**![A picture containing food

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**Day 1 Notes Obesity and Diabetes**

[Contained within this document are links to video clips, quizzes, templates and academic evidence concerning mental health disorders]

**Understand what energy balance ishttps://youtu.be/hk-I9ZivIU4**

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**Current Stats on Physical Activity**

* UCL Social Study [Link](http://allcatsrgrey.org.uk/wp/download/public_health/3d9db5_c99f0f8bb89545a6a10040f27949f7f9.pdf)
* SPORT ENGLAND: SURVEY INTO ADULT PHYSICAL ACTIVITY ATTITUDES AND BEHAVIOUR (WAVE 8) [Link](https://comresglobal.com/polls/sport-england-survey-into-adult-physical-activity-attitudes-and-behaviour-wave-8/)

**Flash Cards**

* Obesity Flash cards [Links](https://quizlet.com/10943946/obesity-flash-cards/)
* Evidence of Obesity Epidemic [Link](https://quizlet.com/112700434/obesity-flash-cards/)
* Carbohydrates [Link](https://quizlet.com/241793103/carbohydrates-flash-cards/)
* Fats [Link](https://quizlet.com/380809833/fats-flash-cards/)
* Proteins [Link](https://quizlet.com/270710522/fats-flash-cards/)
* BMR [Link](https://quizlet.com/44628179/basal-metabolic-rate-flash-cards/)

**YouTube**

* Obesity patients left struggling after NHS cuts [Links](https://youtu.be/QUZ3YoqOUeo)
* Stephen O'Rahilly (Cambridge) 1: The Causes of Obesity: Why Isn’t everybody fat? [Links](https://youtu.be/zMjS_X5Hk7Y)
* Obesity: the modern famine | Kathy Campbell | TEDx University of Tulsa [Links](https://youtu.be/NUzn8L_2CNA)
* Junk food targeted by UK to tackle obesity and protect against Coronavirus [Links](https://www.youtube.com/watch?v=F_ZnbsDRxP4)
* Coronavirus: Why are those who are overweight or obese at greater risk? - BBC Newsnight [Links](https://youtu.be/W7BC1Ptj150)
* Measuring Energy Expenditure Link

**Textbooks On Obesity and Diabetes**

* Advanced Nutrition and Dietetics in Obesity [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:e9f9277e-302f-4f76-9e6e-94c25a91f611)
* Nutrition and Fitness [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:83d23cde-601c-4a1e-a486-bd4e18d95f7d)
* Pathophysiology The Biologic Basis for Disease in Adults and Children [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:c94ce73a-24e7-4574-87d0-74e924312773)

**State of Our Nations**

* Northern Ireland Democratic Statistics [Link](https://www.health-ni.gov.uk/news/health-survey-ni-201718)
* Scottish Democratic Statistics [Link](https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/pages/62/)
* The Costs of Obesity [Link](http://obesityhealthalliance.org.uk/wp-content/uploads/2017/10/OHA-briefing-paper-Costs-of-Obesity-.pdf)
* Statistics on Obesity, Physical Activity and Diet [England] Excel File 2020 Updated [Link](https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-obesity-physical-activity-and-diet/england-2020/data-tables)
* The Pre-release Access to Official Statistics Order 2008 [Statistics on Obesity, Physical Activity and Diet, England 2020] [Link](https://files.digital.nhs.uk/17/936971/Pre-Release%20Access%20List.pdf)

**Eat Well Plate**

* NHS The Eatwell Guide [Link](https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/)
* Derbyshire Health Futures Service Eatwell Plate [Link](http://www.dchs.nhs.uk/assets/public/dchs/llb/tools/tools_1-11/6_DCHS_A5_8pp_The_Eatwell_Plate.pdf)
* The Eatwell guide - A revised healthy eating model [Link](https://www.nutrition.org.uk/healthyliving/healthydiet/eatwell.html?__cf_chl_jschl_tk__=efa9ece4cc01654608068033a4e72bda890d0d8d-1600685979-0-AeVgFLJPYgmjvUr4fYHpz1noXwurz6RFVyZ6D3U1OAzrk1wbALApNzv_v4nmZ_hGWD8_Th8YnnXTbV9rfgQQK7IwkvRS61966EvI46SyqzOXkSge2W4T95JAp7RF3UovGhEKCOLCGDaQi5xnyDRmJ03RX3pbx68sxJfWS1qqzr_pF5V0Wblfyn2kZfpxmuTJoAdhnkbbhY177iCFtuAuzXGfxl81bmF-7HcArgk5wuRwKVtSym9CCTsSQHRB0Q_XlZ0TTLAuDNWNjYE-LQ1CF2In0CaSTaYowo3nPjNdsiXhzZsjAXxpTiBmUDxHQBoa19kOt8DLWHdQ49AIXPcyWi2AYoIuW06HmrDk0ur527M6s3dYPhRQrp1bBgnLOlsvBg)
* Northern Ireland specific The Eatwell Guide [Link](https://www.food.gov.uk/print/pdf/node/212)
* What Is the Eatwell Plate? [Useful presenting material] [Link](https://www.stem.org.uk/resources/elibrary/resource/35091/what-eatwell-plate)

**Glycaemic Index (GI) Recent Studies**

* Lennerz, B. and Lennerz, J.K., 2018. Food addiction, high-glycemic-index carbohydrates, and obesity. Clinical chemistry, 64(1), pp.64-71. [Link](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5912158/pdf/nihms955257.pdf)
* Vega-López, S., Venn, B.J. and Slavin, J.L., 2018. Relevance of the glycemic index and glycemic load for body weight, diabetes, and cardiovascular disease. Nutrients, 10(10), p.1361. [Link](https://www.mdpi.com/2072-6643/10/10/1361)
* Zafar, M.I., Mills, K.E., Zheng, J., Regmi, A., Hu, S.Q., Gou, L. and Chen, L.L., 2019. Low-glycemic index diets as an intervention for diabetes: a systematic review and meta-analysis. The American journal of clinical nutrition, 110(4), pp.891-902. [Link](http://abran.org.br/new/wp-content/uploads/2020/01/abran_artigo_17012020.pdf)
* Harvard Medical School: Glycaemic index for 60+ foods [Links](https://www.health.harvard.edu/diseases-and-conditions/glycemic-index-and-glycemic-load-for-100-foods)
* Atkinson FS, Foster-Powell K, Brand-Miller JC (2008) International tables of glycemic index and glycemic load values: Diabetes Care 31. [Link](https://care.diabetesjournals.org/content/31/12/2281.long)
* Glycemic Research Institute. (2006-2010) Glycemic Index Defined. [Link](http://www.glycemic.com/GlycemicIndex-LoadDefined.htm)
* Somogyi M. (1948) Studies of Arteriovenous Differences in Blood Sugar (PDF) J. Biol. Chem 174 (1): 189–200. [Link](https://pubmed.ncbi.nlm.nih.gov/18914074/)
* GI Calculator Under Nutrition Section [Link](https://www.strength-physiology.online/online-calculators)
* Dietary Impact of Adding Potassium Chloride to Foods as a Sodium Reduction Technique [Link](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4848703/pdf/nutrients-08-00235.pdf)

Basal metabolism refers to the energy required to maintain essential functions to support life. This includes the maintenance of the cellular structure, metabolic pathways, temperature regulation, cardiopulmonary and brain functioning. Basal metabolic rate (BMR) is the rate of energy expenditure measured under normal conditions such as being awake and in a supine position after 10-to-12 hours of overnight fasting and a thermoneutral temperature setting.

**GI Walk Through Calculation**

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