

## Trying to Lose Weight? Drexel Researchers Review the Best Way Cities Can Help

**Date:**

Wednesday, Mar 25, 2015

A new review of the latest research from PolicyLab's [Stephanie Mayne](#), also a Drexel University PhD candidate, suggests food bans and transportation upgrades are the most successful. Stephanie reviewed 37 studies of so-called "natural experiments" to figure out the most effective public health strategies.

**Source:**

[Newsworks](#)

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