

What are the effectiveness and cost effectiveness of healthy living programmes for preventing overweight or obesity in children and young people?

Ratifying recommendations and rationale

Shreya Shukla

NICE National Institute for
Health and Care Excellence



Overview



Recap of evidence

Reviewing draft recommendations

Reviewing rationale

EIA considerations

2-4 year olds

2-4-year review- Closing remarks

- Interventions in childcare settings which aim to improve diet and physical activity behaviours appear to be effective for zBMI in the medium and long term (6 studies each; Low/moderate confidence), but not in the short-term (7 studies). Sensitivity analysis did not change this overall result.
- Interventions in childcare settings which aim to improve physical activity behaviours appear to be ineffective for zBMI in the short (3 studies) and medium term (2 studies) (moderate confidence). Sensitivity analysis did not change this overall result.
- An intervention in a childcare setting which aimed to improve diet behaviours appears to be ineffective for zBMI in the medium term (Low/moderate confidence).

2-4-year review- Rationale

Outcomes that matter the most

- BMI z-score but there are other outcomes that should be explored in the future evidence (to be discussed in other sections)

Quality of the evidence

- Majority of the evidence was of moderate to low confidence
- Majority of the studies were from USA **QUESTION: Would you say the evidence is applicable to UK setting?**
- While we do see some significant results, what we should be more interested in long term data which focuses on change in overweight and obesity prevalence. **BMI SD is not applicable. Research recommendation to address this.**

Benefits and harms

- Preventing overweight and obesity is important, and it is important to start early. But it's important that teams evaluate the effectiveness of interventions before implementing.
- A number of studies were in Head start centres. **QUESTION: Can we say these interventions can help target families of different socioeconomic background?**
- **BUT** we need more information on other aspects of health and wellbeing especially mental health and eating disorders.

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2-4-year review- Rationale

Cost effectiveness and resource use

- Evidence is lacking. Why we need further research

Other factors the committee took into consideration

- **QUESTION:** What does obesity prevention in this age group look like in practice?
- Wider determinants of health are important, and we need to identify how these should be addressed through these interventions.

2-4-year review- Rationale

Other factors the committee took into consideration

Age

Disability

- CYP with a learning disability
- CYP with a physical disability
- CYP with severe mental health problems

Race

- CYP from black, Asian and other minority ethnic groups

Religion or belief

Sex

Sexual orientation

Socio-economic factors

- Areas with high deprivation
- Geographical variation in access to services.

Other groups

- Looked-after children

2-4-year review- Rationale

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