

Peer-reviewed publications

MEND 7-13

1. Sacher PM, Kolotourou M, Chadwick PM, Cole TJ, Lawson MS, Lucas A, Singhal A. Randomized controlled trial of the MEND program: a family-based community intervention for childhood obesity. *Obesity*. 2010;18(S1):S62-8. [link](#)
2. Swain C. MEND Programmes: community solutions to a national problem. *Primary Health Care*. 2009;19(6):20-3. [link](#)
3. Sacher PM, Swain C. The MEND Programme: tackling childhood obesity. *British Journal of School Nursing*. 2007(2):4. [link](#)
4. Oldham A, Aylott H, Sacher PM. Mending the growing problem of childhood obesity. *The British Journal of Primary Care Nursing*. 2007;4(6):297-9. [link](#)
5. Sacher PM, Chadwick P, Wells JC, Williams JE, Cole TJ, Lawson MS. Assessing the acceptability and feasibility of the MEND Programme in a small group of obese 7-11-year-old children. *Journal of Human Nutrition and Dietetics*. 2005;18(1):3-5. [link](#)

MEND 2-4

1. Skouteris H, McCabe M, Swinburn B, Hill B. Healthy eating and obesity prevention for preschoolers: a randomised controlled trial. *BMC Public Health*. 2010;10:220. [link](#)
2. Hardy S, Lowe A, Unadkat A, Thurtle V. Mini-MEND: an obesity prevention initiative in a children's centre. *Community Practitioner*. 2010;83(6):26-9. [link](#)
3. Wolman J, Skelly E, Kolotourou M, Lawson MS, Sacher PM. Tackling toddler obesity through a pilot community-based family intervention. *Community Practitioner*. 2008;81(1):28-31. [link](#)
4. Sacher PM, Wolman J, Chadwick P, Swain C. Mini-MEND: MEND's early year's healthy lifestyle programme for 2-4 year olds and their families. *British Nutrition Foundation*. 2008;33:364-7. [link](#)

MEND staff other obesity / behavior change relevant papers

1. [Smith LR](#), Kerr CJ, Savory LA, Kozub SA, Kirk D, Fairclough SJ. Impact of a TGfU intervention on constructs of self determination theory and physical activity levels in physical education. *European Physical Education Review*. Under review.
2. Kerr CJ, [Smith LR](#), Savory LA, Denton SJ, Fairclough SJ. Physical education provides a significant contribution to vigorous activity levels. *Research Quarterly for Exercise and Sport*. Under review.
3. Croker H, Viner RM, Nicholls D, Haroun D, [Chadwick P](#), Edwards C, Wells JC, Wardle J. Family-based behavioural treatment of childhood obesity in a UK national health service setting: randomized controlled trial. *International Journal of Obesity*. Advance online publication September 2011: doi:10.1038/ijo.2011.182. [link](#)
4. Cumming SP, Standage M, Loney T, [Gammon C](#), Neville H, Sherar LB, Malina RM. The mediating role of physical self-concept on relations between biological maturity status and physical activity in adolescent females. *Journal of Adolescence*. 2011;34(3):465-73. [link](#)
5. Manios Y, Angelopoulos PD, Kourlaba G, [Kolotourou M](#), Grammatikaki E, Cook TL, Bouloubasi Z, Kafatos AG. Prevalence of obesity and body mass index

