

News from ICO 2014

Research highlights from Day 1 at ICO2014 (17 March)

- / Dieting for two weeks every month may increase your weight loss
- / Risk of preeclampsia can be reduced by losing weight before pregnancy
- / Belgian community-based programme reduces childhood obesity by 22% in 3 years
- / Local food supplies: time to tackle the corner store
- / Two-thirds of parents of overweight children do not perceive a problem
- / Lack of fitness, not fatness, puts girls at cardiovascular risk
- / Jamie's cooking classes influence perceptions of food
- / South Africa: Young adults would benefit most from a soft drinks tax
- / Teenagers describe their struggle with an obesity-promoting environment
- / Advertising on Malaysian TV influences children's preferences and desires
- / Lack of sleep may lead to obesity in Malaysian children

Click [here](#) for all media releases from day one

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Headline research presented on Day 2 of the congress (18 March):

- / A low glycemic diet in pregnancy may reduce the risk of child and adult obesity
- / Overweight children already have adipose tissue dysfunction
- / Overweight youth in India show high levels of fatty liver disease
- / New checklist measures 'healthfulness' of workplaces
- / Workplace activities can prevent sleepiness and waist circumference gain
- / Energy labelling of fast food reduced amount purchased
- / Australians would support soft drink taxes and traffic light labelling
- / Fatty liver disease in Indian Asians linked to coronary artery disease
- / Obesity reaches 20% among adolescents in Abu Dhabi, UAE
- / Greek children with high blood pressure more likely to be overweight
- / Gulf States youth who eat breakfast are more likely to have healthy lifestyles
- / Focused attention' at meals can reduce food intake from snacks
- / Low-income Australians benefit from FOODcents workshops
- / Phone app treats obesity cravings as addictions

Click [here](#) for all media releases from day two

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Headline research from ICO day 3 (19 March)

- / Greek students benefit from canteen energy labelling
- / Adolescents' dietary patterns predict insulin resistance, a precursor to diabetes
- / Can cardamom spice help reverse the metabolic syndrome?
- / Poor parental education increases the chance of obesity for children in Taiwan
- / Fast food and sugary drink commercials target low income and black neighbourhoods
- / Mexican children in southern USA get junk foods from mobile vendors

- / Western diets may make Malaysian adolescents fat
- / TV watching raises the risk of obesity in Canadian children
- / Cocoa extracts may help lose weight and prevent obesity-related diseases
- / Breast cancer risk is related to low physical activity levels as well as higher BMI
- / Gallbladder cancer risk higher among people with higher BMIs
- / Treatment of acupuncture may enhance your dieting

Click [here](#) for all media releases from day three

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Headline research from ICO day 4 (20th March)

- / Sleep disturbance becomes more common as people gain weight
- / Poor sleep may increase weight gain and raise the risk of diabetes
- / Education can protect against obesity as countries become wealthier
- / Obesity much more likely to lead to depression in women than men
- / Further confirmation that depression and obesity are closely interlinked
- / Rope skipping may help Malaysian children keep healthy
- / Students in Kuala Lumpur show high levels of obesity

Click [here](#) for all media releases from day four

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