

# Contents

Editorial	
Tackling acute and chronic diseases from food and nutrition with a comprehensive approach – the Second Action Plan for Food and Nutrition Policy, 2007–2012 <i>F Branca, U Trübswasser and H Kruse</i>	293
Nutrition policy is taking shape in Europe <i>U Trübswasser and F Branca</i>	295
Obesogenic environments – aspects on measurement and indicators <i>LS Elinder and M Jansson</i>	307
Incorporating the catering sector in nutrition policies of WHO European Region: is there a good recipe? <i>C Lachat, D Roberfroid, L Huybrechts, J Van Camp and P Kolsteren</i>	316
Potential for improvement of population diet through reformulation of commonly eaten foods <i>J van Raaij, M Hendriksen and H Verhagen</i>	325
Review Article	
Defining and labelling ‘healthy’ and ‘unhealthy’ food <i>T Lobstein and S Davies</i>	331
Defining ‘low in fat’ and ‘high in fat’ when applied to a food <i>C Arambepola, P Scarborough, A Boxer and M Rayner</i>	341
Association between dietary and beverage consumption patterns in the SUN (Seguimiento Universidad de Navarra) cohort study <i>A Sánchez-Villegas, E Toledo, M Bes-Rastrollo, JM Martín-Moreno, A Tortosa and MA Martínez-González</i>	351
Overweight and health problems of the lower extremities: osteoarthritis, pain and disability <i>A Tukker, TLS Visscher and HSJ Picavet</i>	359
Reduced away-from-home food expenditure and better nutrition knowledge and belief can improve quality of dietary intake among US adults <i>MA Beydoun, LM Powell and Y Wang</i>	369
Maternal lactation characteristics after consumption of an alcoholic soup during the postpartum ‘doing-the-month’ ritual <i>Y-C Chien, Y-J Huang, C-S Hsu, JC-J Chao and J-F Liu</i>	382
Setting priorities for zinc-related health research to reduce children’s disease burden worldwide: an application of the Child Health and Nutrition Research Initiative’s research priority-setting method <i>KH Brown, SY Hess, E Boy, RS Gibson, S Horton, SJ Osendarp, F Sempertegui, R Shrimpton and I Rudan</i>	389
Obesity and the community food environment: a systematic review <i>JE Holsten</i>	397
Targets to tackle the obesity epidemic: a review of twelve developed countries <i>IK Crombie, L Irvine, L Elliott and H Wallace</i>	406
Seasonal variation in food pattern but not in energy and nutrient intakes of rural Beninese school-aged children <i>CES Míchikpe, RAM Dossa, EAD Atego, JMA Van Raaij and FJ Kok</i>	414
The gap between food-based dietary guidelines and usual food consumption in Belgium, 2004 <i>S Vandevijvere, S De Vriese, I Huybrechts, M Moreau, E Temme, S De Henauw, G De Backer, M Kornitzer, A Leveque and H Van Oyen</i>	423
Invited commentary	
What President Obama can do in the USA <i>M Nestle</i>	433
Out of the Box <i>G Cannon</i>	436
Letters to the Editor	439

*Public Health Nutrition* provides a forum for the presentation of original research findings in the field of Public Health Nutrition. It offers a population-based approach to the practical application of research findings. The Journal provides a timely vehicle for lively discussion of current controversies. In addition, it also includes high quality reviews of key topics and seeks to identify and publish special supplements on major topics of interest to readers. As a contributor you should note and follow the guidelines set out below.

#### Content:

- Original research findings – published as either full papers of 4000 words, not including tables, figures or references, or Short Communications of about 2000 words on key issues, fast-tracked through the editorial system.
- Topical review papers – the Editors will invite topical reviews and also consider suggestions from authors who should submit an outline of the review in the first instance.
- Editorial comment – including guest editorials on key papers published in the journal.
- Letters to the Editors – addressing material published in *Public Health Nutrition*.

**Submission:** All manuscripts must be submitted onto our online submission system: <http://phn.msubmit.net>

**Refereeing:** All contributions are read by two or more referees to ensure both accuracy and relevance, and revision may thus be required before final acceptance. Authors are asked to submit the names and contact details (including email address if available) of up to four potential referees for their paper. On acceptance, contributions are subject to editorial amendment to conform to house style.

**Copyright:** At the time of acceptance the authors will be asked to provide a completed copy of the 'Licence to Publish' (in lieu of copyright transfer), which is available on the Nutrition Society's web pages (<http://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 our Full Directions to Authors on our website: (<http://www.nutritionociety.org>). You should write in clear and concise English and spelling should follow the Oxford English Dictionary. Authors whose native tongue is not English are assured that in-house editorial attention to their contributions will improve clarity.

Manuscripts should be prepared in a common word processing package (Word for Windows is preferred), in Times New Roman, or other common typeface, set up as double-spaced text with ample margins. Page and line numbers should be inserted. Standard abbreviations (e.g. Fig. and Figs.) and SI units must be used.

The submission must include a statement reporting any conflicts of interest, all sources of funding and the contribution of each author to the manuscript. If there are no conflicts of interest this must be stated. The author will be asked to provide this information during the submission process and should not include it as part of the manuscript. This enables double-blind reviewing.

#### Arrangement of Papers:

1. **Title page** including the article title, author(s), affiliation(s), keywords and one author identified for correspondence (please include the full postal address, telephone and fax numbers, and an email address where available). A short title of up to 45 characters should be provided as a running head. **The title page should be submitted online as a separate cover letter, not as part of the manuscript.** This enables double-blind reviewing.
2. A structured **abstract** using the following headings: Objective, Design, Setting, Subjects, Results, Conclusions. The abstracts should be intelligible without reference to text or figures. It should not exceed 250 words in total.
3. The **text** divided under appropriate headings.
4. **Acknowledgements** (sources of funding, conflict of interest declaration, authorship responsibilities, acknowledgements): **should be provided when requested during the submission process, not as part of the manuscript.**
5. **References** should be in Vancouver style – please refer to the full Directions to Authors.
6. **Tables** should be reduced to the simplest form and should not be used where the text or figures give the same information. Each table must be accompanied by a clear and concise caption.
7. **Figures** should be numbered and legends should be provided. Each figure, with its legend, should be comprehensible without reference to the text and should include definitions of abbreviations.

**Offprints:** The main author will receive a PDF of their published paper free of charge. Offprints are available to purchase and can be ordered before publication.

**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.

**Submission of manuscripts and correspondence:** PHN operates an on-line submission and reviewing system (eJournalPress). Authors should submit to the following address: <http://phn.msubmit.net/> If any difficulties are encountered, please contact the Publications Office immediately at [phn@nutsoc.org.uk](mailto:phn@nutsoc.org.uk)

*Public Health Nutrition* – published by Cambridge University Press on behalf of The Nutrition Society

# Public Health Nutrition

Volume 12, 2009 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](mailto: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](http://journals.cambridge.org/PHN), with free table of contents alert (upon registration).

## **Annual subscription rates**

Volume 12, 2009 (12 issues):  
Internet/print package: £670/\$1286 Americas only/€1074 EU only  
Internet only: £589/\$1116 Americas only/€936 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 is printed on acid-free paper from renewable sources. 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<sup>®</sup>, Global Health, Index Medicus<sup>®</sup> (MEDLINE<sup>®</sup>), EMBASE, Excerpta Medica, BIOSIS<sup>®</sup> Database and CINAHL<sup>®</sup> Database  
*Public Health Nutrition* participates in the following initiatives: HINARI by WHO and AGORA by FAO.

