The Obesity Treatment Foundation (OTF) aims to increase awareness and understanding about the complexities of obesity and helps keep ASBP members up to date on current obesity research. Each week, OTF publishes a brief overview of three recent studies so obesity medicine clinicians can stay in the know about what new research is taking place in the field of obesity medicine.

The following is a list of studies covered in 2014 and a link to the publication.

**January 2014**
- Renal function following three distinct weight-loss dietary strategies during two years of a randomized controlled trial
- Does the Mediterranean diet prevent diabetes?
- Future diets: Implications for agriculture and food prices
- Effects of anti-obesity drugs, diet and exercise on weight-loss maintenance after a very low-calorie diet or low-calorie diet: A systematic review and meta-analysis of randomized controlled trials
- Intake of milk, but not total dairy, yogurt or cheese, is negatively associated with the clustering of cardiometabolic risk factors in adolescents
- Late-onset hypogonadism: Current concepts and controversies of pathogenesis, diagnosis and treatment
- Metformin may attenuate the effects of exercise on some cardiovascular risk factors and metabolic syndrome
- Coffee consumption attenuates short-term fructose-induced liver insulin resistance in healthy men
- The effects of high-intensity exercise on neural responses to images of food
- Body-mass index and mortality among adults with incident type 2 diabetes
- Consuming a balanced high-fat diet for 16 weeks improves body composition, inflammation and vascular function parameters in premenopausal women affected by obesity
- Increasing socioeconomic disparities in adolescent obesity

**February 2014**
- Normal physical activity obliterates the deleterious effects of a high-caloric intake
- Association of triglyceride-to-HDL cholesterol ratio with carotid artery intima-media thickness, insulin resistance and nonalcoholic fatty liver disease in children and adolescents
- Brown adipose tissue as an anti-obesity tissue in humans
- Weight rhythms: Weight increases during weekends and decreases during weekdays
- Risk of symptomatic gallstones and cholecystectomy after a very low-calorie diet or low-calorie diet in a commercial weight-loss program: One-year matched cohort study
- Effects of the menopausal transition on dietary intake and appetite: A MONET group study
- Interaction between adolescent obesity and genetic risk in the etiology of multiple sclerosis
- Associations among adult attachment style, emotion regulation and preschool children’s food consumption
- The association between food prices and the blood glucose level of U.S. adults with type 2 diabetes
- Food-addiction scale measurement in middle-aged and older women
- The liberating effect of weight-loss supplements on dietary control: A field experiment
- Effect of plasma uric acid on antioxidant capacity, oxidative stress and insulin sensitivity in subjects affected by obesity

**March 2014**
- Prolonged financial stress predicts subsequent obesity: Results from a prospective study of an Australian national sample
- The melanocortin-4 receptor as a target for obesity treatment: A systematic review of emerging pharmacological therapeutic options
- Synbiotic supplementation in non-alcoholic fatty liver disease: A randomized, double-blind, placebo-controlled pilot study
- Direct observation of weight counseling in primary care: Alignment with clinical guidelines
- Association of dietary, circulating and supplement fatty acids with coronary risk: A systematic review and meta-analysis
- The protein type within a hypocaloric diet affects obesity-related inflammation: The RESMENA project
- Adiposopathy, "sick fat," Ockham's Razor, and resolution of the obesity paradox
- Health care provider accuracy at estimating women's BMI and intent to provide counseling based on appearance alone
• Prevention of type 2 diabetes in subjects with pre-diabetes and metabolic syndrome treated with phentermine and topiramate extended release

April 2014
• Can medical therapy mimic the clinical efficacy or physiological effects of bariatric surgery?
• The low-carbohydrate diet and cardiovascular risk factors: Evidence from epidemiologic studies
• High-intensity intermittent exercise attenuates ad-libitum energy intake
• Bariatric surgery versus intensive medical therapy for diabetes: 3-year outcomes
• FXR is a molecular target for the effects of vertical sleeve gastrectomy
• Parental obesity and risk of autism spectrum disorder
• EASO position statement on multidisciplinary obesity management in adults
• Readiness redefined: A behavioral task during screening predicted 1-year weight loss in the Look AHEAD study
• Preparedness of Americans for the Affordable Care Act
• Snacks containing whey protein and polydextrose induce a sustained reduction in daily energy intake over two weeks under free-living conditions
• Short- and long-term lifestyle coaching approaches used to address diverse participant barriers to weight loss and physical activity adherence
• Fitness and lean mass increase during combined training independent of loading order
• The effect of non-surgical weight-loss interventions on urinary incontinence in women affected by overweight: A systematic review and meta-analysis
• Combination therapy with metformin plus sulfonylureas versus metformin plus DPP-4 inhibitors: Association with major adverse cardiovascular events and all-cause mortality

