

PREVENTING OVERWEIGHT AND OBESITY IN YOUNG CHILDREN

CHILD HEALTH PROMOTION RESEARCH CENTRE

Hearn L
Miller M
Campbell-Pope R
Waters S

POLICY CONTEXT

Today, 3.24 million Australians are estimated to be obese. Without effective preventative programs, particularly among young children, this figure could rise to 7.2 million by 2025. This review provides practical information on successful and/or promising interventions that strengthen the primary health care response, through the promotion of healthy weight among young children aged two to six years. It reviews the policy implications of implementing these in different settings.

KEY FINDINGS

- The need to rethink interventions presently directed at secondary prevention and treatment among overweight school-aged children. Primary health care prevention programs should focus on parents and other critical care providers of preschool aged children. This report focuses on determining who are the most appropriate primary health care (PHC) providers and how interventions can best strengthen their capacity to work with parents, child care providers and communities to provide supportive environments for young children
- The importance of understanding and addressing key barriers to effective engagement between parents and PHC providers including: [systems level barriers](#), [attitudinal barriers](#), [communication barriers](#), [knowledge, skills](#) and [training barriers](#) with PHC, [research barriers](#) and [organisational/co-ordination barriers](#)
- The value of reviewing and appraising a range of interventions options for use in different clinical, child care and home and community-based settings. The report outlines [11 promising interventions](#), highlighting how they engage PHC primary health care providers, enhance parent participation, promote a broader population based approach and encourage primary health care providers to become involved in more upstream activities

For more details, go to the [three page report](#)

The research reported in this paper is a project of the Australian Primary Health Care Research Institute, which is supported by a grant from the Australian Government Department of Health and Ageing under the Primary Health Care Research, Evaluation and Development Strategy. The information and opinions contained in it do not necessarily reflect the views or policies of the Australian Government Department of Health and Ageing.