details, please contact adele@crackinggoodfood.org

Community Cooking Club Toolkit

We've recently completed a 40-page colour-printed Toolkit to complement our training offering. If you are part of a community group that would like to set up a community cooking club, but need training and guidance on how to go about it, please contact us to find out more about our training and consultancy service. Please contact juliet@crackinggoodfood.org

New Projects

We've got a number of major projects in the pipeline, both local and regional, and we're also hoping to hear very soon on a couple of funding decisions so watch this space! If you want to hear more about our community projects, please subscribe to our e-newsletter via the website or by emailing tracey@crackinggoodfood.org.

New Full-Day Bread Making Courses

We're pleased to announce our new full-day bread making courses, starting in March, led by our resident bread expert Rob Tomlinson. Our new venue for these courses is the premises of a local charity, Hope Manchester, which supports vulnerable young people through a range of support services. By hiring their premises, we are helping to support their valuable work in the local community. For further details or to book, please go to <http://www.crackinggoodfood.org/cookery-school/whalley-range/> or contact fiona@crackinggoodfood.org

Cookery Schools & Wild Food Forages

We've got plenty of events planned at our cookery school in Chorlton this year, as well as a new dinner party cooking event run by expert vegetarian chef, Wendy Swetnam, in collaboration with 'Dish Ran Away with the Spoon' in West Didsbury, and lots of wild food foraging events with our resident wild food specialist Jesper Launder, including a full day event in Hebden Bridge. Please contact adele@crackinggoodfood.org or visit our website for further details <http://www.crackinggoodfood.org/cookery-school/> <http://www.crackinggoodfood.org/wild-food-foraging/>

Free Fruit Tree Maintenance Workshop for anyone living in Wythenshawe

Where: At Kenworthy Community Orchard , Northenden

When: Sunday 23rd February, 12-4.30pm.

Run by Abundance Manchester and supported by Real Food Wythenshawe

Come and join us for a theoretical and practical introduction to looking after fruit trees.

We'll be learning about (and carrying out) winter pruning of both old and young trees, plus planting 5 new plum, damson and greengage trees. As well as teaching new skills, the work we do will help look after and improve a much-loved community resource. All equipment is provided and no experience is necessary.

We'll be led by orchard expert Rod Everett, who planted an orchard at the Middle Wood Ecological Trust in Lancashire in 1980. He teaches pruning and orchard maintenance all over the North West and helps run the Lancashire Apple Project.

To book: Call 0161 946 7548 or email lewis.crowther@wchg.org.uk

Mindful Eating Training

Mindful Eating Part 1 and Part 2

Monday 10th and Tuesday 11th February 2014 9am - 4pm
The Place Hotel, Ducie Street, Manchester

Part 1: This workshop introduces the theory on mindful eating as used in a wellness-centred approach to nutritional intervention known as Health At Every Size (HAES).

HAES practice uses a compassion-centred philosophy to help people develop a healthy relationship with food, eating and their bodies. Explore the evidence on effectiveness and ethics in weight management and learn how teaching body respect can help people make sustainable changes in health behaviours while also integrating social determinants and challenging size stigma.

Part 2: Mindful eating addresses emotional issues related to food, eating and body acceptance. It supports people in body respect and in reconnecting with their body signals so they move on from food guilt to learn new patterns of enjoyable, nourishing eating. This workshop builds on the first to explore a range of strategies for shifting the conversation to mindful eating and body respect, giving participants hands-on experience of ways to support people in the journey to rediscovering the pleasure in eating as they become more attuned with hunger, appetite, taste. Mindful eating is effective in improving dietary quality with measurable benefits on mental wellbeing and is the approach recommended for eating disorder prevention and recovery. Invaluable for anyone working in healthy weight keen to offer their patients the full range of treatment options available.