- correlates in a representative sample of Cretan school children. *International Journal of Pediatric Obesity*. 2011;6(2):135-41. [link](#)
6. Skouteris H, McCabe M, Swinburn B, Newgreen V, Sacher P, Chadwick P. Parental influence and obesity prevention in pre-schoolers: a systematic review of interventions. *Obesity Reviews*. 2010;12(5):315-28. [link](#)
 7. Hester JR, McKenna J, Gately PJ. Obese young people's accounts of intervention impact. *Patient Education and Counseling*. 2010;79(3):306-14. [link](#)
 8. Daly-Smith A, McKenna J, Radley D, Long J. The impact of additional weekdays of active commuting to school on children achieving a criterion of 300+ minutes of moderate-to-vigorous physical activity. *Health Education Journal*. 2010. [epub ahead of print] [link](#)
 9. Swain C, Sacher PM. Child obesity: a manageable condition. *Nurse Prescribing*. 2009;7(1):14-8. [link](#)
 10. Saxton J, Hill C, Chadwick P, Wardle J. Weight status and perceived body size in children. *Archives of Disease in Childhood*. 2009;94(12):944-9. [link](#)
 11. Radley D, Cooke CB, Fuller NJ, Oldroyd B, Truscott JG, Coward WA, Wright A, Gately PJ. Validity of foot-to-foot bio-electrical impedance analysis body composition estimates in overweight and obese children. *International Journal of Body Composition Research*. 2009;7(1):15-20. [link](#)
 12. Duckworth LC, Gately PJ, Radley D, Cooke CB, King RF, Hill AJ. RCT of a high-protein diet on hunger motivation and weight-loss in obese children: an extension and replication. *Obesity*. 2009;17(9):1808-10. [link](#)
 13. Chadwick P, Liao L-M. Mutual Illumination on the Golden Mile: User peer support and clinical health psychology. *Clinical Psychology Forum*. 2009. [link](#)
 14. Brennan L, Walkley J, Lukeis S, Risteska A, Archer L, Digre E, Fraser S, Greenway K. A cognitive behavioural intervention for overweight and obese adolescents illustrated by four case studies. *Behaviour Change*. 2009;26:190-213. [link](#)
 15. Liao LM, Nestic J, Chadwick PM, Brooke-Wavell K, Prelevic GM. Exercise and body image distress in overweight and obese women with polycystic ovary syndrome: a pilot investigation. *Gynecological Endocrinology*. 2008;24(10):555-61. [link](#)
 16. Lally P, Chipperfield A, Wardle J. Healthy habits: efficacy of simple advice on weight control based on a habit-formation model. *International Journal of Obesity*. 2008;32(4):700-7. [link](#)
 17. King R, Hobkirk J, Cooke C, Radley D, Gately P. Low-density lipoprotein sub-fraction profiles of overweight and obese children after attendance at a summer residential weight loss camp. *Journal of Atherosclerosis and Thrombosis*. 2008;15(2):100-7. [link](#)
 18. Cullingworth J, Hutchinson P, Biglands JD, Truscott JG, Ridgway JP, Radley D. Reproducibility of volumetric adipose tissue measurements using magnetic resonance imaging. *International Journal of Body Composition Research*. 2008;6(1):35-42. [link](#)
 19. Chadwick P, Sacher PM, Swain C. Talking to families about overweight children. *British Journal of School Nursing*. 2008;3(6):271-6. [link](#)
 20. Radley D, Fields DA, Gately PJ. Validity of thoracic gas volume equations in children of varying body mass index classifications. *International Journal of Pediatric Obesity*. 2007;2(3):180-7. [link](#)
 21. Manios Y, Moschonis G, Kolotourou M, Keskin Y, Sur H, Kocaoglu B, Hayran O. Iron deficiency prevalence and dietary patterns by school district in Istanbul. *Journal of Human Nutrition and Dietetics*. 2007;20(6):549-57. [link](#)

