

## Global School-Based Childhood Obesity Interventions: A Review

In addition to the having significant health consequences, obesity also has social and economic repercussions. Estimates show that childhood obesity is predicted to increase from 6.7% to 9.1% by 2020. Given that obesity is shaped by a number of determinants, childhood prevention interventions should aim to target modifiable determinants of obesity. However, the setting in which the intervention takes place is also key. Schools have been identified as the ideal setting due to their ability to reach a majority of youth. The purpose of this review was to compare and contrast U.S. and international school-based obesity prevention interventions and highlight the most efficient strategies to help develop future interventions.

The majority of included interventions took place at the elementary school level with plenty of opportunities to promote physical activity and nutrition education. Furthermore, the systematic review highlighted that a critical component to ensure the success of interventions is to tailor it to the targeted audience. Interventions that both promoted physical activity and nutrition behaviours appear to increase the effectiveness of school-based childhood obesity prevention programmes. Overall, the study findings were very promising, with 70% of the interventions reporting a decrease in BMI and/or overweight or obesity.

Reference: Ickes M, McMullen J, Haider T, Sharma M. Global School-Based Childhood Obesity Interventions: A Review. *Int J Environ Res Public Health*. 2014;11(9):8940-8961. doi:[10.3390/ijerph110908940](https://doi.org/10.3390/ijerph110908940)