Further details and booking via website: www.well-founded.org.uk or ring Lucy on 07789471652

National News

Swap while you shop: new campaign launched to get families making healthy swaps in January

A new 'Change4Life' campaign launched by Public Health England today will encourage the public to make one easy swap to help cut sugar and fat from their everyday snacks, drinks and meals this January.

Change4Life's Smart Swaps TV advertising will focus on swapping sugary drinks to diet, sugar free options or low fat milk, as it's revealed that by doing so, an average family could save up to three quarters of a 1kg bag of sugar over 4 weeks.

While milk and dairy products are great sources of protein and calcium, families looking to make healthier choices could also swap whole milk for semi-skimmed milk, potentially saving up to a third of a pint of fat over 4 weeks.

The campaign comes as new data shows the vast majority of parents of children 18 and under (76%) are concerned about the amount of sugar their children consume and over two thirds (68%) are concerned about the amount of fat in their children's diets.

By signing up to the Smart Swaps campaign, people will receive a free Smart Swapper pack full of tasty, healthier meal ideas, fun fridge magnets and money-off vouchers. A free Smart Recipes app is also available, bursting with quick and healthy recipes.

People can sign up and choose their swaps by searching Change4Life online.

State of the nation's waistline

A new report published on behalf of the National Obesity Forum claims that estimates that half the UK population will be obese by 2050 "underestimate" the problem. The report analyses existing research to offer an assessment of how obesity may increase or decrease in the future, summarises and reviews current policy and comments on its effectiveness and offers recommendations as to what changes are necessary to reduce obesity levels in the UK. To read the report go to:

<http://www.nationalobesityforum.org.uk/media/PDFs/StateOfTheNationsWaistlineObesityintheUKAnalysisandExpectations.pdf>

Major breakthrough for Junk Free Checkouts campaign

Last year, the Children's Food Campaign, run by Sustain, launched the Junk Free Checkouts Campaign to challenge supermarkets to act on long-running customer concern and permanently remove unhealthy snacks from all of their checkouts and queuing areas. Lidl has been the first to make this move.

Campaign organisers said "Lidl has now set the gold standard: implementing a junk-free policy across all of its tills, in all of its stores, and with no seasonal exceptions for Christmas or Easter confectionery. Lidl has also applied a nutritional model to select the snacks (mainly fresh fruit, dried fruit and nut mixes and bottled water) that they will allow to be sold by the till."

For more information go to:

http://www.sustainweb.org/news/jan14_lidl/

Scientific papers of interest

Title: Environmental footprints of Mediterranean versus Western dietary patterns: beyond the health benefits of the Mediterranean diet.

Authors: Almendros SS, Obrador B, Bach-Faig A, Serra-Majem L.

Journal: Environ Health. 2013; 12(1):118.

Abstract

BACKGROUND:

Dietary patterns can substantially vary the resource consumption and environmental impact of a given population. Dietary changes such as the increased consumption of vegetables and reduced consumption of animal products reduce the environmental footprint and thus the use of natural resources. The adherence of a given population to the Mediterranean Dietary Pattern (MDP) through the consumption of the food proportions and composition defined in the new Mediterranean Diet pyramid can thus not only influence human health but also the environment. The aim of the study was to analyze the sustainability of the MDP in the context of the Spanish population in terms of greenhouse gas emissions, agricultural land use, energy consumption and water consumption. Furthermore, we aimed to compare the current Spanish diet with the Mediterranean Diet and in comparison with the western dietary pattern, exemplified by the U.S.A. food pattern, in terms of their corresponding environmental footprints.

METHODS:

The environmental footprints of the dietary patterns studied were calculated from the dietary make-up of each dietary pattern, and specific environmental footprints of each food group. The dietary compositions were obtained from different sources, including food balance sheets and household consumption surveys. The specific environmental footprints of food groups were obtained from different available life-cycle assessments.

RESULTS:

The adherence of the Spanish population to the MDP has a marked impact on all the environmental footprints studied. Increasing adherence to the MDP pattern in Spain will reduce greenhouse gas emissions (72%), land use (58%) and energy consumption (52%), and to a lower extent water consumption (33%). On the other hand, the adherence to a western dietary pattern implies an increase in all these descriptors of between 12% and 72%.

