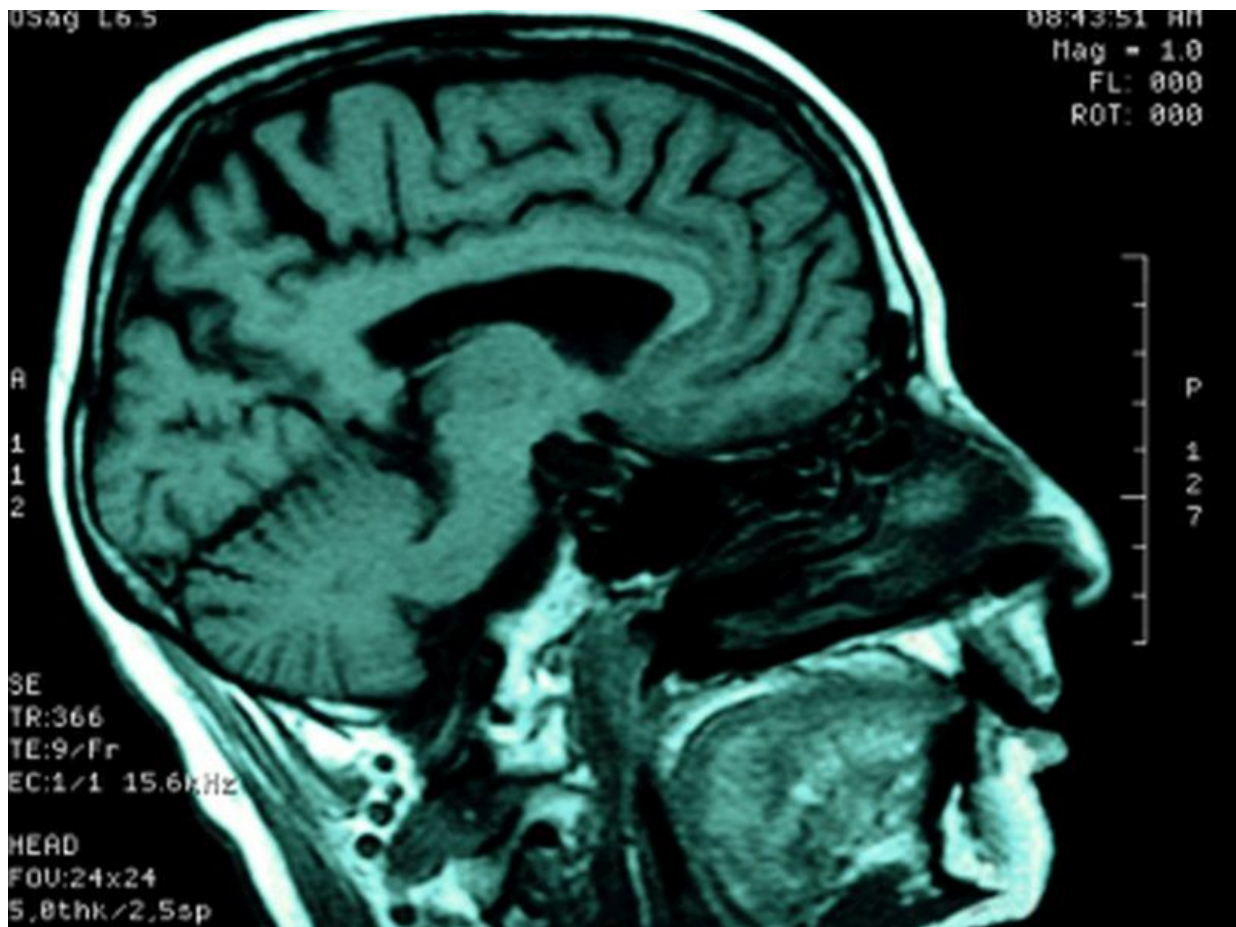


No cognitive benefit for long-term lifestyle intervention

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(HealthDay)—For overweight and obese adults with diabetes mellitus, a

long-term intensive lifestyle intervention does not offer cognitive benefits, according to a study published online Jan. 9 in the *Journal of the American Geriatrics Society*.

Stephen R. Rapp, Ph.D., from Wake Forest University in Winston-Salem, N.C., and colleagues examined whether 10 years of lifestyle intervention to induce and maintain [weight loss](#) could improve cognitive function. Data were obtained for 3,751 overweight and obese individuals aged 45 to 76 years with type 2 diabetes mellitus who were randomized to intensive lifestyle intervention for weight loss through reduced caloric intake and increased physical activity or a control condition of diabetes support and education (DSE).

The researchers observed no significant difference in overall or domain-specific cognitive function for assignment to the lifestyle intervention or DSE. Across prespecified groups, the results were fairly consistent; there was some evidence of trends for differential intervention effects, with modest harm from intensive lifestyle intervention in participants with greater body mass index and those with a history of cardiovascular disease. There was no correlation for cognitive function with changes in weight or fitness.

"A long-term behavioral weight loss intervention for overweight and [obese adults](#) with [diabetes mellitus](#) was not associated with cognitive benefit," the authors write.

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