

### OP16.3

#### **Preventing obesity in children aged 0-5 years regarding the general childrens health programme in general practice. A Systematic Review**

Anne Claudi

*Department of General Medicine, Copenhagen University, Denmark*

*Corresponding author: Dr Anne Claudi, Region H, Department of Family Medicine, Hillerød, Denmark. E-mail: anneclaudi@hotmail.com*

**Background and Objectives:** Obesity among children has been described as the primary health problem in developed countries regarding childrens health(2,3). It has been argued, that interventions to prevent obesity should start early and even before birth (4,8).

The aim of this study was to 1.st: Review the available knowledge of managing the obesity challenge in General Practice in infants and pre-schoolers (0-5 years ), the harm of the interventions and cost-effectiveness, and 2.nd: Discuss focus-change regarding the general childrens health programme in general practice to prevent obesity among infants.

**Methods:** Litterature study. Systematic Mesh- search in Pubmed, Google, the Cochrane Library and related artickles. Keywords: "Obesity", "Infant", "Diet", "Physical Activity", "Sleep", "General Practitioner", "Primary Care", "Breast feeding", "BMI-z-score", "socio-economic status", "costs", "harm", "family approach", in mesh-terms. Filters: 0-5 years. A RCT on 5-10 years was included due to lack of relevant artickles . Trial-lenght: minimum 10 months.

**Results:** No available artchicles. Discussion Childhood Obesity is today the greatest healthproblem (2) with enormous health-expences (8) Early prevention, even before birth is evedent to prevent life-long consequences(1,2,6) Educating the parents pre- and post-gestational in healthy infant lifestyles reduces infant obesity significantly. (1,2, 5,6,7,9) Only one RCT was found regarding obesity prevention in schoolers in GP with expensive- and non-significant results(10). A setting with infants/preschoolers without settled lifestyle patterns and a solid education of the GP has not yet been trialed. Developing communication tools (6,7,8,) and infant health guidelines, GP might influence the families in early decission-making regarding life-style as primary part of the children health programme.

**Conclusions:** Further harm and cost-benefit research of early obesity interventions in a Scandinavian General-Practice-setting is necessary.