



Separating Hype from Evidence: A review of key findings on behavioral approaches to weight loss

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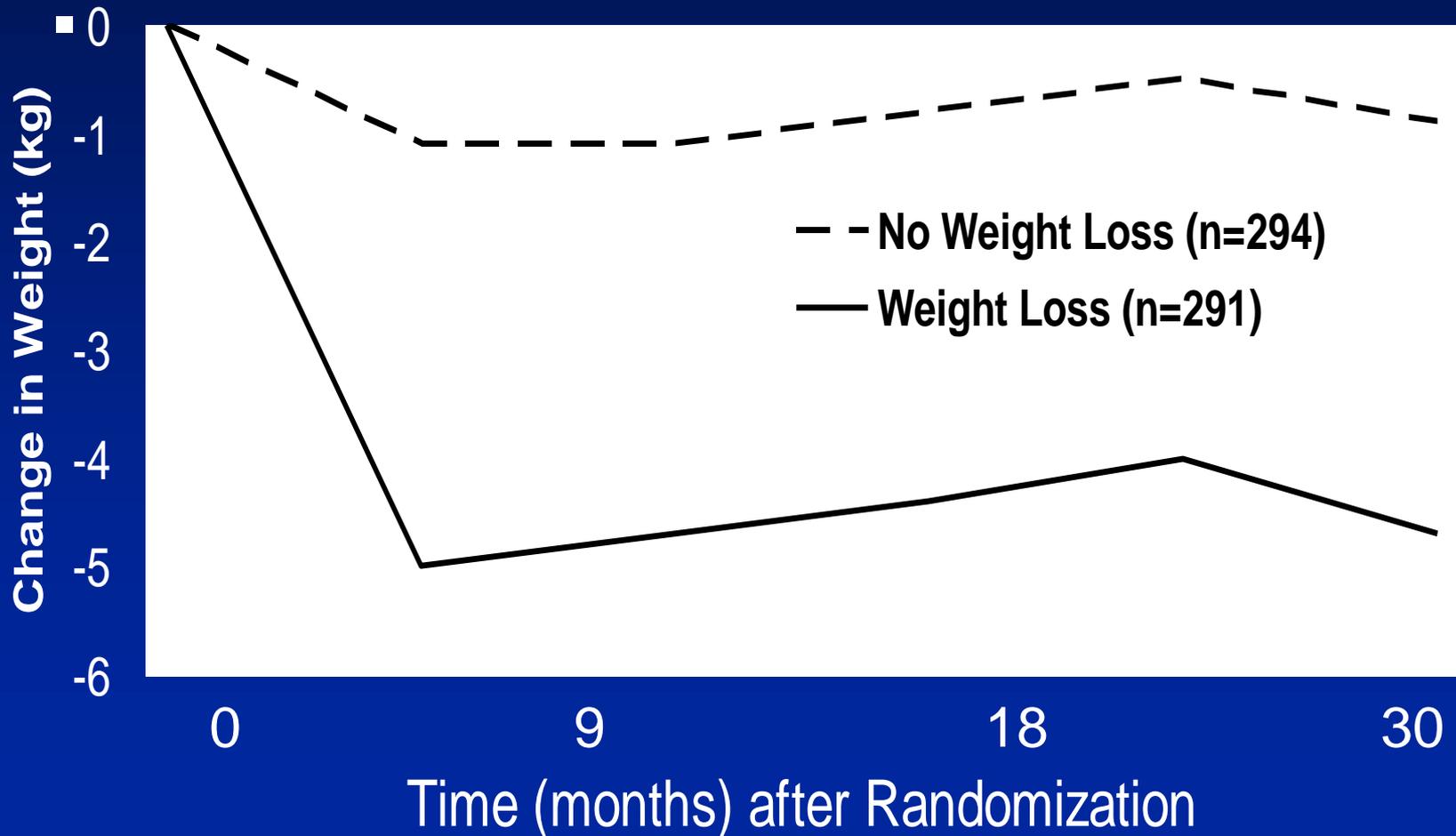
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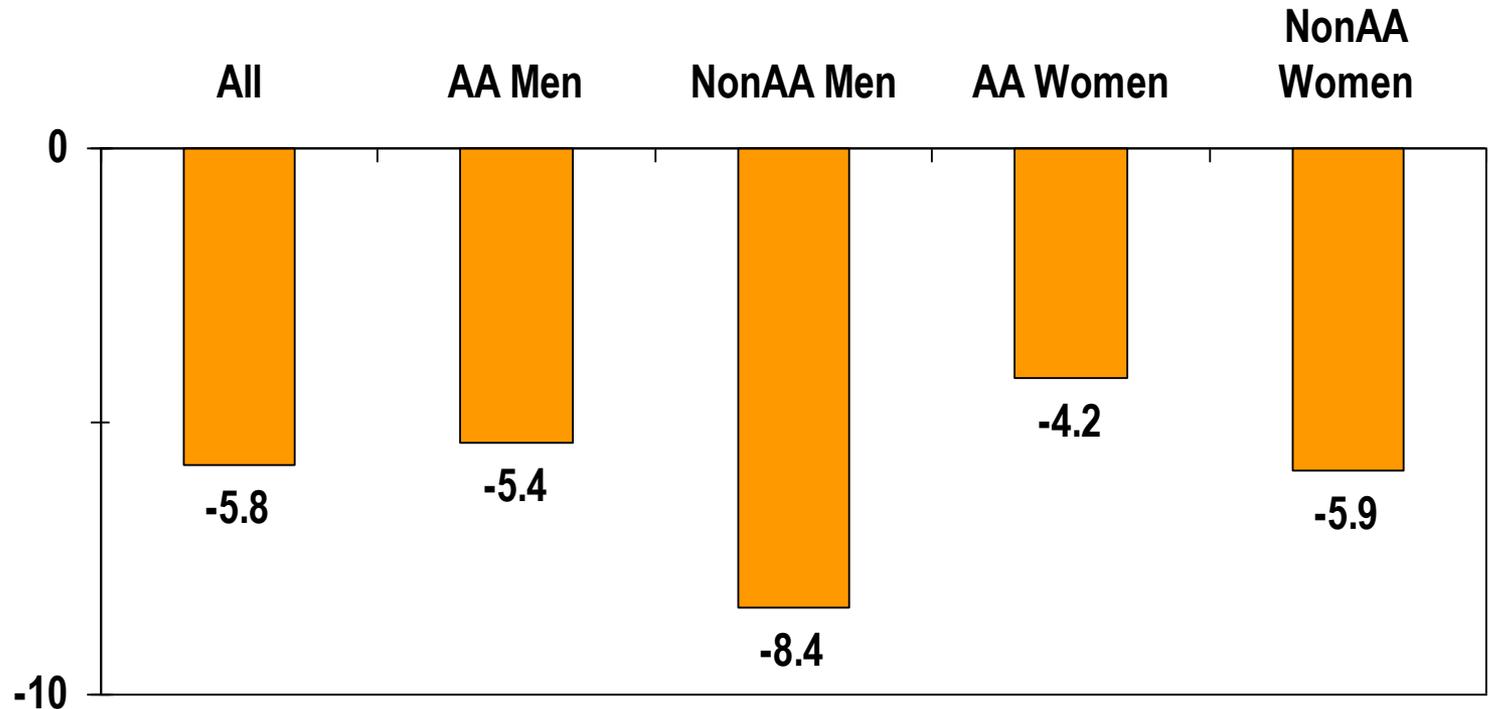
May 9, 2016

