An Integrated Clinic-Community Partnership for Child Obesity Treatment: A Randomized Pilot Trial

This study aims “to describe the implementation of an integrated clinic-community partnership for child obesity treatment and [...] to evaluate the effectiveness of integrated treatment on child BMI and health outcomes” in a lower-income area. Enrolled children were between 5 and 11 years of age, over the 95\textsuperscript{th} percentile for BMI, and referred to clinic by their paediatrician. Participants were randomised to two groups:

1) Usual care: “patients with obesity and their families [met] monthly with a multidisciplinary team (medical, nutrition, physical therapy, and mental health) to set and monitor lifestyle behavioural goals and manage health conditions.”

2) Intervention: In addition to usual care, parents received information about physical fitness, peer support, and cooking programs offered at a community recreation centre through daily texts.

Researchers “observed no significant changes” in BMI “between intervention and control participants at 3 or 6 months” after the intervention, but the intervention group improved their quality of life. This may also result in long-term weight loss. Other interesting findings included the increased consumption of sugar-sweetened beverages among the intervention group and very few participants meeting the recommended 26 hours of total treatment. However, this study had a short follow-up period and had a high dropout rate. Furthermore, while initially excluding exclusively Spanish-speaking participants, the study design was altered later to recruit participants from this population.