



MOST EFFECTIVE NURSING INTERVENTIONS TO PREVENT OBESITY IN CHILDREN

Author: María Valle
mvalleramir@alumni.unav.es
Tutor: Mónica Arias



01. INTRODUCTION

- Childhood obesity is one of the most alarming public health issues worldwide.¹
- Defined as excessive and abnormal fat accumulation, it results from an imbalance between energy intake and expenditure.²
- In 2022, over 37 million children under 5 were overweight.²
- 5–19-year-old prevalence ↑ 8% in 1990 → 20% in 2022.²
- It is a complex, multifactorial condition with behavioral, genetic, and environmental causes.³

☆ Exogenous obesity : influenced by family, school, lifestyle and policies.⁴

↙ Endogenous obesity: associated with hormonal and genetic disorders.⁴

- Associated with serious physical and mental health risks:
 - Diabetes, hypertension, liver disease, OSA.⁵
 - Depression, anxiety, low self-esteem, bullying.⁶

02. AIM

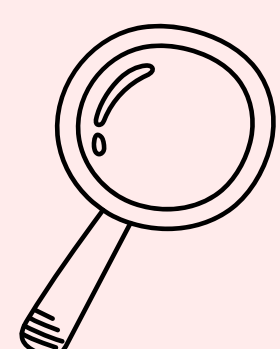
To identify and evaluate the most effective nursing interventions for preventing childhood obesity.



03. METHODOLOGY



PUBMED
CINHAL



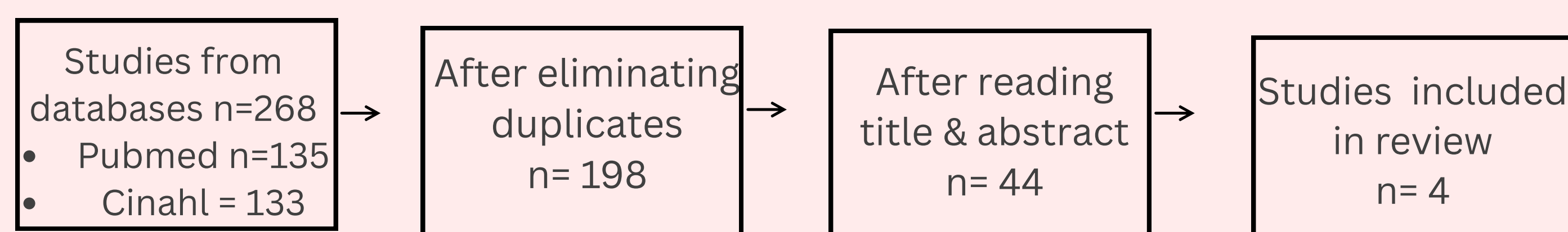
Language: English & Spanish
Years of publication: 2014-2025

Research question: **PIO**

Most effective nursing interventions for preventing obesity in Children?

Boolean operators
(AND, OR)

Flowchart



Articles published in Spanish or English after 2014.
Studies focusing on children under 12 years old.
Studies with a primary objective of preventing obesity and overweight.



Studies analyzing interventions aimed at treating children already diagnosed with obesity or overweight.

06. BIBLIOGRAPHY



04. RESULTS

DIGITAL INTERVENTIONS

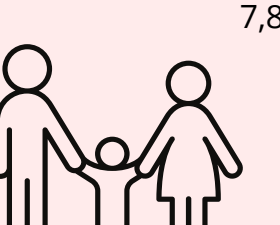
- 💡 Flexible, accessible, and scalable support for parents.
 - Strengthens family engagement in the healthcare system.⁷
 - 80% of mothers preferred online info on infant feeding.⁸
 - The Early Food for Future Health program delivered monthly nurse-led videos on infant feeding.⁸
 - MINISTOP app provided guidance on diet, physical activity, and screen time, while also providing personalized feedback.⁷



Improved children's diet (↑ fruit/veg, ↑ varied diet)⁸
Reduced unhealthy food and drinks (-6.97g/day)⁷




↓ -7min/day⁷



SCHOOL-BASED PROGRAMS

🏫 Schools are essential settings to adopt healthier lifestyle behaviors. School-based programs could lower obesity prevalence by up to 42%.⁹

- School nurses:
 - Collaborate with other professionals → 
- The Let's Go 5-2-1-0 program combined classroom lessons with sessions from nursing students. It promoted more fruits & veg, less screen time, being more physically active and fewer sugary drinks.¹⁰
- A 6-week intervention using interactive activities (presentations, games, physical tasks) significantly reduced obesity rates (from 16.4% to 1.8%) and improved eating behaviors (food addiction decreased from 29.1% to 7 1.8%)⁹

PARENTAL ROLE

- 👨👩 Parents are key on building healthy routines.
 - Responsive feeding: recognizing hunger/satiety cues promotes better nutrition, growth, and self-regulation.⁸
 - Structured family routines: frequent family meals (e.g., breakfast, dinner) improve diet variety, reduce screen time during meals, and lower food addiction (from 29.1% to 1.8%).^{8, 9}
 - Parental self-efficacy (PSE): PSE levels have been associated with improved dietary habits and increased physical activity.⁷

05. CONCLUSIONS

This review highlights the effectiveness of family-centered, digital, and school-based interventions in building healthy habits early in life, thereby contributing to the prevention of childhood obesity.

Nurses play a crucial role in delivering these strategies by supporting families, promoting digital tools, and leading educational programs in schools.

Future nursing efforts should focus on ensuring that children receive the guidance and support needed for a healthier future.



CLINICAL PRACTICE



EDUCATION



RESEARCH

1°Well- baby visit:

- Educational materials (brochures, pamphlets)
- Support in using digital health tools
- Responsive feeding
- Balanced nutrition
- Physical activity
- Healthy lifestyle habits

Specific course. Skills in:

- Family-centered care
- Behavioral counseling
- Effective communication
- Case studies
- Clinical simulations

- Long-term effectiveness of digital interventions
- Socioeconomic factors affecting access and success.
- Sleep-related strategies as a component of prevention programs