Strategies for the prevention and control of obesity in school setting: systematic review and meta-analysis

In addition to increase health challenges, obese children are also at increased risk of social discrimination. Given the amount of time children spend at school, they have been highlighted as an ideal intervention setting. The objective of this study was to determine the effectiveness of school-based strategies for obesity prevention and control using methods of systematic reviews and meta-analysis.

A total of 64 studies were included in this review. Out of the different study interventions, nutrition and physical activity as well as parental or family involvement of nutrition and physical activity interventions showed significant results in reduction in body weight and induced weight reduction. This study reveals something key: the demonstration of weight loss among overweight children may be easier to achieve that the prevention of weight gain.