

# Behavioral Interventions for Preventing and Treating Obesity

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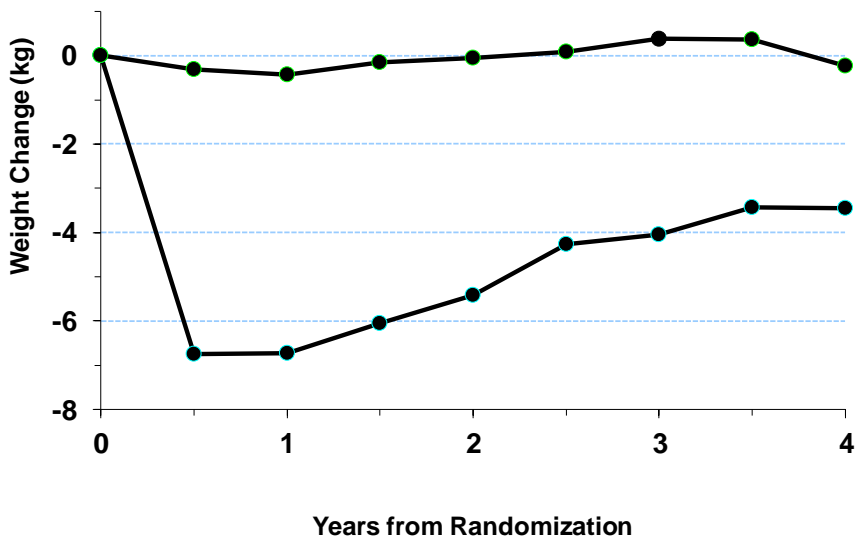
The Miriam Hospital

# Comprehensive Behavioral Programs

- **Weight Loss Goal**
  - 5 – 10 % at 6 months with subsequent maintenance
- **Reduced Calorie Diet**
  - Macronutrient composition not critical for weight loss
  - Caloric restriction and adherence determine outcome
- **Increased Physical Activity**
  - Benefits of physical activity seen mainly during maintenance
- **Behavior Changes**
  - Self-monitoring of weight, diet and activity
  - Changing one's environment (e.g., removing food cues)
  - Problem solving: dealing with social events, emotional eating
- **Frequent Contact**
  - 14 or more sessions in first 6 months with ongoing contact
  - Support and accountability

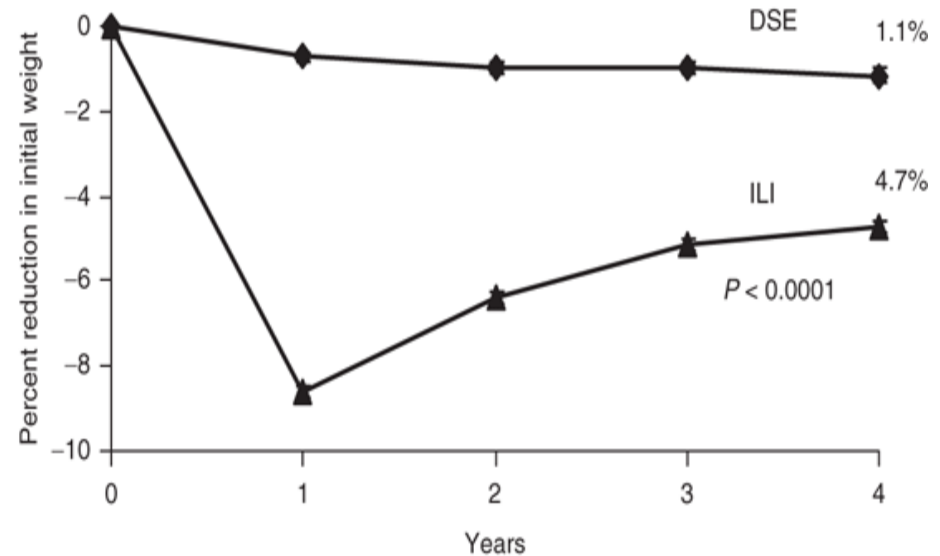
# Weight Loss in Behavioral Treatment

## Diabetes Prevention Program



Lifestyle reduced incidence of diabetes by 58%

## Look AHEAD



Lifestyle reduced sleep apnea, kidney disease, incontinence, depression, hospitalizations and medication use

# Improving Long-Term Weight Loss

Long-term weight loss is difficult



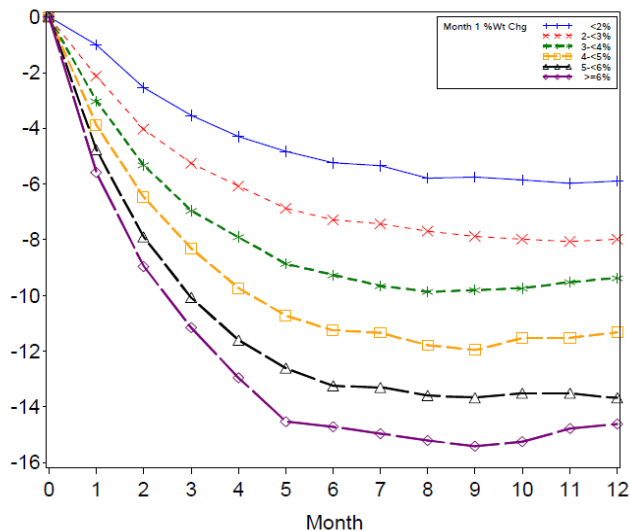
But some are successful

- In Look AHEAD
  - 34% lost > 5% at years 1 and 8
- National Weight Control Registry
  - 10,000 members
  - lost 70 lbs and kept it off 6 years
- Those who succeed in long-term weight loss are able to adhere long-term to lower calorie diets and higher physical activity
- What enables these individuals to adhere?

# Reducing Variability and Disseminating Treatment

## Marked Variability in Outcome

- Demographic, psychological and genetic factors do not predict outcome. **Adherence does!**
- Initial weight loss is a strong predictor of outcome



## Cost-Effective Treatment Delivery

- Delivered through YMCA
- Phone based interventions
- Delivering interventions on line

