# Childhood obesity: getting evidence into practice

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# Access Relevant Evidence

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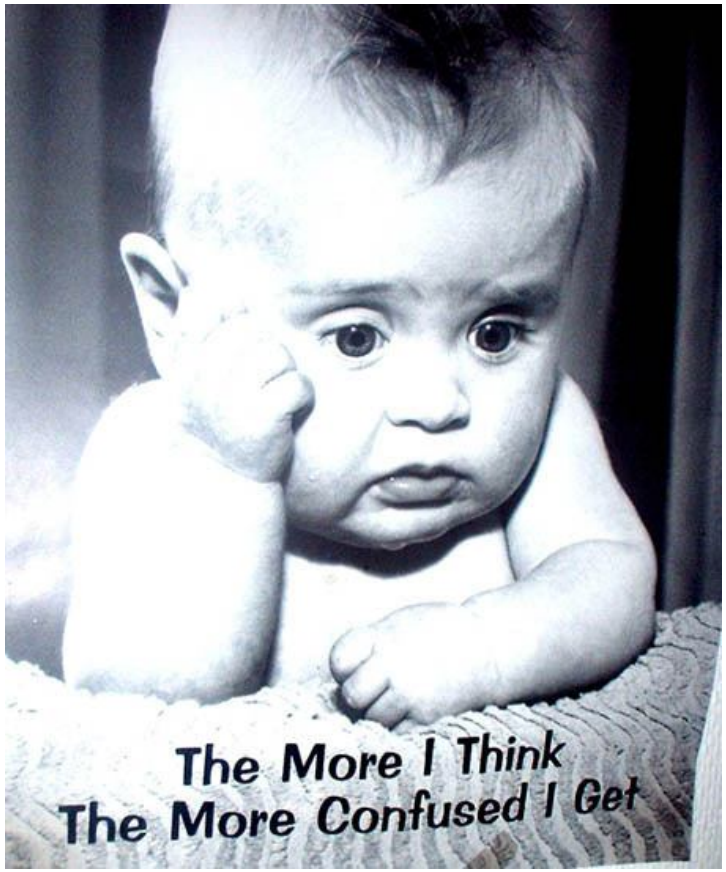
**INFORMATION OVERLOAD!!**




- **National Obesity Observatory**
- **NICE**

  Clinical guideline 43 – Obesity (2006)
- **Department of Health** –

  Healthy weight, healthy lives: a toolkit for developing local strategies
- **Obesity Learning Centre**
- **National Obesity Forum**

# Consider Evidence on Children's Views First

- Children's Views
  (Rees et al., 2009)
- Gain consent
- Suitable Venue
- Parents
- Confidentiality

# Raising the issue

- What if you're overweight yourself!!
- TOOL E6 Raising the issue of weight – Perceptions (Healthy Weight, Healthy Lives. DH, 2008)

# INTERVENTIONS

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## NO QUICK FIXES

## EVIDENCE-BASED

- The complexity of childhood obesity requires **multi-component interventions**
- Include:

  behaviour change strategies

  ↑physical activity ↓inactivity

  improve diet / ↓energy intake
- Parental/family involvement should be actively facilitated

# Evaluation

- Current evidence base weak
- Evaluate your intervention
- Standard Evaluation Framework for weight management interventions available from National Obesity Observatory

# References for Resources

DH (2008) *Healthy weight, healthy lives: a toolkit for developing local strategies*. London: DH. Available at:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_088968

National Institute of Clinical Excellence (NICE) (2006) *NICE clinical guideline 43 – Obesity: guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children*. London: NICE. Available at:

http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11000

# References for Resources

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- **Standard Evaluation Framework for weight management interventions**

  Available at the National Obesity Observatory:

  http://www.noo.org.uk/evaluation_portal/SEF

- Rees, R., Oliver, K., Woodman, J. & Thomas, J. (2009) *Children's views about obesity, body size, shape and weight .A systematic review.* London: EPPI-Centre, Social Science Research Unit, Institute of Education, University of London. Available at:
- http://eppi.ioe.ac.uk/cms/LinkClick.aspx?fileticket=EKBQaBQeVgs%3d&tabid=2463&mid=4608&language=en-US

# WEBSITES

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- Department of Health - http://www.dh.gov.uk
- National Institute for Health and Clinical Excellence http://www.nice.org.uk/
- National Obesity Forum - http://www.nationalobesityforum.org.uk/
- National Obesity Observatory - http://www.noo.org.uk/
- Obesity Learning Centre http://www.obesitylearningcentre-nhf.org.uk/
- SIGN (2010) Scottish Guidelines for Management of Obesity http://www.sign.ac.uk/guidelines/fulltext/115/index.html