6.0 CONCLUSION

There is an urgent need for effective treatment strategies to tackle the escalating problem of overweight and obesity in the paediatric population. The current evidence base is somewhat limited but is growing as the scale of the problem becomes realised. However it is imperative that intervention strategies are implemented without delay, in addition to obtaining further evidence to inform practice, as due to the substantial health and financial costs associated with obesity, society cannot afford to wait for more literature to become available before taking action. A range of treatment interventions are required as ‘one size does not fit all’ in terms of effective weight management strategies. Group-specific interventions tailored to address the needs of the intended audience are essential and these issues demand thorough consideration at all stages of intervention development.

The CIC programme, an established multi-component, residential weight management intervention, specifically designed to meet the needs of overweight and obese young people, has been re-evaluated and the results from the current study demonstrate its continued acute efficacy in producing positive outcomes across a range of physiological and psychological variables associated with overweight and obesity. Research is currently underway to assess the persistence of the changes affected by the CIC programme with the aim of developing the intervention for effective long-term weight management.

The CIC intervention provides another choice in the selection of paediatric obesity treatment options currently available. However, further research is still required to
expand and update the evidence base of successful treatment interventions and there is a need for the development of consistent indicators to enable comparisons of programme outcomes to be made to better inform best practice. On-going evaluation and dissemination of the literature will help to ensure that future programmes afford the best opportunities for successful life-long weight management.