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Overweight and obese children's and families' experiences of physical activity and the opportunities offered as part of a community based weight management intervention
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Introduction: Childhood obesity is a global epidemic and effective multicomponent weight management interventions (WMI) are recommended to tackle it. This study explored children and families' experiences of a 12-week community-based WMI that comprised diet, physical activity and behaviour change approaches. **Method:** Semi-structured interviews were conducted with children aged 8-12 years with a BMI $\geq 91^{\text{st}}$ centile and their families; pre (n=23), post (n=13), 6 months (n=5), 12 months (n=7) and 24 months (n=4) post intervention. Interviews were transcribed verbatim and analysed in NVIVO using the framework method. **Results:** Prior to the intervention, families reported spending limited time together being physically active. Their home environments encouraged sedentary behaviour where screen time use was prominent. Parents concerns about their child's weight spanned breathlessness whilst being active, bullying, low self-esteem and not fitting in clothes for their age. Post intervention and at follow up, it was clear that the physical activity sessions were consistently reported as enjoyable whereas the didactic learning sessions were less so from the child's perspective. Only a few families reported sustained physical activity as a direct result of the WMI, and they generally cited activity as important for achieving energy balance. Parents frequently cited the child's responsibility for making healthy choices as a concern, particularly as they get older and have more autonomy. **Conclusion:** Practitioners need to consider how to integrate the families' home environment into WMI to enable sustained behaviour change once intervention support is withdrawn.