What childhood obesity prevention programmes work? A systematic review and meta-analysis

It is impossible to point to a single factor as to explain the rise in the prevalence of obesity. Obesity is the result of biological, behavioural, social, environmental and economic factors and the interactions between all of them. This systematic review aimed to evaluate the effectiveness of all childhood obesity prevention programmes implemented in different settings or designs conducted in high-income countries.

Among the included studies, ten were community-based interventions. 50% of them reported significant and favourable effects on adiposity-related outcomes. Additionally, the strongest evidence was found from the studies that took place in communities with school involvement. Consequently, the overall results of the review show that multi-setting interventions have more significant and beneficial results compared to single-setting interventions.