

Community-based interventions to reduce overweight and obesity in China: a systematic review of the Chinese and English literature

While being a global issue, the growing overweight and obesity epidemic is severely affecting China. Globally, one in eight people with overweight and one in sixteen people with obesity are Chinese. The rise in overweight and obesity in the country started in the late 1980s, mainly due to an increase in energy intake and a decrease in levels of physical activity. This systematic review describes existing literature in Chinese journals and identifies effective components from interventions with anthropometric measures as outcomes.

Overall, twenty studies were included, six of which were interventions for adults implemented in the community. Results show that multi-component interventions focusing on childhood obesity may be effective. Additionally, it highlighted physical activity, dietary interventions and health education as the effective components. However, the current evidence does not allow to draw conclusions on the effectiveness of community-based interventions among obese adults.

Reference: Gao Y, Griffiths S, Chan EYY. Community-based interventions to reduce overweight and obesity in China: a systematic review of the Chinese and English literature. *J Public Health (Bangkok)*. 2008;30(4):436-448. [doi:10.1093/pubmed/fdm057](https://doi.org/10.1093/pubmed/fdm057)