

Prevalence and trends of thinness, overweight and obesity among children and adolescents aged 3-18 years across Europe: A protocol for a systematic review and meta-analysis

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Introduction Increasing prevalence of both thinness and excess weight during childhood and adolescence is a significant public health issue because of short-term health consequences and long-term tracking of weight status. Monitoring weight status in Europe may serve to identify countries and regions where rates of these disorders are either slowing down or increasing to evaluate recent policies aimed at appropriate body weight, and to direct future interventions. This study protocol provides a standardised and transparent methodology to improve estimating trends of thinness, overweight and obesity in children aged 3-18 years and adolescents across the European region between 2000 and 2017. **Methods and analysis** This protocol is guided by the Preferred Reporting Items for Systematic Review and Meta-Analysis Protocols (PRISMA-P) and the Cochrane Collaboration Handbook. To identify relevant studies, a search will be conducted in MEDLINE, EMBASE, Cochrane Library, CINAHL and Web of Science databases. From the selected studies, relevant references will be screened as supplemental sources. Finally, open search in websites from health institutions will be conducted to identify weight status data not published in scientific journals. Cross-sectional, follow-up studies and panel surveys reporting weight status (objectively measured height and weight) according to the International Obesity Task Force criteria, and written in English or Spanish will be included. Subgroup analyses will be carried out by gender, age, study year and

country or European region. Discussion This study will provide a comprehensive description of weight status of children and adolescents across Europe from 2000 to 2017. The results will be disseminated in a peer-reviewed journal. This study will use data exclusively from published research or institutional literature, so institutional ethical approval is not required. PROSPERO registration number CRD42017056917. © Article author(s) (or their employer(s) unless otherwise stated in the text of the article) 2017. All rights reserved. No commercial use is permitted unless otherwise expressly granted.

Europe

obesity

schoolchildren

trends

underweight

weight status

adolescent

adolescent obesity

Article

body weight

child

childhood obesity

Cinahl

Cochrane Library

data extraction

Embase

Europe

follow up

gender

groups by age

human

Medline

prevalence

scientific literature

systematic review

trend study

underweight

Web of Science

body mass

forecasting

meta analysis

methodology

obesity

preschool child

prevalence

underweight

Adolescent

Body Mass Index

Child

Child, Preschool

Europe

Forecasting

Humans

Obesity

Overweight

Prevalence

Research Design

Thinness