

USPSTF urges multicomponent behavioral interventions for obesity

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(HealthDay)—The U.S Preventive Services Task Force (USPSTF)

recommends that clinicians provide adults with a body mass index of 30 kg/m² or higher to intensive, multicomponent behavioral interventions. These findings form the basis of a draft recommendations statement, published online Feb. 20 by the USPSTF.

Researchers from the USPSTF conducted a systematic review to update the 2012 recommendations on screening for and treatment of [adult obesity](#). Data were reviewed from 124 studies reported in 238 publications.

The researchers found adequate evidence that behavior-based weight loss interventions can lead to clinically significant improvements in weight status and reduced incidence of type 2 diabetes. Compared with control groups, behavior-based weight loss maintenance interventions are associated with less weight gain after cessation of the interventions. For adults with obesity, the harms of intensive, multicomponent behavioral interventions were small to none. Based on these findings, the USPSTF concludes that there is a moderate net benefit for offering or referring adults with obesity to intensive, multicomponent behavioral interventions. These findings form the basis of a draft recommendation statement, which is available for public comment from Feb. 20 to March 19, 2018.

"Of the programs we examined, those that combined multiple activities and included group sessions had the strongest effect," a Task Force member said in a statement. "Evidence shows that people regain less weight with these types of programs."

More information: [Draft Recommendation Statement](#)
[Draft Evidence Review](#)
[Comment on Recommendation](#)

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