Top Ten

(1) Age Matters: Older-Aged Persons Achieve and Sustain Weight Loss: Results from the TONE Trial



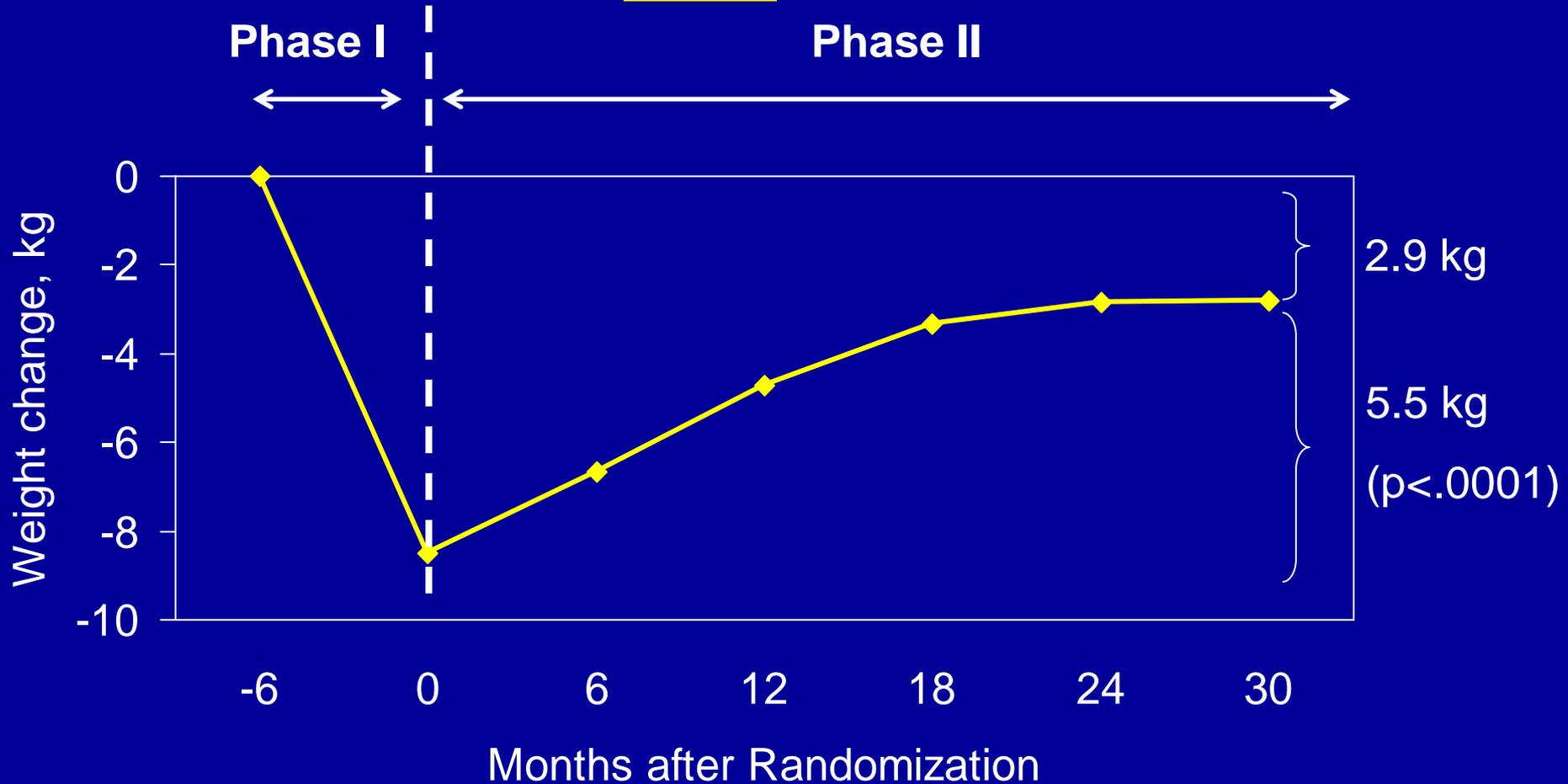
(2) Wt Loss Differs by Race and Gender: Mean Weight Loss (kg) at 6m in Phase 1 of the Weight Loss Maintenance Trial



