Interventions in the Early Years

A life-course approach values the health and wellbeing of both adults and children, including academic links. Although this research took place in 2017, sharing the learning from these local authorities can help reduce obesity leads, the main approaches taken by local authorities were:

**Theme L: increasing parental engagement to tackle childhood obesity**
- 24 local authorities interviewed requested parental attendance at family weight management sessions
- 12 of the local authorities interviewed requested parental attendance at family weight management sessions

**Theme K: taking a ‘whole-systems’ approach**
- Local authorities in this study referred to some of the national frameworks, such as the National Childhood Obesity Plan (NCMP)
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**Theme J: spatial planning**
- Children from the most deprived areas were significantly more likely to be overweight or obese compared to children from the least deprived areas
- Local authorities referred to some of the national frameworks, such as the National Childhood Obesity Plan (NCMP)

**Theme G: increasing physical activity**
- Local authorities referred to some of the national frameworks, such as the National Childhood Obesity Plan (NCMP)
- 72 local authorities interviewed requested parental attendance at family weight management sessions

**Theme D: interventions to address root causes of childhood obesity**
- 48% of local authorities interviewed requested parental attendance at family weight management sessions
- Local authorities referred to some of the national frameworks, such as the National Childhood Obesity Plan (NCMP)

**Theme I: family weight management**
- Local authorities referred to some of the national frameworks, such as the National Childhood Obesity Plan (NCMP)
- 76% of local authorities interviewed requested parental attendance at family weight management sessions

**Discussion**
- It's important to note that the methods used in this research cannot show causality nor even association. All local authorities interviewed used more than one approach to reduce childhood obesity.

**Conclusions**
- Childhood obesity is a serious problem in the UK, and it's important to address it by implementing effective interventions. The findings of this research highlight the importance of supporting those working in different settings to help reduce childhood obesity.

**References**
- Links to academic papers and reports on childhood obesity in the UK.