Obesity Prevention: A Systematic Review of Setting-Based Interventions from Nordic Countries and the Netherlands

Increasingly, attention is brought to implementing multi-level interventions targeting multiple determinant levels. The aim of this review was therefore to identify, synthesise and evaluate the quality of interventions aimed at preventing obesity in different settings from Nordic countries and the Netherlands.

Overall, the interventions targeted all age groups of people living in either the Netherlands or Nordic countries (Denmark, Finland, Iceland, Norway and Sweden). Interventions settings included the community, schools and worksites and all had at least one environmental component. The majority of the school-based interventions included were multi-component interventions interested in diet, physical activity and other risk factors. Most of the school-based interventions included in this study showed no effect for body mass index. However, authors were unable to identify whether this lack of association was due to the heterogeneity of the study designs or the poor study quality.