



# Effective Health Care

## Public Health Obesity Prevention Nomination Summary Document

### Results of Topic Selection Process & Next Steps

- Public health obesity prevention was found to be addressed by existing and ongoing work by the US Preventive Services Task Force, the Centers for Disease Control and Prevention's (CDC) Task Force on Community Preventive Services (Community Guide), the National Heart Lung and Blood Institute (NHLBI) working group for the prevention and treatment of childhood obesity, and other groups. No further activity will be undertaken on this topic.
  - The U.S. Preventive Services Task Force has several recommendations related to public health obesity prevention. They can be found at <http://www.ahrq.gov/clinic/uspstfix.htm>.
  - The CDC Community Guide is working on a series of reviews on technology-based interventions for the prevention and reduction of obesity. To see these and other Community Guide reviews, please go to <http://www.thecommunityguide.org/obesity/index.html>.
  - The summary of the National Heart Lung and Blood Institute (NHLBI) Working Group meeting and the recommendations from the Working Group's two panels can be found at <http://www.nhlbi.nih.gov/meetings/workshops/child-obesity/index.htm>.

### Topic Description

<b>Nominator:</b>	Public payer
<b>Nomination Summary:</b>	The nominator is concerned with the broad topic of public health obesity prevention, including adult and pediatric interventions.
<b>Key Questions from Nominator:</b>	None

### Considerations

- The topic of public health obesity prevention is within the domain of the CDC's Task Force on Community Preventive Services (Community Guide), The National Heart Lung and Blood Institute, the U.S. Preventive Services Task Force, and multiple other professional groups.
- The CDC's Community Guide offers evidence-based recommendations for programs and policies to promote population health. The Community Guide has published findings based on the strength of the evidence of effectiveness in changing weight-related outcomes found through systematic reviews of published literature in four distinct areas related to this topic:
  1. School-based interventions
  2. Worksite interventions

3. Health system interventions
4. Community-wide interventions

- The Community Guide has recently completed reviews evaluating provider education interventions and interventions to reduce sedentary “screen time”. Also, the Community Guide is working on a series of reviews on technology-based interventions for the prevention and reduction of obesity. The first review in the series is nearing completion and covers technology-assisted counseling interventions. To see these and other Community Guide reviews, please go to <http://www.thecommunityguide.org/obesity/index.html>.
- The National Heart Lung and Blood Institute (NHLBI) working group for the prevention and treatment of childhood obesity was convened in 2007. The objective of the Working Group was to identify priorities for future research directions in childhood obesity prevention and treatment. Panel members reviewed the state of the science and identified many opportunities for research in childhood obesity prevention and treatment. The summary of the Working Group meeting and the recommendations from the Working Group’s two panels can be found at <http://www.nhlbi.nih.gov/meetings/workshops/child-obesity/index.htm>.
- The U.S. Preventive Services Task Force has several recommendations related to this topic. They can be found at <http://www.ahrq.gov/clinic/uspstfix.htm>.
  - Counseling for a healthy diet, 2003 (update in progress)
  - Behavioral counseling to promote physical activity, 2002 (update in progress)
  - Screening and interventions to prevent obesity in adults, 2003 (update in progress)
  - Screening and interventions for childhood overweight, 2005 (Update in progress)