CONCLUSIONS:

The MDP is presented as not only a cultural model but also as a healthy and environmentally-friendly model, adherence to which, in Spain would have, a

significant contribution to increasing the sustainability of food production and consumption systems in addition to the well-known benefits on public health.

Title: Do healthier foods and diet patterns cost more than less healthy options? A systematic review and meta-analysis.

Authors: Rao M, Afshin A, Singh G, Mozaffarian D.

Journal: BMJ Open. 2013; 3(12)

Abstract

OBJECTIVE:

To conduct a systematic review and meta-analysis of prices of healthier versus less healthy foods/diet patterns while accounting for key sources of heterogeneity.

DATA SOURCES:

MEDLINE (2000-2011), supplemented with expert consultations and hand reviews of reference lists and related citations.

DESIGN:

Studies reviewed independently and in duplicate were included if reporting mean retail price of foods or diet patterns stratified by healthfulness. We extracted, in duplicate, mean prices and their uncertainties of healthier and less healthy foods/diet patterns and rated the intensity of health differences for each comparison (range 1-10). Prices were adjusted for inflation and the World Bank purchasing power parity, and standardised to the international dollar (defined as US\$1) in 2011. Using random effects models, we quantified price differences of healthier versus less healthy options for specific food types, diet patterns and units of price (serving, day and calorie). Statistical heterogeneity was quantified using I(2) statistics.

RESULTS:

27 studies from 10 countries met the inclusion criteria. Among food groups, meats/protein had largest price differences: healthier options cost \$0.29/serving (95% CI \$0.19 to \$0.40) and \$0.47/200 kcal (\$0.42 to \$0.53) more than less healthy options. Price differences per serving for healthier versus less healthy foods were smaller among grains (\$0.03), dairy (-\$0.004), snacks/sweets (\$0.12) and fats/oils (\$0.02; $p < 0.05$ each) and not significant for soda/juice (\$0.11, $p = 0.64$). Comparing extremes (top vs bottom quantile) of food-based diet patterns, healthier diets cost \$1.48/day (\$1.01 to \$1.95) and \$1.54/2000 kcal (\$1.15 to \$1.94) more. Comparing nutrient-based patterns, price per day was not significantly different (top vs bottom quantile: \$0.04; $p = 0.916$), whereas price per 2000 kcal was \$1.56 (\$0.61 to \$2.51) more. Adjustment for intensity of differences in healthfulness yielded similar results.

CONCLUSIONS:

This meta-analysis provides the best evidence until today of price differences of healthier vs less healthy foods/diet patterns, highlighting the challenges and opportunities for reducing financial barriers to healthy eating.

Title: How diet modification challenges are magnified in vulnerable or marginalized people with diabetes and heart disease: a systematic review and qualitative meta-synthesis.

Authors: Vanstone M, Giacomini M, Smith A, Brundisini F, DeJean D, Winsor S.

Journal: Ont Health Technol Assess Ser. 2013;13(14):1-40.

Abstract

BACKGROUND:

Diet modification is an important part of self-management for patients with diabetes and/or heart disease (including coronary artery disease, heart failure, and atrial fibrillation). Many health care providers and community-based programs advise lifestyle and diet modification as part of care for people with these conditions. This report synthesizes qualitative information on how patients respond differently to the challenges of diet modification. Qualitative and descriptive evidence can illuminate challenges that may affect the success and equitable impact of dietary modification interventions.

OBJECTIVES:

To (a) examine the diet modification challenges faced by diabetes and/or heart disease patients; and (b) compare and contrast the challenges faced by patients who are members of vulnerable and nonvulnerable groups as they change their diet in response to clinical recommendations.

