Obesity: School-Based Programs (2003 Archived Review)

Table of Contents

Review Summary .................................................................................................................................................. 2
Intervention Definition ....................................................................................................................................... 2
Summary of Task Force Finding ....................................................................................................................... 2
About the Systematic Review ............................................................................................................................ 2
Summary of Results ........................................................................................................................................... 2
Summary of Economic Evidence ...................................................................................................................... 2
Applicability ...................................................................................................................................................... 2
Considerations for Implementation .................................................................................................................... 2
Publications ....................................................................................................................................................... 2
Task Force Finding ............................................................................................................................................ 4
Intervention Definition ..................................................................................................................................... 4
Task Force Finding ............................................................................................................................................ 4
Publications ....................................................................................................................................................... 4
Supporting Materials ......................................................................................................................................... 5
Included Studies ................................................................................................................................................ 5
Search Strategies .............................................................................................................................................. 5
Disclaimer ......................................................................................................................................................... 6
**Review Summary**

**Intervention Definition**
These interventions are conducted in the classroom and may seek to increase physical activity and/or improve nutrition, both in school and at home. Classroom and physical education teachers may receive special training to carry out the programs.

**Summary of Task Force Finding**
The Community Preventive Services Task Force finds insufficient evidence to determine the effectiveness of school-based programs to prevent or reduce overweight and obesity among children and adolescents because interventions varied and reported outcomes that were not comparable.

**About the Systematic Review**
The Task Force finding is based on evidence from a systematic review of 10 studies (search period 1966 - 2001). The systematic review was conducted on behalf of the Task Force by a team of specialists in systematic review methods, and in research, practice, and policy related to obesity prevention and control.

**Summary of Results**
While nine studies among children and one among adolescents qualified for the review, they did not identify comparable outcomes.

- The studies showed some positive effects on outcomes related to weight status, but changes were small and the measures used were varied.

**Summary of Economic Evidence**
An economic review of this intervention was not conducted because the Task Force did not have enough information to determine if the intervention works.

**Applicability**
Applicability of this intervention across different settings and populations was not assessed because the Task Force did not have enough information to determine if the intervention works.

**Considerations for Implementation**
Despite the finding of insufficient evidence, the following are considerations for implementation drawn from studies included in the evidence review, the broader literature, and expert opinion.

- When planning future interventions aimed at weight control outcomes, considering interventions that produced modest but positive changes in weight-related measures might be useful. These interventions include the following:
  - Nutrition and physical activity components
  - Additional time for physical activity during the school day, including noncompetitive sports (e.g., dance)
  - Fewer sedentary activities, especially television viewing

**Publications**
Centers for Disease Control and Prevention, Public health strategies for preventing and controlling overweight and
Task Force Finding

Intervention Definition
These interventions are conducted in the classroom and may seek to increase physical activity and/or improve nutrition, both in school and at home. Classroom and physical education teachers may receive special training to carry out the programs.

Task Force Finding (October 2003)
The Community Preventive Services Task Force finds insufficient evidence to determine the effectiveness of school-based programs to prevent or reduce overweight and obesity among children and adolescents because interventions varied and reported outcomes that were not comparable.

Publications
Supporting Materials

Included Studies
The number of studies and publications do not always correspond (e.g., a publication may include several studies or one study may be explained in several publications).


Search Strategies
To be considered for inclusion in the reviews of effectiveness, studies had to include multiple characteristics.

- Description of a primary intervention with participants recruited or enrolled from the school (including preschool) or worksite setting.
- Interventions related to diet, physical activity, or combinations thereof, with sufficient detail to meet Community Guide standards.
• Common weight-related measures as outcomes (e.g., BMI, body weight, and anthropometric measures).
• Control measurement between or within groups (either with baseline and follow-up [before and after] measurements or by using control groups).
• Subjects followed for at least 6 months from the beginning of the intervention to assess weight loss maintenance.

To identify additional studies, manual searches were performed of reference lists from identified reports, extant systematic reviews (certain reviews available through the Cochrane Library), review reports, and reports written by researchers in the field.

Disclaimer
The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

Document last updated February 13, 2017