



Childhood Obesity Prevention in Africa: A Systematic Review of Intervention Effectiveness and Implementation

Rates of overweight and obesity among African children have grown by half in a fifteen-year period. Interventions to prevent and treat obesity are urgently needed. However, African countries are rarely included in meta-analyses of school-based obesity programs. As cultural context is vital to implementing successful interventions, this systematic review intends to “characterise and summarise available evidence from school-based interventions that focused on improving nutrition and physical activity knowledge, attitude, and behaviours, and weight status of learners aged 6–15 years in the African context.”

After removing studies that did not fit the selection criteria, the scientists were left with ten papers to review. They were “unable to make definite statements about the overall effectiveness and quality of evidence due to the limited number and heterogeneous outcomes across studies.” The researchers also noted most were not based on theory and “of low methodological quality.” More research using better methodology is needed.

Reference: Klingberg S, Draper CE, Micklesfield LK, Benjamin-Neelon SE, van Sluijs EMF. Childhood Obesity Prevention in Africa: A Systematic Review of Intervention Effectiveness and Implementation. *Int J Environ Res Public Health*. 2019;16(7):1212. Published 2019 Apr 4. doi:10.3390/ijerph16071212