

Study: Fast-food limits didn’t cut obesity rate

By **ALICIA CHANG**
AP Science Writer

LOS ANGELES — A much-hailed law that restricted the opening of new stand-alone fast-food restaurants in one of the poorest sections of Los Angeles did not curb obesity or improve diets, a new study found.

City lawmakers passed the zoning ordinance in 2008 that limited the opening or expansion of fast-food outlets in a 32-square-mile area south of Interstate 10 that struggles with high obesity rates and other health problems.

The law, believed to be the first effort of its kind by a major city to improve public health, did not ban new eateries in strip malls.

The research by the Rand Corp. think tank found that obesity rates in South Los Angeles continued to rise after passage of the law.

“It had no meaningful effect,” Rand senior economist Roland Sturm said. “There’s no evidence that diets have improved more in South LA. Obesity and overweight rates have not fallen.”

Health experts said a single intervention would not reverse the obesity problem. People also have to exercise and make lifestyle changes, they said.

“It’s not just about limiting unhealthy food, but increasing access to healthy food,” said Alex Ortega, a professor of public health at the University of California, Los Angeles, who had no role in the study.

Rand researchers reviewed permits issued by the Los Angeles County Department of Public Health, which inspects food outlets. There were no licenses for stand-alone fast-food restaurants, but chains opened 17 new outlets in strip



AP Photo/Damian Dovarganes

Food specials are offered at a Burger King fast food restaurant in Los Angeles Wednesday.

shopping centers and food courts in South Los Angeles from 2008 to 2012.

Almost half of the new food permits were for convenience stores that sell soda

and junk food, the study found.

Researchers also compared obesity rates in South Los Angeles and other parts of the county using surveys

that asked residents to report their weight and eating habits.

Before the fast-food ordinance, 63 percent of South Los Angeles residents reported being overweight or obese compared with 57 percent in other parts of the county. Three years after the ordinance went into effect, 75 percent of South Los Angeles residents reported being overweight or obese compared with 58 percent in other parts of the county.

Supporters said the ordinance worked because it prevented chains from opening new restaurants at major intersections with their own drive-thru windows and parking lots. They acknowledged it will take some time to see health gains but noted that the area has seen farmers markets and community gardens in recent years.

“We never said this ordinance was the silver bullet”

to solving the obesity problem, said Gwen Flynn of the Community Health Councils. “As long as we can make sure people have more options, that’s the important thing.”

City Councilman Bernard Parks, who supported the zoning law, said he was hopeful that the area can attract more markets selling fresh food.

The ordinance was opposed by the California Restaurant Association. Spokeswoman Janna Haynes said the group had no comment on the Rand study.

Standing outside a McDonald’s in the Leimert Park neighborhood on Wednesday, Edward Cox lamented the lack of sidewalk cafes.

“I want to sit down and eat, but there’s no place to sit down and eat,” said the retiree, who usually drives to another neighborhood to dine out.

Television › Today’s highlights



Tenisha Patterson tries on a dress in “Say Yes to the Dress”

Hart of Dixie

WPIX 5:00 p.m.
AnnaBeth (Kaitlyn Black) has a dream about five omens that will mark the end of BlueBell. When Crickett (Brandi Burkhardt) shares the details, she creates a town-wide panic. Zoe (Rachel Bilson) and Wade (Wilson Bethel) have different visions of marriage.

Glee

11 KFFX KPTV 8:00 p.m.
The end is nigh for the cast of New Directions, but first they travel back in time to see why the original members signed up for the glee club in the first place. Later, “Glee” flashes forward in a finale featuring guest star Geraldo Rivera.

Grimm

25 KNDU KGW 8:00 p.m.
Nick (David Giuntoli) and Hank (Russell Hornsby) learn of a disturbing Wesen trend when they investigate a murder in which the victim’s foot was cut off. Monroe (Silas Weir Mitchell) and Rosalee (Bree Turner) agree to go undercover to help.

Cristela

42 KVEW KATU 8:30 p.m.
The laughs continue in a new episode entitled “Fifteen-something.” Starring breakout comedienne Cristela Alonzo, the freshman comedy chronicles the life of a woman who dreams of becoming a lawyer. Maria Canals-Barrera as Daniela and Terri Hoyos also star.

Helix

SYFY 10:00 p.m.
At the abbey, Sister Amy (Alison Louder) attempts to make a deal for immortality in this new installment. Elsewhere, now that Kyle (Matt Long) is infected, the race is on to find the bleeding tree in the woods. Billy Campbell and Kyra Zagorsky also star.

