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Introduction

Childhood obesity is a global health issue, associated with long-term risks such as diabetes and cardiovascular diseases. Early intervention in community settings, where children form lifestyle habits, is crucial. This study evaluates a community-based intervention aimed at reducing childhood obesity.

Methods:

Study Design:

Prospective cohort study.

Participants:

Children aged 6-12 years from local schools and community centers.

Intervention:

Educational workshops on nutrition, physical activity sessions, and dietary counseling.

Assessments:

Pre-intervention baseline Body Mass Index (BMI), dietary habits, and physical activity. Six-month follow-up evaluations were done.

Statistical Analysis:

Paired t-tests to compare pre- and post-intervention BMI, regression analysis for influencing factors on BMI, diet, and physical activity.

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Community-based interventions can significantly reduce childhood obesity by promoting healthier behaviors.

Results

BMI Reduction: The average BMI reduction was 1.5 kg/m², demonstrating a significant decrease in childhood obesity prevalence.

Dietary Improvements: Increased fruit and vegetable consumption and reduced sugary snack/beverage intake.

Physical Activity: Participants showed an average of 30 additional minutes of moderate to vigorous daily activity.

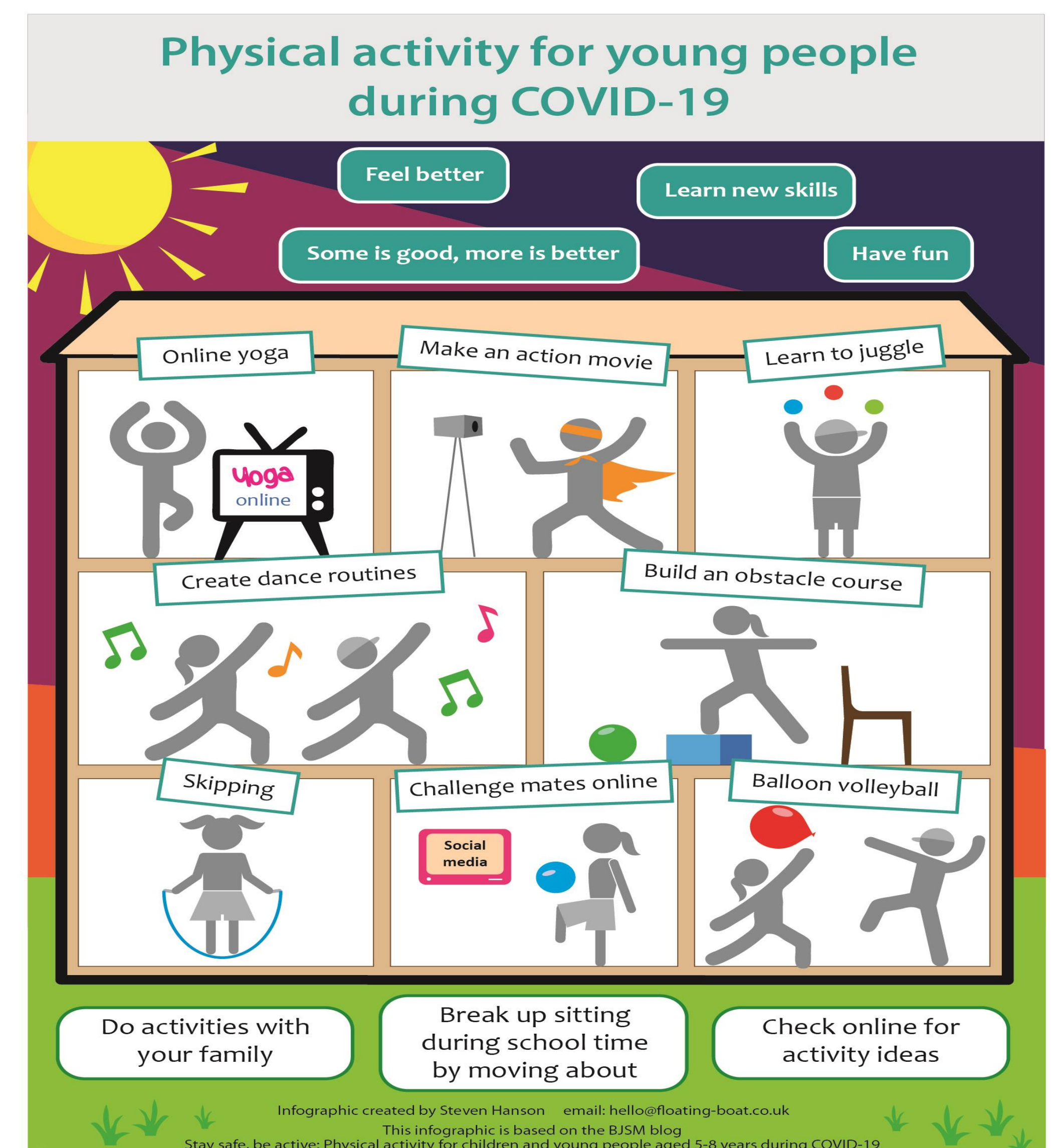
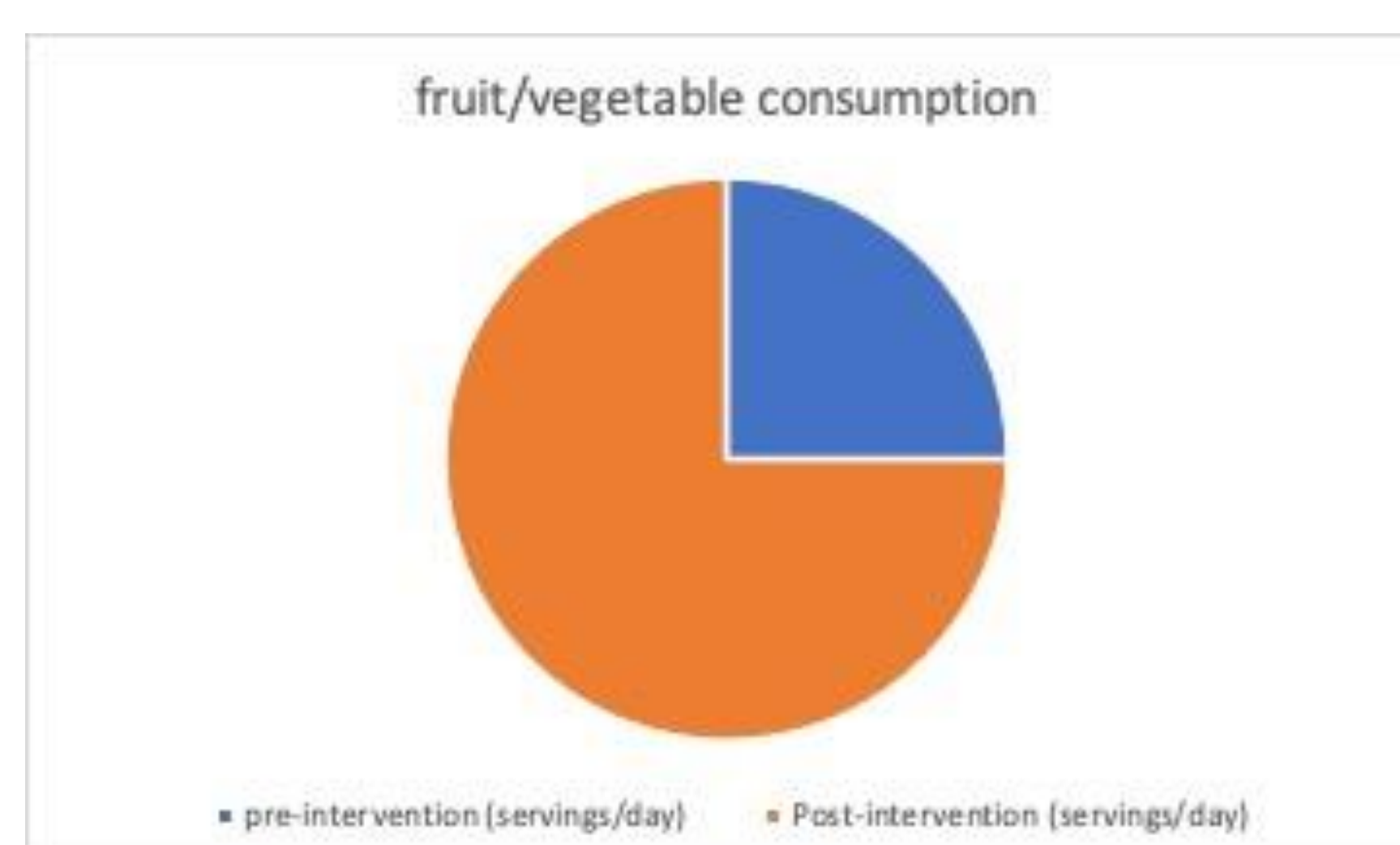
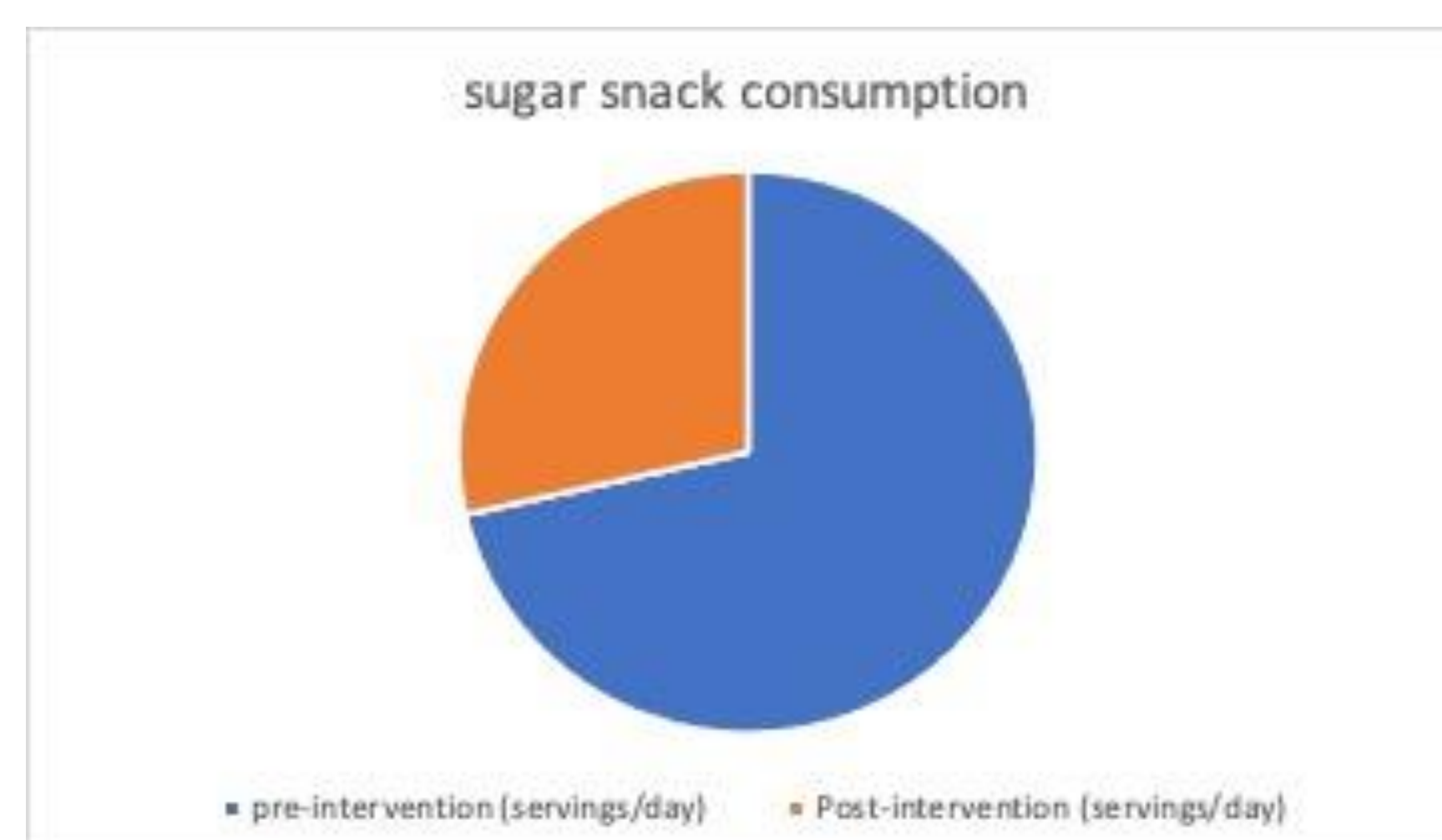
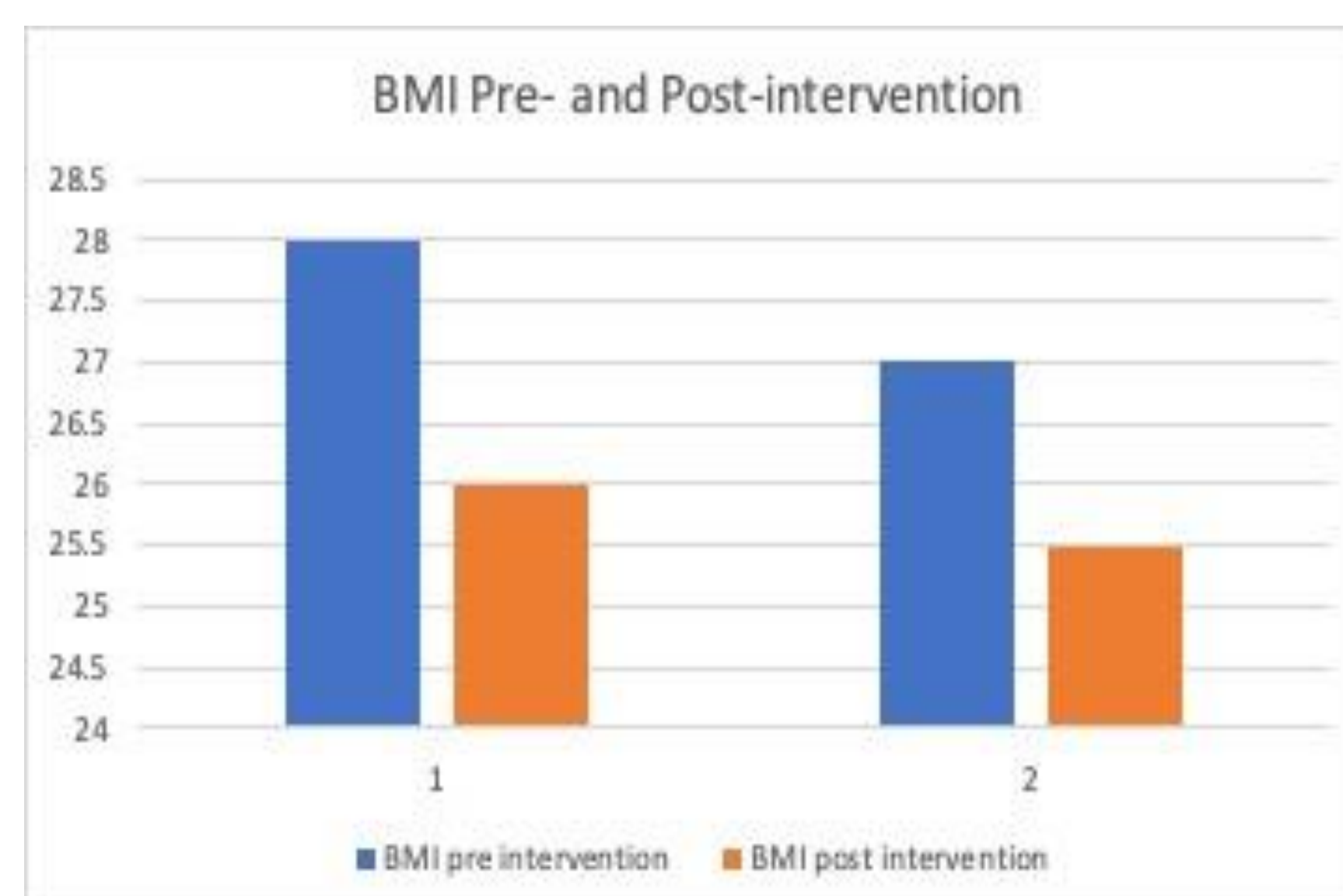


Figure: Different types of exercises for the kids which we used in our study. © BMJ

Conclusion

This community-based intervention program effectively reduced childhood obesity, improved dietary habits, and increased physical activity.

These findings advocate for scaling up similar programs to other communities grappling with obesity.

Implications and Future Directions:

Sustaining improvements requires integrating the program into public health frameworks.

Future research should focus on long-term outcomes, scalability across diverse socio-economic settings, and participant retention.

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All authors declare no conflicts of interest.
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Kid's Healthy Eating Plate

