

Title: The Obesity Blueprint: A Comprehensive Approach to Addressing Rising Rates of Obesity

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Abstract

Introduction

Rising rates of obesity in the UK poses a significant public health concern. Conventional interventions centred around individual responsibility have yielded limited success, resulting in obesity rates doubling since 1990. The Obesity Blueprint project, led by Nesta, aims to consolidate existing evidence regarding the impact of interventions for obesity, and model these impact on a single outcome of interest.

Objectives

The objective of Phase 1 of the Blueprint project is to synthesise the available evidence for obesity interventions across the health, food, and education system. Findings will be synthesised into a technical report tailored to stakeholders, including policymakers and civil servants.

Methods

A search strategy has been designed to identify relevant systematic reviews published from 2010 onwards. MEDLINE and the Cochrane database of systematic reviews will be searched, and grey literature will be identified through Google Scholar and online searches. Titles and abstracts are screened, and full texts of relevant titles/abstracts are reviewed. All relevant reviews will be critically appraised using the JBI Critical Appraisal Checklist for Systematic Reviews and Research Syntheses to select the highest quality and most up-to-date review for data extraction. Statistical modelling combines the findings into an evidence summary table, enabling a comparative analysis of intervention impact, reach, and cost on a standardised outcome measure.

Significance

The Obesity Blueprint project will provide policymakers and civil servants with a comprehensive resource to guide evidence-based decision-making in the fight against obesity. It will provide an evidence-based summary of interventions' effectiveness and cost-effectiveness related to various obesity-related categories. By synthesising findings and employing statistical modelling techniques, the project enables informed decision-making and enhances the understanding of the impact and implications of different interventions in obesity policy.