DATA SOURCES:

This report synthesizes 65 primary qualitative studies on the topic of dietary modification challenges encountered by patients with diabetes and/or heart disease. Included papers were published between 2002 and 2012 and studied adult patients in North America, Europe, and Australia/New Zealand.

REVIEW METHODS:

Qualitative meta-synthesis was used to integrate findings across primary research studies.

RESULTS:

Analysis identified 5 types of challenges that are common to both vulnerable and non-vulnerable patients: self-discipline, knowledge, coping with everyday stress, negotiating with family members, and managing the social significance of food. Vulnerable patients may experience additional barriers, many of which can magnify or exacerbate those common challenges.

LIMITATIONS:

While qualitative insights are robust and often enlightening for understanding experiences and planning services in other settings, they are not intended to be generalizable. The findings of the studies reviewed here--and of this synthesis--do not strictly generalize to the Ontario (or any specific) population. This evidence must be interpreted and applied carefully, in light of expertise and the experiences of the relevant community.

CONCLUSIONS:

Diet modification is not simply a matter of knowing what to eat and making the rational choice to change dietary practices. Rather, diet and eating practices should be considered as part of the situated lives of patients, requiring an individualized approach that is responsive to the conditions in which each patient is attempting to make a change. Common challenges include self-discipline, knowledge, coping with everyday stress, negotiating with family members, and managing the social significance of food. An individualized approach is particularly important when working with patients who have vulnerabilities.

Title: The Impact of Food and Nutrient-Based Standards on Primary School Children's Lunch and Total Dietary Intake: A Natural Experimental Evaluation of Government Policy in England.

Authors: Spence S, Delve J, Stamp E, Matthews JN, White M, Adamson AJ.
Journal: PLoS One. 2013; 8(10).

Abstract

In 2005, the nutritional content of children's school lunches in England was widely criticised, leading to a major policy change in 2006. Food and nutrient-based standards were reintroduced requiring primary schools to comply by September 2008. We aimed to determine the effect of the policy on the nutritional content at lunchtime and in children's total diet. We undertook a natural experimental evaluation, analysing data from cross-sectional surveys in 12 primary schools in North East England, pre and post policy. Dietary data were collected on four consecutive days from children aged 4-7 years (n=385 in 2003-4; n=632 in 2008-9). We used linear mixed effect models to analyse the effects of gender, year, and lunch type on children's mean total daily intake. Both pre- and post-implementation, children who ate a school lunch consumed less sodium (mean change -128 mg, 95% CI: -183 to -73 mg) in their total diet than children eating home-packed lunches. Post-implementation, children eating school lunches consumed a lower % energy from fat (-1.8%, -2.8 to -0.9) and saturated fat (-1.0%; -1.6 to -0.5) than children eating packed lunches. Children eating school lunches post implementation consumed significantly more carbohydrate (16.4 g, 5.3 to 27.6), protein (3.6 g, 1.1 to 6.0), non-starch polysaccharides (1.5 g, 0.5 to 1.9), vitamin C (0.7 mg, 0.6 to 0.8), and folate (12.3 µg, 9.7 to 20.4) in their total diet than children eating packed lunches. Implementation of school food policy standards was associated with significant improvements in the nutritional content of school lunches; this was reflected in children's total diet. School food- and nutrient-based standards can play an important role in

promoting dietary health and may contribute to tackling childhood obesity. Similar policy measures should be considered for other environments influencing children's diet.

Title: Diet quality, measured by fruit and vegetable intake, predicts weight change in young women.

Authors: Aljadani HM, Patterson A, Sibbritt D, Hutchesson MJ, Jensen ME, Collins CE.

Journal: J Obes. 2013.