22. Manios Y, Costarelli V, Kolotourou M, Kondakis K, Tzavara C, Moschonis G. Prevalence of obesity in preschool Greek children, in relation to parental characteristics and region of residence. *BMC Public Health*. 2007;7:178. [link](#)
23. Gately PJ, King NA, Greatwood HC, Humphrey LC, Radley D, Cooke CB, Hill AJ. Does a high-protein diet improve weight loss in overweight and obese children? *Obesity*. 2007;15(6):1527-34. [link](#)
24. Hull HR, Radley D, Dinger MK, Fields DA. The effect of the Thanksgiving holiday on weight gain. *Nutrition Journal*. 2006;5:29. [link](#)
25. Sur H, Kolotourou M, Dimitriou M, Kocaoglu B, Keskin Y, Hayran O, Manios Y. Biochemical and behavioral indices related to BMI in schoolchildren in urban Turkey. *Preventive Medicine*. 2005;41(2):614-21. [link](#)
26. Sacher PM. Childhood obesity: consequences and control measures. *Journal of Family Health Care*. 2005;15.4(S1):4-5.
27. Radley D, Gately PJ, Cooke CB, Carroll S, Oldroyd B, Truscott JG. Percentage fat in overweight and obese children: comparison of DXA and air displacement plethysmography. *Obesity Research*. 2005;13(1):75-85. [link](#)
28. Manios Y, Kolotourou M, Moschonis G, Sur H, Keskin Y, Kocaoglu B, Hayran O. Macronutrient intake, physical activity, serum lipids and increased body weight in primary schoolchildren in Istanbul. *Pediatrics International*. 2005;47(2):159-66. [link](#)
29. Kocaoglu B, Moschonis G, Dimitriou M, Kolotourou M, Keskin Y, Sur H, Hayran O, Manios Y. Parental educational level and cardiovascular disease risk factors in schoolchildren in large urban areas of Turkey: directions for public health policy. *BMC Public Health*. 2005;5:13. [link](#)
30. Gately PJ, Cooke CB, Barth JH, Bewick BM, Radley D, Hill AJ. Children's residential weight-loss programs can work: a prospective cohort study of short-term outcomes for overweight and obese children. *Pediatrics*. 2005;116(1):73-7. [link](#)
31. Gately PJ, Barth JH, Radley D, Cooke C. Acute physiological outcomes of a children's weight-loss camp using exercise and dietary therapy. *American Journal of Recreational Therapy*. 2005;4(2):13-20. [link](#)
32. Fields DA, Higgins PB, Radley D. Air-displacement plethysmography: here to stay. *Current Opinion in Clinical Nutrition & Metabolic Care*. 2005;8(6):624-9. [link](#)
33. Chadwick P, Croker H. Obesity management: worth the effort? *Psychologist*. 2005;18(4):220-3. [link](#)
34. Radley D, Gately PJ, Cooke CB, Carroll S, Oldroyd B, Truscott JG. Estimates of percentage body fat in young adolescents: a comparison of dual-energy X-ray absorptiometry and air displacement plethysmography. *European Journal of Clinical Nutrition*. 2003;57(11):1402-10. [link](#)
35. Gately PJ, Radley D, Cooke CB, Carroll S, Oldroyd B, Truscott JG, Coward WA, Wright A. Comparison of body composition methods in overweight and obese children. *Journal of Applied Physiology*. 2003;95(5):2039-46. [link](#)
36. Sacher PM, Chadwick P, Hogan L. The obesity epidemic. *Journal of Family Health Care*. 2002;12(4):111.

MEND staff books and book chapters

1. Gately PJ, Cooke CB, Radley D, Ekelund U. Physical activity in the prevention of overweight and obesity. In: O'Donovan G, ed. BASES' guidelines on physical activity in the prevention of chronic disease. *Human Kinetics*. In press.
2. Wardle J, Chadwick P. Disorders of eating and weight: assessment. In: Powell G & Lindsay S, eds. Handbook of Clinical Adult Psychology (4th Edition). *Routledge*. 2007. [link](#)
3. Gately PJ, Radley D. Childhood obesity treatments. In: White A & Pettifer M, eds. Hazardous waist. *Radcliffe*. 2007. [link](#)
4. Sacher PM. From Kid to Superkid. *Vermilion*. 2005. [link](#)
5. Ford G, Sacher PM. The contented child's food bible. The complete guide to feeding 0-6 year olds. *Vermilion*. 2004. [link](#)
6. Karmel A, Sacher PM. Superfoods for Babies and Children. *Ebury Press*. 2001. [link](#)

MEND 7-13 cited in

1. Kipping RR, Jago R, Lawlor DA. Obesity in children. Part 2: Prevention and management. *British Medical Journal*. 2008;337:a1848. [link](#)