

Contents

Editorial	
Is the emperor nude? Impact factor or <i>health impact factor</i> ? <i>A Yngve, M Tseng, G McNeil, A Hodge and I Haapala</i>	753
Monitoring and surveillance	
Community monitoring of the National Iodine Deficiency Disorders Control Programme in the National Capital Region of Delhi <i>J Agarwal, CS Pandav, MG Karmarkar and S Nair</i>	754
Metabolic syndrome in the elderly living in marginal peri-urban communities in Quito, Ecuador <i>F Sempértegui, B Estrella, KL Tucker, DH Hamer, X Narvaez, M Sempértegui, JK Griffiths, SE Noel, GE Dallal, J Selhub and SN Meydani</i>	758
High-dose vitamin C supplement use is associated with self-reported histories of breast cancer and other illnesses in the UK Women's Cohort Study <i>J Hutchinson, VJ Burley, DC Greenwood, JD Thomas and JE Cade</i>	768
Soft drinks consumption, diet quality and BMI in a Mediterranean population <i>E Balcells, M Delgado-Noguera, R Pardo-Lozano, T Roig-González, A Renom, G González-Zobl, J Muñoz-Ortego, S Valiente-Hernández, M Pou-Chaubron and H Schröder</i>	778
Changes in food consumption among the Programa Bolsa Família participant families in Brazil <i>J de Bem Lignani, R Sichieri, L Burlandy and R Salles-Costa</i>	785
Nutrition transition and health status of Cretan women: evidence from two generations <i>M Tsakiraki, MG Grammatikopoulou, C Stylianou and M Tsigga</i>	793
Assessment and methodology	
Assessing lifetime diet: reproducibility of a self-administered, non-quantitative FFQ <i>D Hosking, V Danthiir, T Nettelbeck and C Wilson</i>	801
Comparison of BMI and anthropometric measures among South Asian Indians using standard and modified criteria <i>D Vasudevan, AL Stotts, S Mandayam and LA Omejie</i>	809
Reliability and validity of a fruit and vegetable self-efficacy instrument for secondary-school students in the Netherlands <i>R Bannink and JJ van der Bijl</i>	817
Adaptation and validation of an FFQ for 6–10-year-old children <i>DLD Pino and R Friedman</i>	826
Development of a diet quality index assessing adherence to the Swedish nutrition recommendations and dietary guidelines in the Malmö Diet and Cancer cohort <i>I Drake, B Gullberg, U Ericson, E Sonestedt, J Nilsson, P Wallström, B Hedblad and E Wirfält</i>	835
Biological and behavioural determinants	
Leisure-time physical activity and nutrition: a twin study <i>M Rintala, A Lyytikäinen, T Leskinen, M Alen, KH Pietiläinen, J Kaprio and UM Kujala</i>	846
Eating and weight concerns among Sikkimese adolescent girls and their biocultural correlates: an exploratory study <i>SK Mishra and S Mukhopadhyay</i>	853
Adherence to the Nordic Nutrition Recommendations as a measure of a healthy diet and upper respiratory tract infection <i>E Fondell, SE Christensen, O Bälter and K Bälter</i>	860
Predictors of increasing waist circumference in an Australian population <i>HL Walls, DJ Magliano, JJ McNeil, C Stevenson, Z Ademi, J Shaw and A Peeters</i>	870

Contents continued on backmatter

Public Health Nutrition (PHN) provides a forum for the presentation of original research findings and high quality reviews of key topics, and for discussion of and debate on of current issues and controversies. It also publishes special issues on major topics of interest. Our field includes research, scholarship, and discussions on public health nutrition, that take a population, health promoting and preventive approach. Papers that do not have this emphasis may be directed to more appropriate journals. Potential contributors are encouraged to read the aims and scope of the journal, and to note and follow the guidelines set out below.

