

News Flash

April 4, 2007

Items in this News Flash:

- Normal pregnancy weight gain linked to overweight toddlers.
- Still no government action on Trans Fat Task Force report from last June.
- Hormone therapy to treat menopausal symptoms for women in their 50's may be safe.

Normal pregnancy weight gain linked to overweight toddlers.

Pregnant moms' weight affects toddlers

CTV News, April 2, 2007

http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20070402/pregnant_moms_070204/20070402?hub=Health

'Normal' pregnancy weight may be too much

The Globe and Mail, April 2, 2007

<http://www.theglobeandmail.com/servlet/story/RTGAM.20070402.wpregdiet0402/BNStory/specialScienceandHealth/home>

Pregnancy weight gain guidelines may be too high

CBC News, April 2, 2007

<http://www.cbc.ca/health/story/2007/04/02/pregnant-weight.html>

The standard advice for how much weight a woman should gain during pregnancy may need to change. Among the 1,044 pairs of women studied, those who gained the recommended amount of weight or more, ran four times the risk of having a child who was overweight at age three, compared with women who gained less than the advised amount.

Half the mothers gained more weight during pregnancy than the guidelines called for, while about one-third met the recommended gain. The remaining 14 per cent gained less weight than recommended. Overweight was defined as BMI index greater than 95 per cent of children of the same age and sex. Analysis suggested that sharing of poor health habits between mother and child does not account for the outcome.

Pregnant women shouldn't gain more or less weight than recommended.

Find out more: Oken E, Taveras EM, Kleinman KP, Rich Edwards JW, Gillman, MW. Gestational weight gain and child adiposity at age 3 years. *Am J Obstet Gyn* 2007; In

Press (note: April issue not posted yet)

<http://pt.wkhealth.com/pt/re/ajog/currenttoc.htm?sessionid=GRIBd5RcnPy4xy9qTh5PyCvxnGCXb94bZl2XTTKcyNvgd4cx2GypI302003643!-949856145!8091!-1>

Still no government action on Trans Fat Task Force report from last June.

Time to TRANSform the foods we eat. Government needs to respond to report by food task force.

The National Post, April 3, 2007

<http://www.canada.com/topics/bodyandhealth/story.html?id=078e3e6c-a249-4df2-a756-d400124e9173&k=27311>

The inaction of the government in response to the final report of the Trans Fat Task Force, issued last June is a sign of negligence.

It will soon be a year from when the task force decided that regulations, not voluntary measures, were required to rid our food of trans fats. The task force's mandate was "to effectively eliminate or reduce processed trans fats in Canadian foods to the lowest level possible."

Harvard School of Public Health, found that American women with the highest levels of trans fat in their blood had three times the risk of coronary heart disease as those with the lowest levels. Trans fat, raises artery clogging LDL-cholesterol, decreases HDL-cholesterol, boosts inflammation in the arteries and is possibly connected to the development of insulin resistance.

In its newly released report, Healthy Weights for Healthy Kids, the Standing Committee on Health in the House of Commons recommends the implementation of the task force report, which called for changes in trans fat in the food supply by June, 2008.

Just maybe the government is putting industry ahead of the health of Canadians? While trans fat levels in various foods has been decreasing, there's still plenty of trans fats on Canadian menus. A large order of McDonalds' French fries contains 3.5 grams of trans fat and hash browns at Burger King 10 grams of trans fat. And what about the hash browns in the local diner or the doughnuts, muffins and cookies in neighbourhood coffee shops?

It's time for the Minister of Health to take action. Maybe he needs the health community and Canadians across the country to push him off the fence.

Find out more:

- Harvard School of Public Health study will be posted online April 9th at: <http://circ.ahajournals.org/>
- Related press release: <http://www.hsph.harvard.edu/news/press-releases/2007-releases/press03272007.html>

Hormone therapy to treat menopausal symptoms for women in their 50's may be safe

Hormones not always risky, new study says

Timed with Menopause

The National Post, April 4, 07

<http://www.canada.com/nationalpost/news/story.html?id=85050ade-4f5f-4e37-aa7a-2a6448845f97&k=24853>

Heart risks of hormone therapy tempered for younger women

CBC News, April 3, 2007

<http://www.cbc.ca/health/story/2007/04/03/hormone-therapy.html>

A new look at a massive trial that led women to give up hormone therapy in droves has found women in their 50s may be able to take hormone replacement therapy to treat menopause symptoms without risking their heart health.

The Journal of the American Medical Association study combines data from two trials that included 10,739 post-menopausal women who were randomly assigned to either an estrogen or placebo group, and 16,608 post-menopausal women who were randomly assigned to estrogen plus progestin or placebo.

They found no increases in risk for coronary heart disease in women aged 50 to 59 taking estrogen alone or estrogen plus progestin compared to those taking placebos, or sugar pills. However, starting hormones 20 years or more after menopause was linked with a 28% higher risk of heart disease.

"The findings are consistent with current recommendations that hormone therapy be used in the short-term for relief of moderate or severe vasomotor symptoms, but not in the longer term for prevention of cardiovascular disease," the study's authors concluded.

The 2002, landmark Women's Health Initiative trial was prematurely halted after researchers found that -- rather than prevent heart disease -- a popular estrogen-plus-progestin regimen increased the risk of heart disease, stroke, blood clots and invasive breast cancer. Two years later, an estrogen-only study was stopped after scientists found the pills posed an unacceptably high risk of stroke.

"What this [new] study is really saying is, 'Hang on a second, when we said there was this increased risk of heart disease, it doesn't apply to younger women,'" said Dr. Blake, a spokeswoman for the Society of Obstetricians and Gynaecologists of Canada.

To read the abstract: <http://jama.ama-assn.org/cgi/content/abstract/297/13/1465>



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