

Study Shows Kids Who Munch on Candy Are Slimmer

Here's some news that's counterintuitive: Children and adolescents who eat candy tend to weigh less than their non-consuming counterparts, according to a new study published in *Food & Nutrition Research*, a peer-reviewed journal.

This is potentially important news given the current state of the childhood obesity epidemic. But lead researcher Carol O'Neil, PhD, MPH, LDN, RD, Louisiana State University Agricultural Center, wants to ensure the study is put into perspective.

"The study illustrates that children and adolescents who consume candy are less likely to be overweight or obese," O'Neil says. "However, the results of this study shouldn't be construed as a hall-pass to overindulge. Candy shouldn't replace nutrient-dense foods in the diet; it's a special treat and should be enjoyed in moderation."

Similar to a sister study that focused on adults (published earlier this year in *Nutrition Research*), this study examined the association of candy consumption with intakes of total energy, fat, and added sugars; diet quality; weight/adiposity parameters; and risk factors for cardiovascular disease in 11,182 U.S. children and adolescents ages 2 to 18 participating in the 1999-2004 National Health and Nutrition Examination Survey.

While children and adolescent candy consumers in the study did have slightly higher intakes of total energy and added sugars, they were 22% and 26%, respectively, less likely to be overweight or obese than non-candy



eaters—suggesting their ability to successfully navigate the "calories in, calories out," balance over time.

Specific findings include:

- It was a positive finding that C-reactive protein (CRP), a nonspecific marker of inflammation and one way to assess risk for cardiovascular and other chronic diseases, was actually lower in candy consumers. There were no other associations between candy consumption and cardiovascular risk factors, including no difference in blood pressure or blood lipid levels.

- Diet quality was measured by the Healthy Eating Index-2005, a standard created by the USDA to assess conformance to federal dietary guidance. The study found overall there was no difference in diet quality in candy eaters compared with noneaters. It's worth noting, however, that overall diet quality was very poor in all groups, regardless of whether candy was consumed.

- Key measures for overweight and obesity were lower for candy consumers compared with nonconsumers.

"Candy is a fun part of children's lives—as a treat, in celebrations, and for holidays," says Alison Bodor, senior vice president of public policy and advocacy for the National Confectioners Association. "It's not intended to replace nutrient-dense foods in the diet, but it certainly can provide moments of happiness within the context of a healthy lifestyle."

— SOURCE: NATIONAL CONFECTIONERS ASSOCIATION

Stroke Rate Increased During, Soon After Pregnancy

The stroke rate for pregnant women and those who recently gave birth increased alarmingly over the past dozen years, according to research reported in *Stroke: Journal of the American Heart Association*.

Researchers gathered data from a large national database of 5 million to 8 million discharges from 1,000 hospitals and compared the rates of strokes from 1994-1995 to

2006-2007 in women who were pregnant, delivering a baby, and who'd recently had a baby.

Pregnancy-related stroke hospitalizations increased 54%, from 4,085 in 1994-1995 to 6,293 in 2006-2007.

"I'm surprised at the magnitude of the increase, which is substantial. Our results indicate an urgent need to take a closer look," says Elena V. Kuklina, MD, PhD, lead study

author, senior service fellow, and epidemiologist at the Centers for Disease Control and Prevention's division for heart disease and stroke prevention in Atlanta, Ga.

"When you're relatively healthy, your stroke risk is not that high," Kuklina says. "Now more and more women entering pregnancy already have some type of risk factor for stroke such as obesity, chronic hypertension, diabetes, or congenital heart disease. Since pregnancy by itself is a risk factor, if you have one of these other stroke risk factors, it doubles the risk."

For expectant mothers, the rate of stroke hospitalizations rose 47%. In pregnant women and in women who'd had a baby in the 12 weeks following delivery (considered the postpartum period), the stroke rate rose 83%. However, the rate remained the same for stroke hospitalizations that occurred during the time immediately surrounding childbirth.

Pregnant and postpartum women ages 25 to 34 were hospitalized for stroke more often than those who were younger or older.

Furthermore, high blood pressure was more prevalent in pregnant women who were hospitalized because of stroke.

In 1994-1995, among pregnant women with stroke, researchers found high blood pressure in 11.3% of the pregnant women before birth; 23.4% of those at or near delivery; and 27.8% of those within 12 weeks of delivery.

In 2006-2007, they discovered high blood pressure among stroke patients in 17% of those pregnant, 28.5% of those at or near delivery, and 40.9% of women in the postpartum period.

Kuklina suggests developing a comprehensive, multidisciplinary plan that gives doctors and patients guidelines for appropriate monitoring and care before, during, and after childbirth.

A major problem is that pregnant women typically aren't included in clinical trials because most drugs pose potential harm to the fetus. Therefore, doctors don't have enough guidance on which medications are best for pregnant women who have an increased risk for stroke.

"We need to do more research on pregnant women specifically," Kuklina says, who found only 11 cases of pregnancy-related stroke in her review of previously published literature.

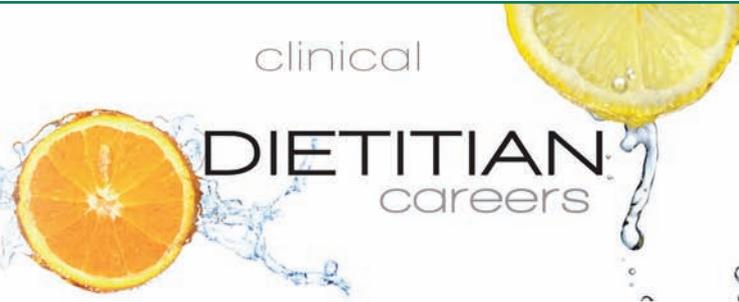
— SOURCE: AMERICAN HEART ASSOCIATION



clinical

DIETITIAN

careers



Morrison Management Specialists

Morrison Management Specialists, a division of Compass Group, is one of the nation's leading specialists dedicated exclusively to healthcare and senior living food and nutritional services. Operating under two divisions, Morrison Healthcare Food Services and Morrison Senior Living, we offer customized solutions for quality and cost management. We firmly believe that an investment in our people is an investment in the success of our company. We have a wide variety of opportunities.



nutrition

management opportunities

Contact us in order to see where our opportunities can take your career:

www.lamMorrison.com

.....

Visit us at FNCE, Booth #941.