

CAMBRIDGE

JOURNALS

British Journal of Nutrition

Published on behalf of The Nutrition Society

Editor-in-Chief

P.C. Calder, University of Southampton, UK



British Journal of Nutrition is a leading international peer-reviewed journal covering research on human and clinical nutrition, animal nutrition and basic science as applied to nutrition. The journal recognises the multi-disciplinary nature of nutritional science and includes material from all of the specialities involved in nutrition research, including molecular and cell biology, and the emerging area of nutritional genomics.

journals.cambridge.org/bjn

Submit your article online
bjn.msubmit.net

Register for free content alerts
journals.cambridge.org/bjn-alerts

Impact Factor :3.072

2010 Journal Citation Reports®,
Thomson Reuter

To subscribe contact
Customer Services

Cambridge:

Phone +44 (0)1223 326070
Fax +44 (0)1223 325150
journals@cambridge.org

New York:

Phone +1 (845) 353 7500
Fax +1 (845) 353 4141
subscriptions_newyork@cambridge.org



CAMBRIDGE
UNIVERSITY PRESS

Public Health Nutrition

Volume 15, 2012 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).

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, with free table of contents alert (upon registration).

Annual subscription rates

Volume 15, 2012 (12 issues):
Internet/print package: £813/\$1559 Americas only/€1303 EU only
Internet only: £643/\$1219 Americas only/€1022 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. 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 issue has been printed on FSC-certified paper and cover board. FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world's forests. Please see www.fsc.org for information. 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[®], Global Health, Index Medicus[®] (MEDLINE[®]), EMBASE, Excerpta Medica, BIOSIS[®] Database and CINAHL[®] Database
Public Health Nutrition participates in the following initiatives: HINARI by WHO and AGORA by FAO.

Public Health Nutrition (PHN) provides a forum for the presentation of original research findings and high quality reviews of key topics, and for discussion of and debate on of current issues and controversies. It also publishes special issues on major topics of interest. Our field includes research, scholarship, and discussions on public health nutrition, that take a population, health promoting and preventive approach. Papers that do not have this emphasis may be directed to more appropriate journals. Potential contributors are encouraged to read the aims and scope of the journal, and to note and follow the guidelines set out below.

Content:

- **Original research findings and scientific reviews** are published as full papers usually less than 5000 words, including references.
- **Editorials** express the opinion of the journal, as represented by its central editorial team, on topics judged by them to be important. Editorials, including guest editorials, are usually co-ordinated and developed by the editorial team.
- **Position papers**, including declarations and other statements of policy, may be invited or unsolicited.
- **Invited commentaries and book reviews** are expressions of opinion on a topical subject. These are commissioned by the members of the editorial team.
- **Letters to the Editors** are usually in response to material published in *PHN*. Submissions are sent to the author for comment and, when possible, published together with the author's reply.

Submission: PHN operates an online submission and reviewing system (eJournalPress). All manuscripts must be submitted online at <http://phn.msubmit.net/>. If any difficulties are encountered, please contact the Publications Office at phn@nutsoc.org.uk

Refereeing: Review articles and articles reporting original research are subject to external review by two or more referees who evaluate manuscripts based on their importance, relevance, and originality. Authors are asked to submit names and contact details (including email address) of up to four potential referees. All other contributions (editorials, position papers, invited commentaries, book reviews, and letters to the Editors) undergo an internal review process by at least two members of the editorial team. Invited commentaries and book reviews may also be checked externally as necessary to avoid technical errors and to improve salience.

Copyright: At the time of acceptance, authors will be asked to provide a completed copy of the 'Licence to Publish' (in lieu of copyright transfer), available at <https://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 the full Directions to Contributors on our website (<http://www.nutritionociety.org>). Manuscripts should be in clear and concise English, and spelling should follow the Oxford English Dictionary. For authors whose native tongue is not English, in-house editorial attention to their contributions will improve clarity. On acceptance, all contributions are subject to editorial amendment to conform to house style. Manuscripts should be prepared in a common word processing package (Word for Windows is preferred) in Times New Roman or other common typeface, prepared with double-spaced text, at least 2 cm margins, and page and line numbers. Standard abbreviations and SI units must be used.

Disclosure of financial support and any competing

interests. The submission must include a statement within an Acknowledgements section reporting any competing interests, all sources of funding, and the nature of the contribution of each author to the manuscript. If there are no competing interests, this must be stated. Authors are asked to provide this information during the submission process and should not include it as part of the manuscript to allow for double-blind reviewing.

Arrangement of papers:

1. **Title page** should include the article title, author(s), affiliation(s), up to eight keywords, one author identified for correspondence (with full postal address, telephone and fax numbers, and email address), and a running title of up to 45 characters. The title page should be submitted online as a separate cover letter, not as part of the manuscript, to enable double-blind reviewing.
2. **Abstract** should be structured, usually using the following internal headings: Objective, Design, Setting, Subjects, Results, Conclusions. Abstracts should be intelligible without reference to text or figures and should not exceed 250 words.
3. **Text** should be divided under headings (typically to include Introduction, Methods, Results, Discussion and Conclusions), and sub-headings as appropriate. Conclusions should include recommendations that derive from the research and that are concrete, feasible, and potentially effective. Emphasising that more research is needed is usually not necessary unless there is specific reason to say so. All submissions must include a statement that the research was conducted in accordance with guidelines laid down by the Declaration of Helsinki and approved by an ethics review committee.
4. **Acknowledgements** (sources of funding, competing interests declaration, authorship responsibilities, acknowledgements) should be provided during the submission process, not as part of the manuscript.
5. **References** should be in Vancouver style. Please refer to the full Directions to Contributors.
6. **Tables** should be reduced to the simplest form and should not be used where text or figures give the same information. Each table must be accompanied by a clear and concise caption that is comprehensible without reference to the text. Longer tables may be published online only.
7. **Figures** should be numbered, and legends should be provided. Each figure, with its legend, should be comprehensible without reference to the text and include definitions of abbreviations.

