



Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43

U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality

[Download now](#)

[Click here](#) if your download doesn't start automatically

Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43

U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality

Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality

The most recent estimates classify more than 35% of U.S. adults as obese. Obesity has been linked to increased risk of diseases such as hypertension, diabetes mellitus, kidney disease, and cancer; decreased life expectancy; and increased costs. Healthy People 2020 identified preventing weight gain and the development of obesity as a priority area, specifically to increase the prevalence of a healthy weight among adults from 31% to 34% and reduce the prevalence of obesity among adults to less than 30%. Despite this goal, we know of no treatment guidelines for the prevention of weight gain or maintenance of weight. Stakeholders identified combination interventions as the priority for future research. They stated that multiple factors contribute to weight gain and felt that interventions would need to address multiple factors, which would likely require multiple components. Stakeholders selected interventions that combined either self-management, diet, and exercise or self-management, diet, exercise, and environmental alterations as the two highest priority combinations of interventions. The two highest priority comparisons of interest were self-management and diet versus either self-management and exercise or self-management, diet, and exercise. Stakeholders identified the primary outcome of interest for all interventions as weight gain prevention. Because no standard definition of weight maintenance exists, all stakeholders agreed that the field of weight gain prevention would benefit from the establishment of a standard definition. This definition would ensure that future studies of weight gain prevention have an adequate duration of follow up to confirm weight maintenance and also improve comparability of results across studies. Stakeholders identified two priority secondary outcomes that should be assessed in future interventions. First, they felt that adherence was a critical intermediate outcome in evaluating the efficacy of the intervention and identifying subgroups that may be most responsive to a particular intervention. Second, they identified weight-related clinical conditions, including cardiovascular disease and diabetes, as important secondary outcomes. Their justification was that interventions that not only prevent weight gain but also prevent or reduce the incidence of weight-related diseases would have a significant public health impact. Future research questions: To prevent weight gain in all adults, what is the comparative effectiveness of adding physical activity versus not adding physical activity to a work-based self-management and diet intervention? To prevent weight gain in all adults, what is the comparative effectiveness of adding physical activity versus not adding physical activity to a home-based self-management and diet intervention? To prevent weight gain in all adults, what is the effectiveness of a work-based self-management and physical activity intervention versus a self-management and diet intervention? To prevent weight gain in all adults, what is the effectiveness of a home-based self-management and physical activity intervention compared with a self-management and diet intervention? To prevent weight gain in overweight adults, what is the comparative effectiveness of adding physical activity versus not adding physical activity to a home-based self-management and diet intervention? To prevent weight gain in overweight adults, what is the effectiveness of a home-based self-management and physical activity intervention compared with a self-management and diet intervention? To prevent weight gain in young adults, what is the comparative effectiveness of adding physical activity versus not adding physical activity to a home-based self-management and diet intervention? What is a clinically meaningful definition of weight maintenance among adults, expressed as both weight (kg) and body mass index (kg/m²), that can be used as the standard across studies of weight gain prevention?

 [Download Strategies to Prevent Weight Gain in Adults: Futur ...pdf](#)

 [Read Online Strategies to Prevent Weight Gain in Adults: Fut ...pdf](#)

Download and Read Free Online Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality

From reader reviews:

Ellen Jorge:

It is possible to spend your free time to study this book this publication. This Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 is simple to create you can read it in the area, in the beach, train and soon. If you did not have much space to bring typically the printed book, you can buy the actual e-book. It is make you quicker to read it. You can save the particular book in your smart phone. And so there are a lot of benefits that you will get when you buy this book.

Carlos Terrill:

This Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 is fresh way for you who has curiosity to look for some information given it relief your hunger of knowledge. Getting deeper you onto it getting knowledge more you know or perhaps you who still having little digest in reading this Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 can be the light food for yourself because the information inside this specific book is easy to get by anyone. These books acquire itself in the form which is reachable by anyone, sure I mean in the e-book type. People who think that in publication form make them feel tired even dizzy this e-book is the answer. So there is absolutely no in reading a guide especially this one. You can find what you are looking for. It should be here for you. So , don't miss this! Just read this e-book style for your better life and also knowledge.

Charles Smith:

As we know that book is significant thing to add our expertise for everything. By a publication we can know everything you want. A book is a pair of written, printed, illustrated or even blank sheet. Every year was exactly added. This publication Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 was filled concerning science. Spend your free time to add your knowledge about your science competence. Some people has different feel when they reading some sort of book. If you know how big selling point of a book, you can really feel enjoy to read a book. In the modern era like now, many ways to get book that you just wanted.

Annamarie Hernandez:

Guide is one of source of expertise. We can add our expertise from it. Not only for students but additionally native or citizen want book to know the change information of year to year. As we know those ebooks have many advantages. Beside we all add our knowledge, also can bring us to around the world. By book Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 we can acquire more advantage. Don't that you be creative people? Being creative person must love to read a book. Simply choose the best book that acceptable with your aim. Don't be doubt to change your life

with this book Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43. You can more attractive than now.

Download and Read Online Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality #NXY60SPCJ7F

Read Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 by U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality for online ebook

Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 by U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 by U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality books to read online.

Online Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 by U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality ebook PDF download

Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 by U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality Doc

Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 by U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality Mobipocket

Strategies to Prevent Weight Gain in Adults: Future Research Needs: Future Research Needs Paper Number 43 by U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality EPub