Interventions to prevent global childhood overweight and obesity: a systematic review

The global prevalence of childhood obesity has increased by 47% over the past couple of decades. This trend is observed in both developed and developing countries. The aim of this systematic review was to synthesise the existing global evidence on childhood overweight and obesity prevention strategies in school, preschool, community and home settings.

Of the 556 included study, school-based interventions with physical activity, diet components and a home element combined appeared to be the most effective. While the school is identified as a convenient intervention point given its capacity to reach a number of children and how much time they spend there, approaches that target multiple settings simultaneously might be more beneficial.