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.

Offprints: The corresponding author will receive a PDF of the published paper free of charge. Offprints are available to purchase and must be ordered before publication.

Editorial

- Cooking as a healthy behaviour
R Erlich, A Yngve and ML Wahlqvist 1139

In this issue

- Cooking in this issue – back to basics!
A Yngve, M Tseng, A Hodge, G McNeill and I Haapala 1141

Hot Topic – Cooking and health

- Cooking frequency may enhance survival in Taiwanese elderly
RC-Y Chen, M-S Lee, Y-H Chang and ML Wahlqvist 1142

- Does involvement in food preparation track from adolescence to young adulthood and is it associated with better dietary quality? Findings from a 10-year longitudinal study
MN Laska, NI Larson, D Neumark-Sztainer and M Story 1150

- Process evaluation of an environmental and educational nutrition intervention in residential drug-treatment facilities
JA Cowan and CM Devine 1159

Monitoring and surveillance

- An epidemiological survey of children's iodine nutrition and goitre status in regions with mildly excessive iodine in drinking water in Hebei Province, China
S Lv, J Zhao, D Xu, Z Chong, L Jia, Y Du, J Ma and S Rutherford 1168

- Age, marital status and changes in dietary habits in later life: a 21-year follow-up among Finnish women
I Haapala, R Prättälä, K Patja, R Männikkö, M Hassinen, P Komulainen and R Rauramaa 1174

Assessment and methodology

- Psychometric validation of a knowledge questionnaire on micronutrients among adolescents and its relationship to micronutrient status of 15–19-year-old adolescent boys, Hyderabad, India
LF Augustine, S Vazir, SF Rao, MV Rao, A Laxmaiah, P Ravinder, VV Rao and KM Nair 1182

- Change in methodology for collection of drinking water intake in What We Eat in America/National Health and Nutrition Examination Survey: implications for analysis
RS Sebastian, CW Enns, JD Goldman and AJ Moshfegh 1190

- Design aspects of 24 h recall assessments may affect the estimates of protein and potassium intake in dietary surveys
SP Crispim, A Geelen, E Siebelink, I Huybrechts, ITL Lillegaard, I Margaritis, I Rehurkova, N Slimani, MC Ocke, E de Boer, P van't Veer and JHM de Vries, on behalf of the EFCOVAL Consortium 1196

- The use and interpretation of serum retinol distributions in evaluating the public health impact of vitamin A programmes
AC Palmer, KP West Jr, N Dalmiya and W Schultink 1201

- Usual folic acid intakes: a modelling exercise assessing changes in the amount of folic acid in foods and supplements, National Health and Nutrition Examination Survey, 2003–2008
SC Tinker, ME Cogswell, HC Hamner and RJ Berry 1216

- Validation of presence of supermarkets and fast-food outlets in Copenhagen: case study comparison of multiple sources of secondary data
CM Svastisalee, BE Holstein and P Due 1228

Epidemiology

- Factor analysis in the identification of dietary patterns and their predictive role in morbid and fatal events
A Menotti, A Alberti-Fidanza, F Fidanza, M Lanti and D Fruttini 1232

- Who consumed 5 or more portions of fruit and vegetables per day in 1986–1987 and in 2000–2001?
S Rogers and JA Pryer 1240

- Food choices and health during military service: increases in sugar- and fibre-containing foods and changes in anthropometric and clinical risk factors
CML Bingham, M Lahti-Koski, P Absetz, P Puukka, M Kinnunen, H Pihlajamäki, T Sahi, A Uutela and P Jallinoja 1248

- Associations between maternal employment and time spent in nutrition-related behaviours among German children and mothers
A Möser, SE Chen, SB Jilcott and RM Nayga Jr 1256

- Perceived quality and availability of fruit and vegetables are associated with perceptions of fruit and vegetable affordability among socio-economically disadvantaged women
LK Williams, L Thornton, D Crawford and K Ball 1262

- Dietary adequacy and dietary quality of Inuit in the Canadian Arctic who smoke and the potential implications for chronic disease
SE Rittmueller, C Roache and S Sharma 1268

Nutrition and health

- Household food insecurity and hunger among households in Sidama district, southern Ethiopia
N Regassa and BJ Stoecker 1276

- Parental nutrition knowledge and attitudes as predictors of 5–6-year-old children's healthy food knowledge
D Zarnowiecki, N Sinn, J Petkov and J Dollman 1284

- Serum ferritin levels associated with increased risk for developing CHD in a low-income urban population
ME Olesnevich, MF Kuczmarski, M Mason, C Fang, AB Zonderman and MK Evans 1291

Interventions

- Behavioural factors related with successful weight loss 15 months post-enrolment in a commercial web-based weight-loss programme
MJ Neve, PJ Morgan and CE Collins 1299

- Lessons learned from a family-focused weight management intervention for obese and overweight children
M Twiddy, I Wilson, M Bryant and M Rudolf 1310

- The efficacy of a brief, peer-led nutrition education intervention in increasing fruit and vegetable consumption: a wait-list, community-based randomised controlled trial
C Glasson, K Chapman, K Gander, T Wilson and E James 1318

Letters to the editor 1327

Cambridge Journals Online For further information about this journal please go to the journal website at: journals.cambridge.org/phn