Towards an integrated community approach of overweight prevention: the experiences of practitioners and policymakers

By 2030, the USA and the UK alone are predicted to have 76 million more obese adults, which would lead to 8.5 million additional cases of diabetes, 7.3 million cases of heart disease and stroke and about half a million cases of cancer. Increasingly, population-based whole of community approach are being recognised to reduce the prevalence of obesity. The aim of this review was to systematically assess the current state of knowledge about the effectiveness of population-based whole of community interventions in preventing excessive population weight gain.

Included interventions included any population-based, whole of community interventions which primarily sought to prevent population weight gain, targeted more than one determinant of population weight gain and included community consultation or engagement processes to inform intervention development or delivery were eligible. While the review did not identify any eligible intervention which sought to prevent excessive weight gain among adults, it did demonstrate that community-based approaches can be effective in reducing population weight gain among children.