

## In this issue

### Research points to action

What we eat and drink, and the state of our health as a result of how we behave, is not just a matter of personal choice. This observation is fundamental to the public health approach.

In this issue, Giskes *et al.*<sup>1</sup> review studies measuring associations between environmental factors and dietary intakes among adults. Few studies adequately examine social contributors to the obesity pandemic, such as availability of fast-food stores, marketing of unhealthy foods and supersizing.

Marketing of food and drinks to children continues to be a hot topic. Cowburn and Boxer<sup>2</sup> analyse food advertising in magazines aimed at children and young people. They suggest that regulations which restrict food advertising on broadcast media may lead to more non-broadcast advertising.

Madanat *et al.*<sup>3</sup> report on the eating habits of Jordanian women and note the troublesome effects of Western marketing and advertising. Senerath *et al.*<sup>4</sup> identify associations between different breast-feeding practices and infant morbidity. Smith *et al.*<sup>5</sup> report on a study designed to investigate the effect of observing school meals on children's dietary reports.

Is nutrient supplementation and fortification useful? Hendricks *et al.*<sup>6</sup> report on a study of vitamin A supplementation in South Africa. Knudsen *et al.*<sup>7</sup> note the compliance of Danish women with national recommendations on iron supplementation during pregnancy.

Iodine deficiency continues to be a major public health nutrition challenge. Assey *et al.*<sup>8</sup> report on a study of iodine levels in salt and iodine deficiency in school-aged children in Tanzania. They identify important improvements associated with an iodised salt intervention in a region of Africa previously identified as severely iodine-deficient.

Also in this issue, Mamabolo *et al.*<sup>9</sup> explore the relationship between physical activity and body composition of black township adolescents in South Africa; and Su *et al.*<sup>10</sup> analyse the relationship between exercise and breast-feeding initiation and duration among Australian

women. Both studies reinforce the importance of sustained physical activity.

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#### References

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