



# Effective Health Care Children's Weight Management Education Programs Nomination Summary Document

## Results of Topic Selection Process & Next Steps

- Children's weight management education programs will go forward for refinement as a systematic review. The scope of this topic, including populations, interventions, comparators, and outcomes, will be further developed in the refinement phase.
- When key questions have been drafted, they will be posted on the AHRQ Web site and open for public comment. To sign up for notification when this and other Effective Health Care (EHC) Program topics are posted for public comment, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list/>.

## Topic Description

**Nominator:** Individual

**Nomination Summary:** The nominator is interested in whether structured eating programs such as Weight Watchers directed at all students (not just obese), their families, and teachers can increase nutrition knowledge and decrease obesity and obesity-related conditions in children and adolescents.

**Staff-Generated PICO:**

**Population(s):** All children and adolescents, normal weight as well as overweight and obese, low income, minorities

**Intervention(s):** Structured dietary programs

**Comparator(s):** No intervention or dietary counseling

**Outcome(s):** Prevalence of overweight and obesity, nutrition knowledge, eating habits, elevated cholesterol, diabetes, eating disorders

**Timing:** One year, 5 years, and >5 years

**Setting:** School and home

**Key Questions from Nominator:**

1. Will education on a structured eating program decrease obesity in children and adolescents?
2. How does dietary counseling for all students in school (not just obese), or doing nothing, compare to Weight Watchers run programs for all students, and including teachers and family members?

## Considerations

- The topic meets all EHC Program selection criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- Childhood obesity is a serious and growing health problem in the United States. Children and adolescents experiencing obesity are at a greater risk for health problems compared to normal weight children and adolescents. Obese children and adolescents are more likely to experience risk factors associated with cardiovascular diseases (including high cholesterol, high blood pressure, and Type 2 diabetes), and are more likely to become obese as adults. Although there are numerous studies and reviews of weight loss in overweight and obese children, there is a need for a current review of prevention of overweight and obesity in children.