Effekten av helsefremmende og forebyggende tiltak på kosthold, fysisk aktivitet, overvekt og seksuell helse hos barn og unge [The effectiveness of health promotion and preventive interventions on nutrition, physical activity, obesity, and sexual health in children and adolescents]

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Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors' conclusions
We included six systematic reviews of high methodological quality. We found no systematic reviews on the effectiveness of social health promotion intervention for children and adolescents that met our inclusion criteria. The reviews were broad (therefore, interventions were described in general terms only). Based on our synthesis of the results and assessment of the quality of the documentation for long-term effects of the health promotion and preventive interventions in the six included systematic reviews, we can draw the following conclusions: •School-based initiatives to promote a healthy diet may possibly lead to higher intakes of fruits and vegetables in children and adolescents. •The documentation was too limited to draw any conclusions about the effectiveness of school-based interventions to promote physical activity in children and adolescents. •Preventive interventions that focus on physical activity and nutritional education to prevent obesity among 0-5 year-olds may possibly not lead to less obesity. •The documentation was too limited to draw any conclusions about the effectiveness of preventive interventions that focus on increasing physical activity and healthy eating to prevent obesity in children and adolescents aged 6-18 years. •Abstinence-only interventions may possibly not be effective in preventing sexually transmitted infections or pregnancy among children and adolescents. Abstinence-plus interventions may possibly not be effective in preventing sexually transmitted infections or pregnancy among children and adolescents.

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