Say Yes to the Dress

TLC 10:00 p.m.
Brides invite viewers to share the excitement of their search for the perfect wedding dress. The women try on a variety of gowns, from traditional lacy white to bombshell mermaid dresses in the hopes of finding just the right look.

Preachers’ Daughters

LIFE 10:00 p.m.
The girls rebel when they discover that they’re building a church for their mission. When Lolly bails on the mission, Pastor Tilo reaches his wit’s end. In a dramatic turn of events, Kristiana passes out on the field.

Talk shows

6:00 a.m. **42 KVEW** Good Morning Northwest
WPIX Maury
6:30 a.m. **42 KVEW** Good Morning Northwest
7:00 a.m. **19 KEPR KOIN** CBS This Morning
25 KNDU KGW Today Show Derek Hough, Laura Benanti and The Rockettes on the New York Spring Spectacular.
42 KVEW KATU Good Morning America
ESPN2 ESPN First Take
WPIX Maury
8:00 a.m. **WPIX** The Jerry Springer Show Jahari has a case of love-life strife between his girlfriend and his Instagram interest.
9:00 a.m. **25 KNDU KGW** Today Show II In the Kitchen with Al Roker.
42 KVEW Live! With Kelly and Michael
WPIX The Jerry Springer Show Crystal is bored with her husband Bruce and wants to tell him their marriage is over.
10:00 a.m. **25 KNDU KGW** Today Show III Working winter into spring outfits.
42 KVEW KATU The View
HALL Home and Family
WPIX The Bill Cunningham Show Today, couples struggling with the bedroom blues get sexy tricks and tips.
11:00 a.m. **11 KFFX** The Real
25 KNDU Steve Harvey
KATU Live! With Kelly and Michael
WPIX The Bill Cunningham Show
Noon **31 KTNW** Charlie Rose
1:30 a.m. **42 KVEW KATU** The Chew
HALL Home and Family
WPIX The Steve Wilkos Show Angela thinks James’s girlfriend is molesting her daughters and wants a lie detector test.
1:00 p.m. **59 OPB** Charlie Rose

WPIX The Steve Wilkos Show Lorenzo loves his daughter but fears she is not his. He will take a DNA test to find out.
2:00 p.m. **KOIN 42 KVEW** The Doctors
KGW The Dr. Oz Show
KATU The Meredith Vieira Show
3:00 p.m. **19 KEPR KOIN** Dr. Phil
25 KNDU The Dr. Oz Show
KGW The Ellen DeGeneres Show
42 KVEW The Rachael Ray Show
KATU Steve Harvey
4:00 p.m. **25 KNDU** The Ellen DeGeneres Show
42 KVEW The Queen Latifah Show
5:30 p.m. **HBO2** Last Week Tonight With John Oliver
8:30 p.m. **31 KTNW 59 OPB** Charlie Rose: The Week
10:00 p.m. **HBO** Real Time With Bill Maher
11:00 p.m. **31 KTNW** Charlie Rose
11:30 p.m. **TBS** Conan Conan becomes the first late-night host to do a show in Cuba in more than 50 years.
HBO Real Time With Bill Maher
11:35 p.m. **19 KEPR KOIN** The Late Show With David Letterman
25 KNDU KGW The Tonight Show Starring Jimmy Fallon
42 KVEW KATU Jimmy Kimmel Live
Midnight **31 KTNW** Maria Hinojosa: One-on-One
FNC Red Eye With Greg Gutfeld
12:30 a.m. **31 KTNW** Tavis Smiley
AMC The Talking Dead A discussion on “The Walking Dead” episode, “Spend.”
12:35 a.m. **25 KNDU KGW** Late Night With Seth Meyers
19 KEPR KOIN The Late Late Show
1:30 a.m. **31 KTNW 59 OPB** Charlie Rose: The Week
1:35 a.m. **25 KNDU KGW** Last Call With Carson Daly
2:05 a.m. **25 KNDU** Today Show

