

Family obesity approach promising for black girls

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(HealthDay)—Obesity interventions that include family involvement may be a promising approach for targeting African-American girls, but more research is required, according to the results of a systematic literature review published online Oct. 12 in *Obesity Reviews*.

Daheia J. Barr-Anderson, Ph.D., M.S.P.H., of the University of South Carolina in Columbia, and colleagues conducted a systemic review of 27 obesity pilot or full-length prevention or treatment studies which included some degree of family involvement and were specific to African-American girls.

The studies reviewed included family-based interventions such as physical activity, eating/[nutrition](#), or weight change components, and most of the interventions targeted parent-child dyads. The researchers found that, across all studies, there were promising effects on weight-related behaviors, but these were often nonsignificant. The results were similar for weight-related outcomes in the full-length randomized controlled trials.

"Many strategies appeared promising on face value, but available data did not permit inferences about whether or how best to involve [family members](#) in [obesity prevention](#) and treatment interventions with African-American girls," the authors write. "Study designs that directly compare different types and levels of [family involvement](#) and incorporate relevant theoretical elements may be an important next step."

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