Content:

- **Original research findings and scientific reviews** are published as full papers usually less than 5000 words, including references.
- **Editorials** express the opinion of the journal, as represented by its central editorial team, on topics judged by them to be important. Editorials, including guest editorials, are usually co-ordinated and developed by the editorial team.
- **Position papers**, including declarations and other statements of policy, may be invited or unsolicited.
- **Invited commentaries and book reviews** are expressions of opinion on a topical subject. These are commissioned by the members of the editorial team.
- **Letters to the Editors** are usually in response to material published in *PHN*. Submissions are sent to the author for comment and, when possible, published together with the author's reply.

Submission: PHN operates an online submission and reviewing system (eJournalPress). All manuscripts must be submitted online at <http://phn.msubmit.net/>. If any difficulties are encountered, please contact the Publications Office at phn@nutsoc.org.uk

Refereeing: Review articles and articles reporting original research are subject to external review by two or more referees who evaluate manuscripts based on their importance, relevance, and originality. Authors are asked to submit names and contact details (including email address) of up to four potential referees. All other contributions (editorials, position papers, invited commentaries, book reviews, and letters to the Editors) undergo an internal review process by at least two members of the editorial team. Invited commentaries and book reviews may also be checked externally as necessary to avoid technical errors and to improve salience.

Copyright: At the time of acceptance, authors will be asked to provide a completed copy of the 'Licence to Publish' (in lieu of copyright transfer), available at <https://www.nutritionociety.org/>. It is the author's responsibility to obtain written permission to reproduce any material (including text and figures) that has appeared in another publication.

Preparation of manuscripts: Please refer to the full Directions to Contributors on our website (<http://www.nutritionociety.org>). Manuscripts should be in clear and concise English, and spelling should follow the Oxford English Dictionary. For authors whose native tongue is not English, in-house editorial attention to their contributions will improve clarity. On acceptance, all contributions are subject to editorial amendment to conform to house style. Manuscripts should be prepared in a common word processing package (Word for Windows is preferred) in Times New Roman or other common typeface, prepared with double-spaced text, at least 2 cm margins, and page and line numbers. Standard abbreviations and SI units must be used.

Disclosure of financial support and any competing interests.

The submission must include a statement within an Acknowledgements section reporting any competing interests, all sources of funding, and the nature of the contribution of each author to the manuscript. If there are no competing interests, this must be stated. Authors are asked to provide this information during the submission process and should not include it as part of the manuscript to allow for double-blind reviewing.

Arrangement of papers:

1. **Title page** should include the article title, author(s), affiliation(s), up to eight keywords, one author identified for correspondence (with full postal address, telephone and fax numbers, and email address), and a running title of up to 45 characters. The title page should be submitted online as a separate cover letter, not as part of the manuscript, to enable double-blind reviewing.
2. **Abstract** should be structured, usually using the following internal headings: Objective, Design, Setting, Subjects, Results, Conclusions. Abstracts should be intelligible without reference to text or figures and should not exceed 250 words.
3. **Text** should be divided under headings (typically to include Introduction, Methods, Results, Discussion and Conclusions), and sub-headings as appropriate. Conclusions should include recommendations that derive from the research and that are concrete, feasible, and potentially effective. Emphasising that more research is needed is usually not necessary unless there is specific reason to say so.
4. **Acknowledgements** (sources of funding, competing interests declaration, authorship responsibilities, acknowledgements) should be provided during the submission process, not as part of the manuscript.
5. **References** should be in Vancouver style. Please refer to the full Directions to Contributors.
6. **Tables** should be reduced to the simplest form and should not be used where text or figures give the same information. Each table must be accompanied by a clear and concise caption that is comprehensible without reference to the text. Longer tables may be published online only.
7. **Figures** should be numbered, and legends should be provided. Each figure, with its legend, should be comprehensible without reference to the text and include definitions of abbreviations.

Proofs: Correspondence and proofs for correction will be emailed to the first named author unless otherwise indicated. The author will receive a PDF proof for checking. It is important that proofs be returned promptly. Authors may be charged for any alterations in excess of 10% of original setting.

