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 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. All of the whole-of-community interventions included in this review often targeted other risk factors for type 2 diabetes and cardiovascular diseases beyond body mass index. Unfortunately, the review was unable to demonstrate associations with body mass index outcomes in this setting. 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.