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Obesity prevention and control strategies in Latin American and United States Latino populations

Latinos are the largest and fastest growing ethnically diverse group in the U.S.; they are also the most overweight. Mexico is now second to the U.S. in suffering the worst epidemic of obesity in the world. Objectives of this study were to: 1) Conduct a systematic review of obesity-related interventions targeting Latinos living in the U.S. and Latin America; and 2) Develop evidence-based recommendations to inform culturally relevant strategies targeting obesity.

Obesity-related interventions, published between 1965 –2010, were identified through searches of major electronic databases. Selection criterion included: evaluation of obesity-related measures, intervention conducted in a community setting, with a sample of at least 50% Latino/Latin American participants, or with stratified results by race/ethnicity.

Body of evidence was based on number of available studies, study design, execution, and effect size. Of 19,786 articles, 105 interventions met final inclusion criteria. Interventions promoting physical activity and/or healthy eating had strong or sufficient evidence for recommending: (1) school-based interventions in the U.S. and (2) Latin America; (3) interventions for overweight or obese children in the healthcare context in Latin America; (4) individual-based interventions for overweight or obese adults in the U.S.; (5) individual-based interventions for adults in Latin America; and (6) healthcare-based interventions for overweight or obese adults in Latin America.

Biography

Eduardo J. Simoes MD, MSc, MPH has completed his medical degree from Faculdade de Medicina, Universidade de Pernambuco (Brazil, 1981), Master of Science in Community Health/Diploma of Hygiene and Tropical Medicine from London School of Hygiene and Tropical Medicine, University of London (England, 1987), and Master of Public Health from Emory School of Public Health, Emory University (United States, 1991). Dr. Simoes is the chairman and distinguished professor of the Dept. Health Management and Informatics, School of Medicine, University of Missouri. He has published more than 80 papers in reputed journals and serving as an editorial board member of repute.

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