

# PREVENTION OF OVERWEIGHT AND OBESITY IN ADOLESCENTS AGED 10-19 YEARS

RESEARCH SUMMARY



**A review of the research evidence summarising effective interventions targeting overweight and obesity among adolescents showed little or no effect on body mass index or physical activity levels of adolescents**, while results from a few reviews suggest possibly beneficial effects of public health interventions on dietary behaviours (i.e. consumption of sugar-sweetened beverages).

There is limited evidence of interventions directed towards the wider community. The review revealed that there is limited evidence of differential effects of interventions on adolescents from different socio-economic groups.

**The review concludes that the evidence-base for the effectiveness of interventions to prevent overweight and obesity in adolescents is weak.**

Also, besides, the body of evidence is incomplete, since most included interventions targeted the individual and were set in schools, while structural and environmental interventions applied in the wider society were lacking.

1. **Effective and coordinated policy responses** targeting inequalities both in overweight and obesity as well as in the social determinants of health.
2. **A new understanding of the associations** between overweight and obesity prevalence among adolescents and the impact of national policies.
3. **High-quality evaluations of the effectiveness** of structural and environmental interventions targeting overweight and obesity among adolescents.
4. **Studies on differential effects of interventions** targeting overweight and obesity among adolescents from different socio-economic groups.

For further results from the CO-CREATE project and the review of available research evidence, **visit [www.co-create.eu](http://www.co-create.eu)**.