Abstract

This study investigates the relationship between diet quality and weight gain in young women. Young women (n = 4,287, with 1,356 women identified as plausible subsample aged 27.6 ± 1.5 years at baseline) sampled from the Australian Longitudinal Study on Women's Health study completed food frequency questionnaires in 2003, which were used to evaluate diet quality using three indices: Australian Recommended Food Score (ARFS), Australian Diet Quality Index (Aus-DQI), and Fruit and Vegetable Index (FAVI). Weight was self-reported in 2003 and 2009. Multivariate linear regression was used to examine the association between tertiles of each diet quality index and weight change from 2003 to 2009. The ARFS and FAVI were significant predictors of 6-year weight change in this group of young women, while Aus-DQI did not predict weight change ($P > 0.05$). In the fully adjusted model, those who were in the top tertile of the ARFS significantly gained lower weight gain compared with the lower tertile for the plausible TEI sub-sample ($\beta = -1.6$ kg (95% CI: -2.67 to -0.56), $P = 0.003$). In the fully adjustment model, young women were classified in the highest FAVI tertile and gained significantly less weight than those in the lowest tertile for the plausible TEI ($\beta = -1.6$ kg (95% CI: -2.4 to -0.3) $P = 0.01$). In conclusion, overall diet quality measured by the ARFS and the frequency and variety of fruit and vegetable consumption may predict long-term weight gain in young women. Therefore, health promotion programs encouraging frequent consumption of a wide variety of fruits and vegetables are warranted.

Title: Increased risk of colorectal cancer in type 2 diabetes is independent of diet quality.

Authors: Jarvandi S, Davidson NO, Schootman M.

Journal: PLoS One. 2013 Sep 12; 8(9).

Abstract

BACKGROUND:

Poor diet increases the risk of both colorectal cancer and type 2 diabetes. We investigated the role of diet in the association between diabetes and colorectal cancer.

METHODS:

We analyzed data from 484,020 individuals, aged 50-71 years who participated in the prospective National Institutes of Health-AARP Diet and Health Study and were cancer free at baseline (1995-1996). History of diabetes was self-reported. Diet quality was measured with the Healthy Eating Index-2005 (HEI-2005), using a self-administered food-frequency questionnaire. Cox regression models were constructed to estimate the hazard ratios (HR) and 95% confidence intervals (CI) of first primary incident colorectal cancer, overall and by anatomical location.

RESULTS:

During an average follow-up of 9.2 years, we identified 7,598 new cases of colorectal cancer. After controlling for non-dietary confounders, diabetes was associated with increased risk of colorectal cancer (HR 1.27, 95% CI: 1.18, 1.36). Further adjustment for diet quality did not attenuate this association. Diabetes was associated with a HR of 1.23 (95% CI: 1.07, 1.40) in individuals with good diet (quartile 4 of HEI-2005) and 1.58 (95% CI: 1.34, 1.86) in those with poor diet (quartile 1 of HEI-2005), compared to those with no diabetes and good diet. Moreover, diabetes was associated with a stronger risk of proximal than distal colon cancer (HR: 1.33 vs. HR: 1.20), while poor diet was associated with a weaker risk of proximal colon cancer (HR: 1.18 vs. HR: 1.46).

CONCLUSIONS:

Diabetes and poor diet, independently and additively are associated with the increased risk of colorectal cancer.

Title: A food retail-based intervention on food security and consumption.

Authors: Sadler RC, Gilliland JA, Arku G.

Journal: Int J Environ Res Public Health. 2013; 10(8):3325-46

Abstract

The effect of the built environment on diet (and ensuing health outcomes) is less understood than the effect of diet on obesity. Natural experiments are increasingly advocated in place of cross-sectional studies unable to suggest causality. The central research question of this paper, therefore, asks whether a neighborhood-level food retail intervention will affect dietary habits or food security. The intervention did not have a significant impact on fruit and vegetable consumption, and the intervention population actually purchased prepared meals more frequently. More problematic, only 8% of respondents overall regularly consumed enough fruits and vegetables, and 34% were food insecure. Further complicating this public health issue, the new grocery store closed after 17 months of operation. Results indicate that geographic access to food is only one element of malnutrition, and that multi-pronged dietary interventions may be more effective. The economic failure of the store also suggests the importance of non-retail interventions to combat malnutrition.