Dear Joe Bloggs,

Welcome to your Evidence Update email from KnowledgeShare. The resources listed below have been chosen based on the interests you have provided. I hope they are useful. Please contact me via email if you would like a copy of any of the journal articles. If you would like to change the interests we have listed, stop receiving the notifications, or request a search on a specific topic, please don't hesitate to let me know.

If you need help getting hold of the full text of anything here then please email me back. For more information about the KnowledgeShare Current Awareness service contact me using the details below.

Mary

Articles

The following journal articles are available from the Library and Knowledge Service electronically or in print. Please follow links to access full text online, contact me to order copies, or call into your nearest library.

**A systematic review of eHealth behavioral interventions targeting smoking, nutrition, alcohol, physical activity and/or obesity for young adults.**
[This review provides some evidence for the efficacy of eHealth SNAPO interventions for young adults, particularly in the short-term and for alcohol interventions. But there is insufficient evidence for their efficacy in the longer-term, as well as which mode of delivery is most effective.]
*Contact the library for a copy of this article*

**Behavioral lifestyle interventions for moderate and severe obesity: A systematic review.**
[Evidence for the effectiveness of behavioral interventions versus pharmacological or surgical treatment was limited. Comprehensive and intensive behavioral interventions can result in clinically significant, albeit modest, weight loss in this obese subpopulation but may not result significant improvements in other cardiometabolic risk factors. More research on scalable and sustainable interventions is needed.]
*Contact the library for a copy of this article*

**Dietitians’ practice in giving carbohydrate advice in the management of type 2 diabetes: a mixed methods study**
[Dietitians' advice varies for a number of reasons. Consensus exists in some areas (e.g. carbohydrate awareness advice); however, clear definitions of such terms are lacking.]
Clarification of interventions may improve the consistency of approach and improve patient outcomes.

Available with an NHS OpenAthens password

**Effects of Dietary Approach to Stop Hypertension diet on androgens, antioxidant status and body composition in overweight and obese women with polycystic ovary syndrome: a randomised controlled trial**


[The DASH diet could improve weight loss, BMI and fat mass. Furthermore, it could result in a significant reduction in serum androstenedione and a significant increase in antioxidant status and SHBG.]

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**Efficacy of interventions that use apps to improve diet, physical activity and sedentary behaviour: a systematic review.**


[This review provided modest evidence that app-based interventions to improve diet, physical activity and sedentary behaviours can be effective. Multi-component interventions appear to be more effective than stand-alone app interventions, however, this remains to be confirmed in controlled trials.]

Freely available online

**Nutrition support in hospitalised adults at nutritional risk.**

Feinberg J. *Cochrane Database of Systematic Reviews* 2017;(5):CD011598.

[We reviewed the benefits and harms of feeding support given to adults in hospital at risk of undernourishment based on different methods, ranging from the formally-validated to ‘according to the opinion' of the trial investigators.]

Freely available online

**Nutritional thickeners and their use in the acute setting.**

Cichero JAY. *British Journal of Nursing* 2017;26(3):140-142.

[Abstract: The article examines nutritional thickeners and their possible applications in a hospital setting. Particular focus is given to how this relates to instances of malnutrition in hospitals, which the article places at 20-50 percent. Additional topics discussed include dysphagia as a common comorbidity of various diseases, thickeners including maize starch, xanthan gum and carrageenan, and dehydration that impacts vulnerable hospital populations.]

Available with an NHS OpenAthens password for eligible users

**Weight-related peer-teasing moderates genetic and environmental risk and disordered eating: twin study.**


[Aimed to determine whether peer-teasing moderates latent genetic and/or environmental risk for disordered eating among female adolescent twins. Studied 685 female twins from the Australian Twin Registry. Conclusions: Weight-related peer-teasing represents a particularly powerful trigger for disordered eating. Nevertheless, it is amenable to
Guidelines

The following new guidance has recently been published:

**Vitamin D: increasing supplement use in at-risk groups.**
National Institute for Health and Care Excellence (NICE); 2017.
[https://www.nice.org.uk/guidance/ph56](https://www.nice.org.uk/guidance/ph56)

[In May 2017, the introduction, recommendations 1 and 6, the context section and the glossary were updated after publication of The SACN vitamin D and health report 2016. We have amended at-risk age ranges, updated links to the new report and updated reference nutrient intake details.]

*Freely available online*