



Six-Month Physical Activity Interventions on Urban Child Obesity in Cape Town, South Africa: A Case Study

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Abstract

Urban child obesity is a significant public health concern in Cape Town, South Africa, where physical activity levels are often insufficient. A randomized controlled trial was conducted with 120 children aged between 8 and 12 years, randomly assigned to either an intervention group ($n=60$) or a control group ($n=60$). The intervention included structured physical activity sessions twice weekly for six months, along with educational workshops on nutrition. Significant improvements were noted in participants' fitness metrics, including increased aerobic capacity and decreased body mass index (BMI), with the proportion of children achieving recommended levels of physical activity significantly higher in the intervention group compared to the control group ($p < 0.05$). The six-month physical activity interventions demonstrated positive outcomes on reducing urban child obesity and improving fitness metrics, supporting their efficacy as a preventive measure. Further long-term studies are recommended to assess sustained benefits of these interventions in preventing childhood obesity. Child Obesity, Physical Activity Interventions, Urban Health, Fitness Metrics

Keywords: *African Geography, Obesity Prevention, Randomized Controlled Trial, Physical Activity Interventions, Urban Child Health, Epidemiology, Public Health Measures*

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