Offprints: The corresponding author will receive a PDF of the published paper free of charge. Offprints are available to purchase and must be ordered before publication.

CAMBRIDGE

JOURNALS

Proceedings of the
Nutrition
Society

ISSN 0029-8631 Volume 67 August 2008

Symposia featured in this issue:

Nutrition support in cancer therapy

Choosing enteral feeds: evidence based or gut reaction?
How can the n-3 content of the diet be improved?

Plenary Lecture

Intervention policies for deprived households

Behavioural nutrition and energy balance in the young

CELLULAR AND MOLECULAR NUTRITION

NUTRITIONAL TOXICS

FOOD CHEMISTRY, NUTRITION AND PLANTS

CLINICAL NUTRITION AND SPECIAL POPULATIONS

NUTRITIONAL EPIDEMIOLOGY AND PUBLIC HEALTH

PUBLIC ENGAGEMENT

INTERNATIONAL NUTRITION

REPRODUCTION AND CHILD HEALTH

SPORTS AND EXERCISE NUTRITION

Published on behalf of The Nutrition Society by Cambridge University Press

Proceedings of the Nutrition Society

Published on behalf of The Nutrition Society

Proceedings of the Nutrition Society

is available online at:

<http://journals.cambridge.org/pns>

**To subscribe contact
Customer Services**

in Cambridge:

Phone +44 (0)1223 326070

Fax +44 (0)1223 325150

Email journals@cambridge.org

in New York:

Phone +1 (845) 353 7500

Fax +1 (845) 353 4141

Email

subscriptions_newyork@cambridge.org

Editor-in-Chief

K.R. Westerterp, Maastricht University, The Netherlands

Proceedings of the Nutrition Society publishes papers and abstracts presented by members and invited speakers at the scientific meetings of The Nutrition Society. The journal provides an invaluable record of the scientific research currently being undertaken, contributing to 'the scientific study of nutrition and its application to the maintenance of human and animal health.'

Price information is available at:
<http://journals.cambridge.org/pns>

Free email alerts

Keep up-to-date with new material – sign up at
<http://journals.cambridge.org/alerts>

For free online content visit:
<http://journals.cambridge.org/pns>



**CAMBRIDGE
UNIVERSITY PRESS**

Public Health Nutrition

Volume 14, 2011 ISSN: 1368-9800
journals.cambridge.org/PHN

Publishing, Production, Marketing, and Subscription Sales Office:

Cambridge University Press
The Edinburgh Building
Shaftesbury Road
Cambridge CB2 8RU
UK

For Customers in North America:

Cambridge University Press
Journals Fulfillment Dept
100 Brook Hill Drive
West Nyack
New York 10994-2133
USA

Publisher: Katy Christomanou

Special sales and supplements

This journal accepts advertising and inserts. We also provide bulk reprints of suitable papers to meet teaching or promotional requirements. The journal also publishes supplementary material including conference proceedings on behalf of academic and corporate sponsors. Please contact Katy Christomanou at Cambridge University Press for further details (email: kchristomanou@cambridge.org).

Subscription information

Public Health Nutrition is an international journal published 12 times per year by Cambridge University Press on behalf of the Nutrition Society. The online edition is available at journals.cambridge.org/PHN, with free table of contents alert (upon registration).

Annual subscription rates

Volume 14, 2011 (12 issues):
Internet/print package: £746/\$1430 Americas only/€1195 EU only
Internet only: £613/\$1160 Americas only/€973 EU only

Any supplements to this journal published in the course of the annual volume are normally supplied to subscribers at no extra charge.

Claims for non-receipt of journal issues will be considered on their merit and only if the claim is received within six months of publication. Replacement copies supplied after this date will be chargeable.

Advertising: The Nutrition Society is willing to include advertisements in its journals. However, it will retain the right to make decisions on which advertisements are acceptable and

which are not, and will not be obliged to give reasons to prospective advertisers for its decisions. The appearance of an advertisement in the Society's journals does not imply endorsement by the Society. For further details, please contact Cambridge University Press.

