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 (4)
- Children from homes with maternal depression, maternal avoidant disorder, and obese siblings have higher failure rates (5)
- 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