Pendleton East-Oregonian, OR: Talk Shows Mar 20, 2015

FRIDAY MORNING

STATION		6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
FOX	11 KFFX	11 AgDay	Paid	The Office	Paid	Pets.TV	Paid	Paid	Paid	Friends	Paid	The Real	
KPTV	3	Good Day Oregon		Good Day Oregon				The 700 Club		Paid	Paid	E. Stanton	Eco Co.
CBS	19 KEPR	2 News	News	CBS This Morning				NCAA Basketball Division I Tournament (L)					Basket.
KOIN	19	KOIN 6 News at 6 a.m.		CBS This Morning				NCAA Basketball Division I Tournament (L)					Basket.
NBC	25 KNDU	6 4:30 WakeUp North		Today Al Pacino, Derek Hough, Laura Benanti (N)				Today Show II (N)		Today Show III (N)		Steve Harvey	
KGW	8	KGW News at Sunrise		Today Al Pacino, Derek Hough, Laura Benanti (N)				Today Show II (N)		Today Show III (N)		Paid	Million..
ABC	42 KVEW	4 Northwest	Northwest	Good Morning America (N)				Kelly and Michael		The View		Quincy “Never a Child”	
KATU	5	5:00 KATU News		Good Morning America (N)				AM Northwest		The View		Kelly and Michael	
PBS	31 KTNW	Stretch	W.L.Yoga	Cat/ Hat	Thomas	D.Tiger	SuperWI	Peg + Cat	Peg + Cat	Sesame Street		DinoTrain	Sit and Fit
59 OPB	13	Stretch	Wild Kratts	C.George	C.George	D.Tiger	D.Tiger	Sesame Street		DinoTrain	DinoTrain	Peg + Cat	SuperWI

AFTERNOON

STATION		12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
FOX	11 KFFX	11 Pat. Court	Pat. Court	Divorce	Divorce	Judge Mathis		The People’s Court		Fam. Feud	Fam. Feud	M&M	M&M
KPTV	3	Teen News	Y. Icons	Am Athlete	Missing	TMZ Live!		Judge Judy	Judge Judy	Judge Judy	Judge Judy	5 O’Clock News	
19 KEPR	2	11:30 NCAA Basketb.	Division I Tournament (L)			The Price Is Right		Dr. Phil		NCAA Basketball Division I Tournament (L)			
KOIN	19	11:30 NCAA Basketb.	Division I Tournament (L)			The Doctors		Dr. Phil		NCAA Basketball Division I Tournament (L)			
25 KNDU	6	Hot Bench	Paid	Days of Our Lives		TMZ	Minute	The Dr. Oz Show		Ellen DeGeneres		News	NBC News
KGW	8	KGW New	Paid	Days of Our Lives		The Dr. Oz Show		Ellen DeGeneres		KGW News		KGW News	NBC News
42 KVEW	4	The Chew		General Hospital		The Doctors		The Rachael Ray Show		Queen Latifah		News	News
KATU	5	The Chew		General Hospital		Meredith Vieira		Steve Harvey		KATU News @ 4		KATU	News
31 KTNW		Charlie Rose		Painting	Quilt Arts	Garden	Ming	C.George	C.George	Arthur	Odd Squad	Wild Kratts	Business
59 OPB	13	Paint This	Chef’s Life	Charlie Rose		Thomas	Sesame St.	Cat/ Hat	Arthur	Speaks	WordGirl	Odd Squad	Wild Kratts

