Community-based pilot intervention to tackle childhood obesity: a whole system approach

England has one of the highest rates of childhood obesity in Western Europe: one in five children has overweight or obesity when they start school in reception year and one in three by year 6. It is important to adopt a whole population approach. Increasingly, community-based initiatives are regarded as promising interventions to make a substantial contribution to the promotion of healthy lifestyles and obesity prevention. The aim of this paper is to describe the methodology and the practical steps in the development of the Go-Golborne programme.

‘Go-Golborne’ was developed as a pilot intervention in the Golborne ward of the Royal Borough of Kensington and Chelsea in London between 2014 and 2018. Go-Golborne is “a system-wide multistrategy approach targeting children aged 0-16 years and their families, that aims to increase community capacity, promote healthy eating and physical activity, facilitate the reduction of the ‘obesogenic’ environment and ultimately prevent the development of unhealthy weight in children.”