



Childhood Obesity: A review of  
literature to support development  
of a community intervention

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# Childhood Obesity

- \* More than 16% of children are overweight or obese
- \* 4 fold increase in the last 30 years
- \* Increased risk of type II DM, CVD, hyperlipidemia, arthritis

# C.H.I.P.

- \* Community Garden Development
- \* “Am I Hungry?”
- \* Health Challenges
- \* Recreational Trail Development
- \* PATCH Grant, BMI surveillance study
- \* Healthy Smiles
- \* Brain Development (Ellsbury-Read) Project

# What's Next?

- \* Community Intervention
- \* Who do we target?
- \* How?
- \* What interventions work?
- \* Where?

# Community Project

- \* Literature search of Medline (Ovid)
- \* Search terms: child obesity “and” interventions
- \* 218 articles, narrowed to 51, 9 reviewed
  - Exclusion criteria: comments, reviews, interventions targeting adolescents, school based and food service interventions

# Findings

- \* Younger children have more success than older children (4,5)
- \* Interventions aimed at parents are more cost effective and as effective as family based interventions (3)
- \* Ripple effect of parental interventions onto children (1,4,6)

# Findings

- \* Decreasing sedentary activity and unhealthy eating habits more effective <sup>(4)</sup>
- \* Children from homes with maternal depression, maternal avoidant disorder, and obese siblings have higher failure rates <sup>(5)</sup>
- \* Focus Groups



# Ideal Intervention

- \* Focus on pregnant women, and first time parents of children less than 12 mos
- \* Anticipatory Guidance
- \* Community Health Worker Home Visits
- \* Community Parenting Classes



# Future Directions

- \* Community Resource Assessment
- \* Anticipatory Guidance Materials
- \* Parent Focus Groups
- \* Parent Surveys at WCC

# Works Cited

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