

# Lifestyle interventions for diabetes yield modest results

April 6 2015

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Photo: U.S. National Kidney and Urologic Diseases Information Clearinghouse

(HealthDay)—Lifestyle-based weight loss intervention trials in type 2 diabetes achieve modest reductions in weight and glycated hemoglobin (HbA1c) levels, according to a meta-analysis published in the April issue of *Diabetes, Obesity and Metabolism*.

Caroline O. Terranova, M.P.H., from the University of Queensland in Brisbane, Australia, and colleagues conducted a [systematic review](#) and meta-analysis of the effectiveness of lifestyle-based weight loss interventions for adults with type 2 diabetes. Included studies were randomized controlled trials evaluating weight loss interventions (diet and [physical activity](#), with or without behavioral strategies) of  $\geq 12$

weeks duration versus usual care or another comparison intervention.

From six studies comparing [lifestyle intervention](#) with usual care, the researchers found the pooled effect on weight (5,795 patients) to be  $-3.33$  kg, and  $-0.29$  percent on HbA1c (5,784 patients), with both findings weakened in sensitivity analyses. From all 10 lifestyle intervention groups, the pooled within-group effect on weight (3,063 patients) was  $-5.33$  kg, which was also weakened in sensitivity analyses.

"Evidence-based approaches for improving the effectiveness of lifestyle-based interventions in type 2 [diabetes](#) are needed, along with future studies reporting on maintenance and cost-effectiveness," the authors write.

**More information:** [Abstract](#)  
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Citation: Lifestyle interventions for diabetes yield modest results (2015, April 6) retrieved 17 July 2024 from <https://medicalxpress.com/news/2015-04-lifestyle-interventions-diabetes-yield-modest.html>

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