

## **Systematic review into city interventions to address obesity.**

Whilst obesity is not confined to urban settings, cities are home to more than half of the world's population with groups at high risk of obesity. Cities have also long been at the forefront of social and technological change, and often associated with the proliferation of obesogenic environments. The study aimed to systematically identify city-wide interventions to address obesity.

The review incorporates evidence on reduction in weight and or reduction in BMI from multiple geographic locations, across time and including a range of study designs, books, and white papers. The evidence indicates that multi-level and multi-component interventions, at the individual, community, and city level, are needed to address obesity.

The school setting was identified as an important setting to prevent and treat obesity given how much time kids spend there daily. Physical inactivity due to changes in the structure and ability for active travel in cities and our work and home environment has also contributed to increases in the prevalence of obesity. Physical education in school settings is not enough. Parents need to be involved in interventions to address obesity and policies spanning building regulations, and transport to build a healthier environment that fosters physical activity and healthy eating habits are needed.

*Danielli, S., Coffey, T., Ashrafian, H. and Darzi, A., 2020. Systematic Review into City Interventions to Address Childhood Obesity. SSRN Electronic Journal.*