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**Title:** Healthy eating and active living (HEAL) guideline to control childhood overweight and obesity in urban area of Bangladesh- A school based feasibility study

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Childhood overweight and obesity is getting increasing attention for its association with adult obesity and increased risk of chronic non-communicable diseases in adulthood. The rising prevalence of overweight and obesity among children necessitate urgent attention in Bangladesh. The study aimed to develop a culturally appropriate healthy eating and active living (HEAL) guidelines for children and adolescents to control overweight and obesity through a school based initiative.

We randomly selected 4 schools from Dhaka north city corporation zone. All students from grade 3 to grade 9 were invited to participate in an anthropometry survey. Among them, parents of the overweight and obese children were invited to share their perception and practice related to obesogenic behavior like dietary and physical activity. The guideline was formulated and disseminated among the parents and students to address the overweight, obesity problem as well as maintaining optimal nutritional status. Interactive training sessions were conducted among parents of selected children to motivate for modification of dietary and physical activity of their children based on the guideline.

Through anthropometric survey, 25.2% (n=207) and 23.7% (n=195) were found overweight and obese respectively among 822 children aged 7-14 years old. Finally, 112 overweight and obese students were randomly selected and their parents were invited to take part in the interactive training sessions where the guideline was disseminated along with a tiffin box to provide healthy lunch for their children in the school.

The study is the first attempt addressing the childhood overweight and obesity concern in Bangladesh.