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Updated prevalence rate of obesity in 2 to 19 years old children in the United States - preventative lessons learned: A systematic review



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Considering decades of increased the national obesity rate among 2 to 19 years old children, this epidemic has begun to level off and the rise of obesity has slowed over time in the United States. American has rated obesity as the top health concern in the country. Therefore, this systematic review will examine the efforts that the United States has inaugurated to lower the obesity rate by investigating the results of available related studies and lessons learned. An internet search with the most recent studies of past five years was conducted with related words and considering the population. The reliable sources such as government files, ERIC, and ProQuest were investigated by evaluating the existing reviews on the topic. Screening to remove studies that were clearly not related to the topic took place in addition to use a spreadsheet to extract all relevant data from each included study. The results showed significant progress achieved over the past 15 years to reduce obesity rates, which has been documented. Data on effects of the preventions were processed and evidence was carefully accessed to summarize the existing clinical research on the topic. Various researches indicate that evidence based policies and practices can make a difference. A high level of confirmation on the effectiveness of interventions is provided.

Biography

Ellie Abdi is a Faculty and Researcher at a School District in the US, and also in two French and two American Universities. She is an Elected VP of Physical Education in New Jersey and now is an Elect-Chair of Diversity for SHAPE-America, who advocates before congress in DC. She is an Editorial Board Member of International journal, a Review Editor for a Swiss Journal in addition to Elsevier and an Invitee Member of Scientific Committees. She is a Presenter of many papers, keynotes and workshops, who has published many research, interviews and articles in various journals and sites. She is an Author of two books and contributed several chapters in few books.

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