

**Research Question: In young obese adults (20-40 years of age not morbidly obese) without chronic illness, what are the preventive behavioral health strategies (excluding pharmaceutical management and surgery) that are effective in both reducing weight and increasing physical activity?**

## **SUMMARY OF RECOMMENDATIONS**

- The IPHA Nursing Section: Chronic disease/adult/obesity Evidence Base Committee recommends/concludes that sufficient evidence exists that individualized health related behavior change programs may result in increased activity, increased energy expenditure and decreased caloric consumption with subsequent weight loss or weight maintenance.

### **Rating A**

*Rationale:* An individualized comprehensive weight control program including a combination therapy of diet, physical activity, and behavior therapy is more successful than using any one intervention in isolation. Weight loss without behavior change or increased long term physical activity may result in prompt regain and failure to maintain loss. For females, increased physical activity alone may not be sufficient to promote or sustain weight loss.

- The IPHA Nursing Section: Chronic disease/adult/obesity Evidence Base Committee recommends/concludes that sufficient evidence exists that improvement in access to areas designed for physical activity, such as building walking trails, removing barriers that may impede activity, such as training on the use of exercise equipment or the availability of home exercise equipment may be effective in increasing physical activity.

### **Rating B**

*Rationale:* Barriers that impede physical activity may be identified and managed with individualized physical activity plans. A minimum long term goal of 150 minutes per week may be needed to promote weight loss; however greatest weight loss may occur for those persons able to exercise 200 or more minutes per week. The use of home equipment may increase activity levels compared to persons without home exercise equipment.

- The IPHA Nursing Section: Chronic disease/adult/obesity Evidence Base Committee recommends/concludes that sufficient evidence exists that using point of decision prompts for increasing physical activity, such as placing signs encouraging the use of stairs rather than an elevator may be effective in increasing physical activity.

### **Rating A**

*Rationale:* Signage encouraging healthy behaviors such as using the stairs in public grounds may be effective with both genders and for persons who are overweight or normal weight. Signage may need to be ethnically sensitive to be most effective.

- The IPHA Nursing Section: Chronic disease/adult/obesity Evidence Base Committee recommends/concludes that sufficient evidence exists that using individualized diets in which a caloric deficit is estimated at 1000 kcals below calculated energy requirements may be effective in the promotion of weight loss in overweight adults, whereas the use of low carbohydrate diets may promote successful weight loss at 12 months post initiation, however, the long term effects of maintenance may not be known.

### **Rating A**

*Rationale:* Reduced calorie diets are fundamental for the promotion of weight loss for healthy adults. Individualized diets take into account personal food preferences, may be designed to incorporate foods related to religious, ethnic or cultural needs and allow the person seeking assistance with meal planning, an opportunity to participate in the food choices. Individualized encounters encouraging adherence and offering clarification of food items, preparation or quantity has been associated with decreased weight regain compared to limited or no personal contact.

## **Supporting Documents**

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