May 2014
• Short- and long-term energy intake patterns and their implications for human body weight regulation
• FTO polymorphisms moderate the association of food reinforcement with energy intake
• Weight labeling and obesity: A longitudinal study of girls ages 10 to 19
• JCL roundtable: Clinical management of individuals with obesity
• Effect of combined naltrexone and bupropion therapy on the brain's reactivity to food cues
• Is he a healthy weight? Exposure to obesity changes perception of the weight status of others
• Obesity associated with longer hospital stays, higher costs in total knee replacement patients
• Protection from hypertension in mice by the Mediterranean diet is mediated by nitro fatty acid inhibition of soluble epoxide hydrolase
• Long-term obesity and cardiovascular, inflammatory and metabolic risk in U.S. adults
• The effects of water and non-nutritive sweetened beverages on weight loss during a 12-week weight-loss treatment program
• Projections of preventable risks for cardiovascular disease in Canada to 2021: A microsimulation modeling approach
• Regular intake of high-oleic peanuts improves fat oxidation and body composition in men affected by overweight or obesity pursuing an energy-restricted diet

June 2014
• The neglect of nutrition in medical education: A firsthand look
• Consumption of added sugars from liquid but not solid sources predicts impaired glucose homeostasis and insulin resistance among youth at risk for obesity
• Self-monitoring of spontaneous physical activity and sedentary behavior to prevent weight regain in older adults
• Is it fun or exercise? The framing of physical activity biases subsequent snacking
• The impact of the 2007 expert committee recommendations on childhood obesity preventive care in primary care settings in the United States
• Effects of the once-daily GLP-1 analog liraglutide on gastric emptying, glycemic parameters, appetite and energy metabolism in non-diabetic adults affected by obesity
• A review of the use of the 5 A's model for weight-loss counselling: Differences between physician practice and patient demand
• Obesity (sometimes) matters: The importance of context in the relationship between obesity and life satisfaction
• Parental marital status and childhood overweight and obesity in Norway: A nationally representative cross-sectional study
Effect of the glycemic index of the diet on weight loss, modulation of satiety, inflammation and other metabolic risk factors: A randomized, controlled trial

Get up, stand up: The effects of a non-sedentary workspace on information elaboration and group performance

Temperature-acclimated brown adipose tissue modulates insulin sensitivity in humans

GLP-1 receptor agonists in type 2 diabetes: NICE guidelines versus clinical practice

The efficacy of 12 weeks supervised exercise in obesity management

Case report: Cushing’s syndrome in a patient affected by morbid obesity undergoing evaluation before bariatric surgery

Timed daily ingestion of whey protein and exercise training reduces visceral adipose tissue mass and improves insulin resistance: The PRISE study

Meta- and cost-effectiveness analysis of commercial weight loss strategies

The effects of Ramadan fasting on endothelial function in patients with cardiovascular diseases

The biology and genetics of obesity: A century of inquiries

Do school-based physical activity interventions increase or reduce inequalities in health?

Weight-control practices of patients affected by severe obesity who are not seeking bariatric surgery

The causal role of breakfast in energy balance and health: A randomized controlled trial in lean adults

Increasing protein intake modulates lipid metabolism in healthy young men and women consuming a high-fat, hypercaloric diet

Topiramate for weight reduction in adolescents with severe obesity

Current status of the field of obesity

Leisure-time running reduces all-cause and cardiovascular mortality risk

The influences of obesity and age on functional performance during intermittent upper extremity tasks

Obesity-associated melanocortin-4 receptor mutations are associated with changes in the brain response to food cues

Adiposity, chronic inflammation and the pre-pubertal decline of sex hormone-binding globulin in children: Evidence for associations with the timing of puberty

The impact of interventions to prevent obesity or improve obesity-related behaviours in children (0-5 years) from socioeconomically disadvantaged and/or indigenous families: A systematic review

A comparative study of five centrally acting drugs on the pharmacological treatment of obesity

Circadian rhythmicity as a predictor of weight-loss effectiveness

Breaking up prolonged sitting reduces resting blood pressure in adults affected by overweight and obesity

Pediatric severe obesity: Time to establish serious treatments for a serious disease

The associations between emotional eating and consumption of energy-dense snack foods are modified by sex and depressive symptomatology

Men with hypogonadism and obesity, with and without type 2 diabetes mellitus, lose weight and show improvement in cardiovascular risk factors when treated with testosterone: An observational study

Behavioral counseling to promote a healthy lifestyle in persons with cardiovascular risk factors: A systematic review for the U.S. Preventive Services Task Force

