Treatment of Childhood Obesity: A Systematic Review

Over the past decades, there has been a substantial increase in the prevalence of childhood obesity. “The purpose of this quantitative systematic review is to provide an update of the evidence, illustrating the efficacy of childhood obesity treatment, considering whether treatment fidelity has been measured and/or reported and whether this related to the treatment effect size.”

Overall, the review re-emphasizes the need to promote family-based treatment interventions and push for a holistic approach including physical activity, diet and psychological components. Furthermore, it calls to tailor treatments to the specific target population.