Diet, physical activity and behavioural interventions for the treatment of overweight or obese adolescents aged 12 to 17 years

Globally, the prevalence of childhood overweight and obesity has been increasing and is considered to be a public health crisis. Given the medical and psychosocial consequences of childhood obesity, effective treatment is imperative. Currently, behaviour change interventions combining dietary, physical activity and behavioural components are considered best practice in the treatment of obesity for adolescents under 18 year of age. The objective of this systematic review was “to assess the effects of diet, physical activity and behavioural interventions for the treatment of overweight or obese adolescents aged 12 to 17 years.”

The systematic review includes 44 trials comparing a diet, physical activity, behavioural intervention or a combination of these with usual care. Overall, the results of the systematic review show that “behaviour changing interventions were more successful than the comparators in reducing body mass index, body mass index z-score and weight in overweight and or obese adolescents.” However, the evidence remains low-to-moderate quality.