Beyond metformin: Safety considerations in the decision-making process for selecting a second medication for type 2 diabetes management: Reflections from a diabetes care editors’ expert forum

Ethnic-specific obesity cutoffs for diabetes risk: Cross-sectional study of 490,288 U.K. Biobank participants

Efficacy and safety of once-weekly GLP-1 receptor agonist albiglutide (HARMONY 1): 52-week primary endpoint results from a randomized, double-blind, placebo-controlled trial in patients with type 2 diabetes mellitus not controlled on pioglitazone with or without metformin

Differences in survival associated with processed and unprocessed red meat consumption

Generational shift in parental perceptions of overweight among school-aged children

Obesity prevalence in 2013 by U.S. state

African-American women exhibit similar adherence to intervention but lose less weight due to lower energy requirements

Eating frequency in relation to body mass index and waist circumference in British adults

Artificial sweeteners induce glucose intolerance by altering the gut microbiota
October 2014
- Early weight loss while on lorcaserin, diet and exercise as a predictor of weight-loss outcomes at 52 weeks
- You are what you eat, or are you? The challenges of translating high-fat-fed rodents to human obesity and diabetes
- Effect of eight weeks of overfeeding on ectopic fat deposition and insulin sensitivity: Testing the "adipose tissue expandability" hypothesis
- Caffeine consumption around an exercise bout: Effects on energy expenditure, energy intake, and exercise enjoyment
- Association of antibiotics in infancy with early childhood obesity
- Modification of genetic influences on adiposity between 36 and 63 years of age by physical activity and smoking in the 1946 British Birth Cohort Study
- Obesity accelerates epigenetic aging of human liver
- Serum 25-hydroxyvitamin D levels and metabolic health status in individuals affected by extreme obesity
- Effects of weight gain induced by controlled overfeeding on physical activity
- The effects of temperature and seasons on subcutaneous white adipose tissue in humans: Evidence for thermogenic gene induction
- Body mass index and risk of 22 specific cancers: A population-based cohort study of 5.24 million U.K. adults
- Differences in the prospective association between individual plasma phospholipid saturated fatty acids and incident type 2 diabetes: The EPIC-InterAct case cohort study
- A very low-carbohydrate, low-saturated-fat diet for type 2 diabetes management: A randomized trial
- Contribution of liraglutide in the fixed-ratio combination of insulin degludec and liraglutide
- Co-infusion of low-dose glp-1 and glucagon in man results in a reduction in food intake

November 2014
- Beyond BMI: Phenotyping the obesities
- Central obesity as a clinical marker of adiposopathy; increased visceral adiposity as a surrogate marker for global fat dysfunction
- The contribution of lifestyle coaching of patients affected by obesity in primary care to more autonomous motivation for physical activity and healthy dietary behaviour: Results of a longitudinal study
- Preferential deposition of visceral adipose tissue occurs due to physical inactivity
- Nutrition and brain aging: How can we move ahead?
- Studies probe links between childhood asthma and obesity
- Enhanced fatty-acid uptake in visceral adipose tissue is not reversed by weight loss in individuals affected by obesity with the metabolic syndrome
- Effects of licensed characters on children's taste and snack preferences in Guatemala, a low-to-middle-income country
- Association between vitamin D and adiponectin and its relationship with body mass index: The META-Health study
- How physician obesity medicine specialists treated obesity before 2012 new drug approvals
- Do ketogenic diets really suppress appetite? A systematic review and meta-analysis
- The perils of marketing weight-management remedies and the role of health literacy

December 2014
- Pharmacological treatment of diabetes in older people
- Skeletal effects of bariatric surgery: Examining bone loss, potential mechanisms, and clinical relevance
- Clinical decisions: Testosterone-replacement therapy
- NAG-1/GDF-15 prevents obesity by increasing thermogenesis, lipolysis, and oxidative metabolism
- Weight-loss maintenance in subjects who are overweight on ad-libitum diets with high or low protein content and glycemic index: The DIOGENES trial 12-month results
- Years of life lost and healthy life-years lost from diabetes and cardiovascular disease in people with overweight and obesity: A modelling study
- Three minutes of all-out intermittent exercise per week increases skeletal muscle oxidative capacity and improves cardiometabolic health
- Effects of metformin on energy intake and satiety in children affected by obesity
- Fat-free mass loss generated with weight loss in adults with overweight and obesity: What may we expect?
- NIH working group report: Innovative research to improve maintenance of weight loss
- Antibiotic dosing in obesity: The search for optimum dosing strategies
- Effectiveness of weight-loss interventions: Is there a difference between men and women? A systematic review