Increasingly, research is showing that childhood overweight and obesity persists into adolescence and adulthood. However, positive health behaviours developed early on in life can be tracked into adolescence and adulthood, emphasising the urgency to push for early interventions. This systematic review attempted to address the following question: in children age 0-6 years of age who are overweight or obese, what behavioural or clinical interventions have been shown to be effective in reducing adiposity using a clinical trial design?

A total of seven papers representing six studies were included in this systematic review. While there was a wide range of content and intensity of the interventions across the different studies, the review suggests that “the more intensive, multi-disciplinary studies demonstrated significant reductions in adiposity measures compared to usual care, child negative results were seen in two large studies done using systems-based interventions along with motivational interviewing.”