

Diet and exercise may improve physical function and quality of life in older obese adults

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A recent review and analysis of published studies since 2005 found low-to-moderate evidence that dietary and exercise interventions can improve physical function and quality of life in older adults with obesity.

The [analysis](#) included six unique studies plus 13 that were based on the same study population, with a total of 405 adults with obesity all aged ≥ 60 years but whose average study group age was ≥ 65 years.

The review's authors noted that well-designed, randomized controlled trials are needed to provide definitive guidance on how to address [obesity](#) in older individuals.

"Obesity in [older adults](#) is a significant public health concern that will increasingly become a burden to society if we do not address it promptly," said Dr. John Batsis, author of the *Journal of the American Geriatrics Society* study. "We need solid evidence on how to effectively engage this group of patients to not only improve their weight but, importantly, improve their physical function."

More information: John A. Batsis et al. Weight Loss Interventions in Older Adults with Obesity: A Systematic Review of Randomized Controlled Trials Since 2005, *Journal of the American Geriatrics Society* (2016). [DOI: 10.1111/jgs.14514](https://doi.org/10.1111/jgs.14514)

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