Effectiveness of educational and lifestyle interventions to prevent paediatric obesity: systematic review and meta-analyses of randomized and non-randomized controlled trials

Increasingly, attention is being paid to the social stigmatization associated with overweight and obesity. Furthermore, childhood obesity is a difficult trend to reverse given to the current poor adherence to lifestyle interventions. The present study had three main aims: (i) to update the results of a previous meta-analysis, (ii) to confirm and define the effectiveness of specific interventions stratifying by patient age, and intervention setting and duration, and (iii) to conduct subgroup analyses to explore the effects of specific interventions in each age group.

A total of 72 studies were included. Out of the different interventions studied, the combination of diet and physical activity yielded the most positive results. Furthermore, greater success was observed when targeting school-age children and combine the involvement of the school and the family environment.