Strengthening the rigour of population-wide community-based obesity prevention evaluations

Overweight and obesity increases the risk of chronic diseases and accounts for over 2 million deaths each year and more than 30 million disability-adjusted life years. Increasingly, international organisations, professional associations, academic experts and the community are calling for governments to take action to mitigate the adverse impacts of obesity. For that reason, community-based prevention programmes that attempt to address multiple determinants of obesity through multi-component population-wide strategies are often recommended. The aim of this review is to review the methodological literature regarding evaluation methods recommended specifically for community-based interventions.

Through a systematic method, the review identified previous community-based interventions. A total of eleven articles were included, describing ten eligible community-based obesity prevention initiatives. Overall, the findings highlight the opportunity for greater cross-disciplinary learning from the evaluation experiences of past community-based chronic disease risk factor interventions and scope to improve the rigour of community-based obesity prevention interventions.