EVENING

STATION		6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
FOX	11 KFFX	11 Modern Family “Princess Party”	Modern Family “Truth Be Told”	Two 1/2... “Smell the Umbrella Stand”	Two and a Half Men	Glee Go back in time to see why the original members of New Directions signed up.		Glee “Glee” flashes forward to see how the character’s lives have progressed down the road. (F)		FOX News First at Ten	:35 Hot In “Two Girls and a Rhino”	:05 Hot in Cleveland	:35 Anger Management
KPTV	3	6 O’Clock News	Timbers in 30	Family Feud	Family Feud	Glee “2009” (N)		Glee “Dreams Come True” (F) (N)		10 O’Clock News		11 O’Clock News	Everybody Loves Ray
CBS	19 KEPR	2 4:00 NCAA Basketball	NCAA Basketball Division I Tournament Second Round (L)					The Big Bang Theory	Inside Edition	Paid Program	The Simpsons “Simpsons Safari”	Action News at 11:00 p.m.	:35 The Late Show With David Letterman
KOIN	19	4:00 NCAA Basketball	NCAA Basketball Division I Tournament Second Round (L)					KOIN 6 News at 9 p.m.	Ent. Tonight		Extra	KOIN 6 News/ 11	:35 David Letterman
NBC	25 KNDU	6 Local News	..Be a Millionaire?	Wheel of Fortune	Jeopardy!	Grimm “Bad Luck” A secret ritual to bring good luck targets a Wesen group. (N)		Dateline NBC Featuring quality investigative features, breaking news coverage and newsmaker profiles.				Local News	:35 The Tonight Show
KGW	8	KGW News at 6:00 p.m.		Live at Seven	Inside Edition	Grimm “Bad Luck” (N)		Dateline Featuring quality investigative features, breaking news coverage and newsmaker profiles.				KGW News	:35 Tonight
ABC	42 KVEW	4 The Middle “Vacation Days”	Local News at 6:30	Entertainment Tonight	The Insider	Last Man “Summer Internship” (N)	Cristela “Fifteen-Something” (N)	Shark Tank A 14-year-old entrepreneur gives pet owners a way to videochat with their animals.		20/20 A combination of interviews, feature stories and hard-hitting investigative reports.		Local News at 11 / :05 Extra	:35 Jimmy Kimmel Live
KATU	5	KATU News at 6		Jeopardy!	Wheel of Fortune	Last Man St (N)	Cristela (N)	Shark Tank (N)		20/20		KATU News	:35 Jimmy Kimmel
PBS	31 KTNW		PBS NewsHour	BBC World News	McLaughlin Group	Washington Week (N)	Charlie Rose (N)	Masters “Judy Garland: By Myself” The life story of this starlet is told using footage from the MGM library.				Charlie Rose (N)	
59 OPB	13	Wild Photo (N)	Business (N)	PBS NewsHour		Washington Week (N)	Charlie Rose (N)	Masterpiece Mystery! “The Escape Artist” Pt. 1 of 2 cont’d March 27		Scott and Bailey		:35 On Story	

STATION	PEN	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
A&E	52	The Returned “Simon”	Criminal Minds “Omnivore”			Criminal Minds “House on Fire”		Criminal Minds “Conflicted”		Bates Motel “The Arcanum Club”		The Returned “Simon”	
AMC	60	4:30 ♣ Gladiator A general becomes a gladiator when the Emperor dies & his son usurps the throne.				♣ ★★ The Departed State Police and the Irish Mafia, two men go undercover to get evidence.		♣ ★★ Matt Damon, Leonardo DiCaprio. Working for the				Dead “Spend”	
ANPL	24	To Be Announced	To Be Announced			To Be Announced		To Be Announced		Pools “Growing Pains”		To Be Announced	
CMT	43	5:00 ♣ ★★ The Princess Diaries				Cops	Cops	Cops	Cops	Cops	Cops	Raising	Raising
CNBC	72	American Greed: Scam	American Greed: Scam			American Greed: Scam		Greed “Cybercrime”		American Greed: Scam		Paid	Paid
CNN	68	The Wonder List	Finding Jesus “Judas”			Crimes of the Century		Crimes of the Century		Crimes “Unabomber”		Crimes of the Century	
DISC	51	Bering Sea Gold	Bering Sea Gold			Bering Sea Gold		Dredged Up (N)		Bering Sea Gold (N)		Bering Sea: Dredged	
DISN	26	5:15 ♣ Teen Beach...	Girl	Girl		Girl	Girl	Girl	Girl	StarWars	StarWars	I Didn’t	Austin
ESPN	33	5:00 NCAA Wrestling Semifinal Site: Scottrade Center (L)				SportsCenter		SportsCenter		SportsCenter		SportsCenter	
ESPN2	34	430 Basket.	Fitness	Fitness		WTA Tennis BNP Paribas Open (L)				College Gameday (L)		NBA	30 for 30
FAM	32	Boy-World	Boy-World	♣ ★★ The Flintstones		John Goodman.		♣ ★★ Matilda (’96)		Fam. Mara Wilson.		The 700 Club	
FNC	66	The Kelly File	Hannity	The O’Reilly Factor				The Kelly File		Hannity		On the Record	
FOOD	61	Diners, Dr.	Diners, Dr.	Diners, Dr.	Diners, Dr.	Diners, Dr.	Diners, Dr.	Diners, Dr.	Diners, Dr.	Diners, Dr.	Diners, Dr.	Diners, Dr.	Diners, Dr.
FX	65	♣ Glee: The Concert Movie	Cory Monteith.			♣ ★★ Men in Black 3 (’12, Act) Tommy Lee Jones, Will Smith.						♣ Men in Black 3	
GOLF	88	5:00 CHAMPS Golf	Golf Cent.	PGA Golf	Arnold Palmer Invitational	Round 2 Site: Bay Hill Golf Club and Lodge -- Orlando, Fla.						Golf Cent.	
GSN	76	Newlywed	Newlywed	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Baggage	Baggage	Baggage	Baggage
HALL	87	Waltons “The Song”	Waltons “The Woman”			Waltons “The Venture”		Middle	Middle	Middle	Middle	G. Girls	G. Girls
HGTV	62	Free Vacation House	Love It or List It, Too			Love It or List It, Too		Love It/ List It (N)		H.Hunt	House	H.Hunt	House
HIST	50	American Pickers “Motor City”		American Pickers “Train Wreck”		Gangland Undercover “Going Under”		Gangland Undercover “A Tough Prospect”		Gangland Undercover “Patched In”		:05 Gangland Under.	“Dangerous Game”
LIFE	29	Bring It!		Bring It!		Bring It!		Bring It! (N)		Preacher (N)		Bring It!	
NICK	27	Sam & Cat	Thunder	♣ Swindle (’13, Adv) Noah Crawford.				Full House	Full House	Fresh P.	Fresh P.	Friends	:35 Friends
ROOT	37	Destinat- ion Polaris	Snow Motion (N)	WHL Hockey Everett Silvertips vs. Victoria Royals (L)				Boxing Golden Boy Eric Hunter vs. Rene Alvarado -- Philadelphia, Pa.				WHL Hockey	
SPIKE	42	Cops	Cops	Cops “Evidence”	Cops	Cops	Cops “On the Run”	Cops	Cops	Cops	Cops	Greatest Knockouts	Cops
SYFY	67	5:00 ♣ Battle of the ...		♣ ★★ Max Payne (’08, Act) Mark Wahlberg.				12 Monkeys (N)		Helix “Mother” (N)		12 Monkeys	
TBS	59	:15 NCAA Basketball Division I Tournament Second Round (L)						Family Guy	Family Guy	Seinfeld	Seinfeld	Seinfeld	Conan

