Abstract

The aim of this study was to conduct a systematic review of childhood obesity interventions among Hispanic children in the United States. An electronic search was conducted to identify articles published in the PubMed, CINAHL and EBSCO databases. Keyword that used included “Latino”, “Hispanic”, “childhood”, “obesity”, “interventions”. The inclusion criteria were: published in English from January 2001 to January 2012, studies equal or longer than 6 months of follow-up, Hispanic children and obesity prevention studies (RCT or Quasi-experimental studies). We found 10 studies for inclusion in this review, seven RCT and three Quasi-experimental studies, published from 2005 to January 2012. Overall, improvements in BMI and z-BMI across studies were inconsistent. Only two studies had a followup of 3 years, and the most recent study showed an increase in the proportion of children classified as obese. The overall quality rate of evidence with respect to reducing BMI or the prevalence of childhood obesity was low.

Keywords

Childhood obesity, Interventions, Hispanic, Systematic review.