

## ***U.S. obesity rates leveling off – one-third of adults are obese***

In 2008, the prevalence of obesity in the U.S was 32.2% among adult men and 35.5% among adult women. Though the prevalence of obesity showed a striking increase in the 1980s and 1990s, the data from Flegal et al suggest that obesity prevalence was relatively stable using 2007-2008 data.

**JAMA 303, 235-241, 2010 DOI: [10.1001/jama.2009.2014](https://doi.org/10.1001/jama.2009.2014)**

## ***MEND program in prevention and treatment of childhood obesity***

A study evaluating the effectiveness of the MEND Program (Mind, Exercise, Nutrition, Do it!), a multi-component community-based childhood obesity intervention, published in the journal *Obesity*, demonstrate its success in prevention and treatment of childhood obesity.

***Obesity*, 18: S62-S68, 2010 DOI: [10.1038/oby.2009.433](https://doi.org/10.1038/oby.2009.433)**

## ***Anthocyanins in blueberries lower blood glucose and improve insulin sensitivity***

Researchers from Japan have tested the effect of blueberry extract on blood glucose levels in diabetic mice. They show that dietary blueberry extract can lower blood glucose and improve insulin sensitivity through activation of the AMPK pathway.

***Journal of Nutrition* 140:527-533, 2010 DOI: [10.3945/jn.109.118216](https://doi.org/10.3945/jn.109.118216)**

## ***Coffee and tea consumption and risk of type 2 diabetes***

In a recent publication, van Dieren et al (2009) show that drinking coffee or tea is associated with a lowered risk of type 2 diabetes, which cannot be explained by magnesium, potassium, caffeine or blood pressure effects. These studies suggest that total consumption of at least three cups of coffee or tea per day may lower the risk of type 2 diabetes.

***Diabetologia* 52, 2561-2569, 2009 DOI: [10.1007/s00125-009-1516-3](https://doi.org/10.1007/s00125-009-1516-3)**