



## THE EVIDENCE BASE: How to Prevent Obesity and Manage Weight Gain Through Increased Physical Activity and Improved Nutrition<sup>1</sup>

Recommended Intervention	Setting	Strength of Evidence
Large scale, multi-component, highly visible, community-wide campaigns	Community	Strong
Programs that increase the length of, or activity level, in school-based physical education classes		
Efforts that build, strengthen or maintain non-family social networks or supportive relationships promoting behavior change		
Interventions that create or increase access to places for physical activities combined with informational outreach activities		
Individually-adapted health behavior change programs		
Screening all adult patients for obesity and offering intensive counseling and behavioral interventions for obese adults <sup>2</sup>	Clinical	Fair
Intensive behavioral dietary counseling for adult patients with known risk factors	Community	
Point-of-decision prompts (such as signs placed by elevators and escalators encouraging stair use)		
Multi-component worksite interventions		
<b>Not Yet Recommended Intervention</b>		
Routine behavioral dietary counseling in primary care settings for non-screened patients	Clinical	Insufficient
Behavioral counseling in primary care settings to promote physical activity		
Moderate or low-intensity counseling together with behavioral interventions to promote sustained weight loss in obese adults		
Counseling of any intensity and behavioral interventions to promote sustained weight loss in overweight adults		
School-based nutrition programs	Community	
School-based education programs in the classroom to emphasize the importance of increase physical activity and/or improved nutrition		
Single component worksite interventions		
Mass media campaigns		
Health education with TV/video game turnoff component		
College age physical/health education		
Family-based social support		

<sup>1</sup>This information is based on the most current expert reviews of the scientific literature published in the following sources: *Pocket Guide to Clinical Preventive Services*, 2005, and *Guide to Clinical Preventive Services*, 2001-2004, The U.S. Preventive Services Task Force. Available at: <http://www.ahrq.gov/clinic/uspstfix.htm>; and *Guide to Community Preventive Services*. The Task Force on Community Preventive Services. Available at: <http://www.thecommunityguide.org/>.

<sup>2</sup>Intensity is defined by intervention frequency (high = > 1 session/month, medium = 1 session/month, low = < 1 session/month).