PREMIUM	TCM	56	5:00 ♣ ★★ Darling Lili ('70, Spy) Rock Hudson, Julie Andrews.				♣ ★★ Star! ('68, Bio) Julie Andrews. Gertrude Lawrence rose from humble beginnings to become a successful Broadway performer.				♣ ★★ Thoroughly Modern Millie ('67, Mus) Julie Andrews.			
	TLC	49	Love, Lust	Love, Lust	Love, Lust	Love, Lust	19 Kids and Counting	LoveLust	Style (N)	Say Yes (N)	Say Yes (N)	Love, Lust	Style	
	TNT	57	4:15 Basket,:45 NCAA Basketball				Supernatural				Grimm "Endangered"		Grimm	
	UNI	21	P. Luche	Noticiero	La sombra del pasado		Mi corazón es Tuyo		Hasta el fin del mundo		Que te perdone Dios		Impacto	Noticie.
	USA	58	CSI: Crime "Uninvited"		Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	
	WE	118	Sex Box		Sex Box (N)		Sex Box	Sex Box	Sex Box	Marriage Boot Camp		Sex Box		
	WGN		Mother	Mother	Mother	Mother	Rules	Rules	Rules	Rules	Parks/Rec	Parks/Rec	Raising	Raising
	ENC	644	:20 ♣ ★★ Pretty in Pink Molly Ringwald.				♣ ★★ Goldeneye ('95, Act) Pierce Brosnan.				:15 ♣ ★★ Marked for Death		Movie	
	HBO	518	5:30 ♣ ★★ Batman Begins Christian Bale.				♣ ★★ 300: Rise of an Empire				Bill Maher (N)		Vice (N)	Bill Maher
	HBO2	520	♣ ★★ Man of Steel ('13, Act) Amy Adams, Henry Cavill.				Fight	♣ ★★ Tammy Melissa McCarthy.		:45 1stLook		♣ Edge of Tomorrow		
HBO3	521	5:45 ♣ ★★ Bring It On				:25 ♣ ★ Getaway Ethan Hawke.		Girls	Looking	♣ Endless Love Alex Pettyfer.		Movie		
MAX	549	:15 ♣ ★★ Ender's Game Asa Butterfield.				:15 ♣ ★★ Dawn of the Dead Sarah Polley.				♣ ★★ That Awkward Moment		Movie		
SHOW	578	Movie	:25 ♣ The Cold Light of Day				Shameless		The Affair		♣ Inside Lewwyn Davis		Movie	
STARZ	621	Movie	:40 ♣ ★★ The Holiday ('06, Rom) Cameron Diaz.				♣ ★★ Sex Tape Cameron Diaz.				:40 Black Sails		Movie	