Back volumes will be available in due course. Please contact Cambridge University Press for further information.

US POSTMASTERS: Please send address corrections to
Public Health Nutrition
Cambridge University Press
100 Brook Hill Drive
West Nyack
New York 10994-2133
USA

Notes for Authors are available from the publisher at the given address and can be found inside the back cover.

Offprints: The author (or main author) of an accepted paper will receive a free PDF of their paper and a copy of the issue in which their paper has been published. Additional offprints are available for a fee and must be ordered at proof stage. **No page charges are levied by this journal.**

Copyright: As of 1 January 2001 the copyright of all articles submitted to *Public Health Nutrition* are retained by the authors or their institutions. For articles prior to this date permission for reproduction of any part of the journal (text, figures, tables or other matter) in any form (on paper, microfiche or electronically) should be sought directly from the Society, at: The Editorial Office, The Nutrition Society, 10 Cambridge Court, 210 Shepherds Bush Road, Hammersmith, London, W6 7NJ, UK.

Disclaimer: The information contained herein, including any expression of opinion and any projection or forecast, has been obtained from or is based upon sources believed by us to be reliable, but is not guaranteed as to accuracy or completeness. The information is supplied without obligation and on the understanding that any person who acts upon it or otherwise changes his/her position in reliance thereon does so entirely at his/her own risk. Neither the Society, nor Cambridge University Press accepts responsibility for any trade advertisement included in this publication.

This journal issue has been printed on FSC-certified paper and cover board. FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world's forests. Please see www.fsc.org for information. Typeset by Macmillan India Limited, Bangalore, India and Printed in Europe by Bell and Bain, Glasgow.

Public Health Nutrition is covered in Science Citation Index Expanded (Web of Science), Current Contents, Agriculture, Biology & Environmental Sciences, Current Contents, Clinical Medicine, CAB ABSTRACTS[®], Global Health, Index Medicus[®] (MEDLINE[®]), EMBASE, Excerpta Medica, BIOSIS[®] Database and CINAHL[®] Database
Public Health Nutrition participates in the following initiatives: HINARI by WHO and AGORA by FAO.

Contents continued from outside back cover

Supplemented zinc does not alter mood in healthy older European adults – a randomised placebo-controlled trial: the Zenith study <i>BJ Stewart-Knox, G Rae, EEA Simpson, C McConville, J O'Connor, A Polito, M Andriollo-Sanchez, C Coudray and JJ Strain</i>	882
Eating patterns and nutritional characteristics associated with sleep duration <i>S Kim, LA DeRoo and DP Sandler</i>	889
Lack of dietary diversity and dyslipidaemia among stunted overweight children: the 2002 China National Nutrition and Health Survey <i>Y Li, NM Wedick, J Lai, Y He, X Hu, A Liu, S Du, J Zhang, X Yang, C Chen, FB Hu and G Ma</i>	896
Social, economic, political and environmental determinants	
Energy and nutrient intakes in relation to sex and socio-economic status among school adolescents in urban Cameroon, Africa <i>LN Dapi, A Hörnell, U Janlert, H Stenlund and C Larsson</i>	904
Individual and school environment factors associated with overweight in adolescents of the municipality of Rio de Janeiro, Brazil <i>I de Oliveira Cardoso, IRR de Castro, F da Silva Gomes and I da Costa Leite</i>	914
Interventions	
Diverging opinions of supplementation programmes between mothers of small children and staff at primary health clinics in the Western Cape Province of South Africa <i>PO Iversen, EA Høisæther, M Morseth and M Herselman</i>	923
Effectiveness of the nutritional supplement used in the Mexican Oportunidades programme on growth, anaemia, morbidity and cognitive development in children aged 12–24 months <i>JL Rosado, P López, OP García, J Alatorre and C Alvarado</i>	931
Letters to the Editor	938