I. What do policy makers need?
(1) Besoin d’action (problem)

a) Problem analysis

b) Implementation stage

(2) Efficacy

a) Efficacy evaluation

b) Implementation stage

(3) Feasibility

a) National capacity

b) Departmental capacity

c) Decision board capacity

d) Political acceptance

e) Lobby (canton)

f) Opportunity window

g) Timeframe
II. What do policy makers get?

The problem (from the background)

greater social inequality associated with a higher risk of obesity in most developed countries but in most developing countries the reverse relationship is observed

In developed countries there is a significant trend observed between obesity and lower socio-economic status, while in some developing countries the contrary is found

This review involves assessing educational, behavioural and health promotion interventions.

What is intended? (from the Methods)

In addition, [...] we have attempted to include:
- information related to not only the impact of interventions on preventing obesity, but also
- information related to how outcomes were achieved,
- how interventions were implemented,
- the context in which they were implemented and
- the extent to which they work equitably

(continuation)

We included data from controlled trials (with or without randomisation)

We collected data on indicators of intervention process and evaluation, health promotion theory underpinning intervention design, modes of strategies and attrition rates from these trials.
We also sought factors related to intervention development, implementation process, equity and sustainability
Results

The lack of analysis by a measure of equity or SES limits our ability to assess the effectiveness of the interventions in reducing health inequities.

In this sub-set of studies, participants are from Thailand, USA (African American, Native American, Latino), France and Scotland, allowing us to assess the utility of approaches in a variety of contexts.

Is global evidence global?

55 studies

50 HIC: USA (26), UK (6), Australia / New Zealand (4), France (4), Canada (2), Germany (2), Netherlands (2), one each in: Belgium, Italy, Spain, Sweden

4 UMIC: Brazil (2), Chile (1), Mexico (1)

1 LMIC: Thailand (1)

0: LIC

Is the problem framed? (from Intervention design and theoretical basis)

theoretical basis was only explicitly reported in one [...]. Despite this, we can surmise that behaviour change theory informed the design of five of the studies [...], while environmental change models seemed to inform the design of two of the studies [...]. The predominant theories were behavioural, although a variety of other theories described the development of their intervention in significant detail which involved an initial pilot to explore feasibility and acceptability

A range of behaviour change theories informed the design of five of the studies [...], while a socio-ecological framework was used [...] and possibly also [...]
Is the ‘why’ understood? (from Process evaluation)
All four of these studies recorded either hours of attendance of participants or number of sessions completed.
Many studies recorded programme attendance or number of sessions completed in order to estimate exposure […] A related concept measured is adherence to the intervention programme.
These studies recorded programme attendance and/or adherence to instructions by participants.
Four studies planned a more detailed process evaluation into their measures for their intervention.

Are resources described? (from Resources needed)
five studies provided more specific information about resources required for implementation […] no studies included a formal economic evaluation
Twenty-eight of the 39 studies included information about the resources required to deliver the intervention, however the level of detail varied considerably […] no studies included a formal economic evaluation

Implementation issues (from Strategies to address disadvantage/diversity)
three incorporated strategies to address disadvantage or diversity.
Of the 39 studies, 15 incorporated strategies to address disadvantage or diversity.
Of the eight studies only one incorporated strategies to address disadvantage or diversity.

Discussion and conclusions
We believe this information is required to move beyond simply the question of what works in obesity prevention, to the other important questions of how it worked, will it work in another context or under different conditions, and is it feasible or appropriate for others to implement. […] often the detail required to answer these questions is not available in the published papers. This leaves practitioners and policy-makers without the critical information needed to achieve successful implementation of the effective interventions […] we lack the knowledge of which specific intervention components are most effective and what is affordable and cost-effective.
Implications

Process data should also be measured and reported, including data on appropriateness, implementation, feasibility, acceptability, sustainability and context. Economic data are urgently needed and costs relating to conducting the intervention should be measured and reported, with formal economic evaluations undertaken where possible.

III. Synthesis

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