Hollis, Am J Prev Med 2008;35:118



(3) Weight regain is common without sustained intervention but NOT back to baseline



Why You Can't Lose Weight on a Diet

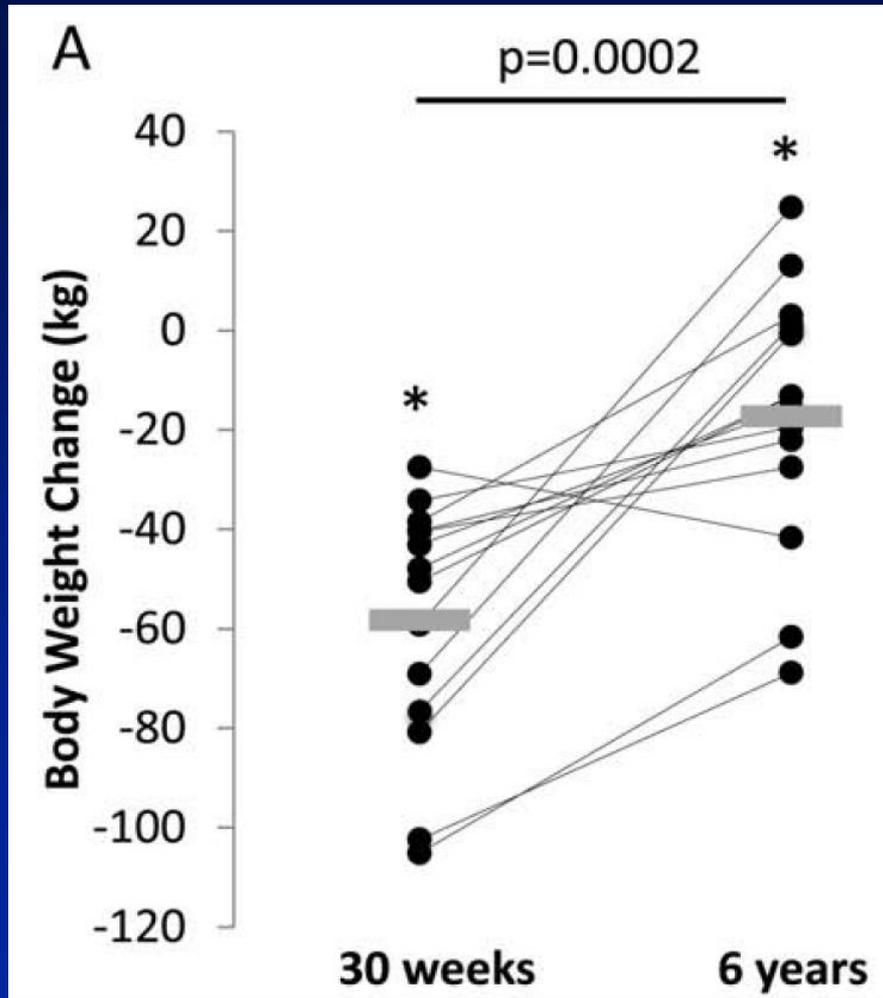
The problem isn't willpower. It's neuroscience.
You can't — and shouldn't — fight back.

By SANDRA AAMODT MAY 6, 2016



Eleni Kalorkoti

Partial Weight Regain After “Biggest” Loser

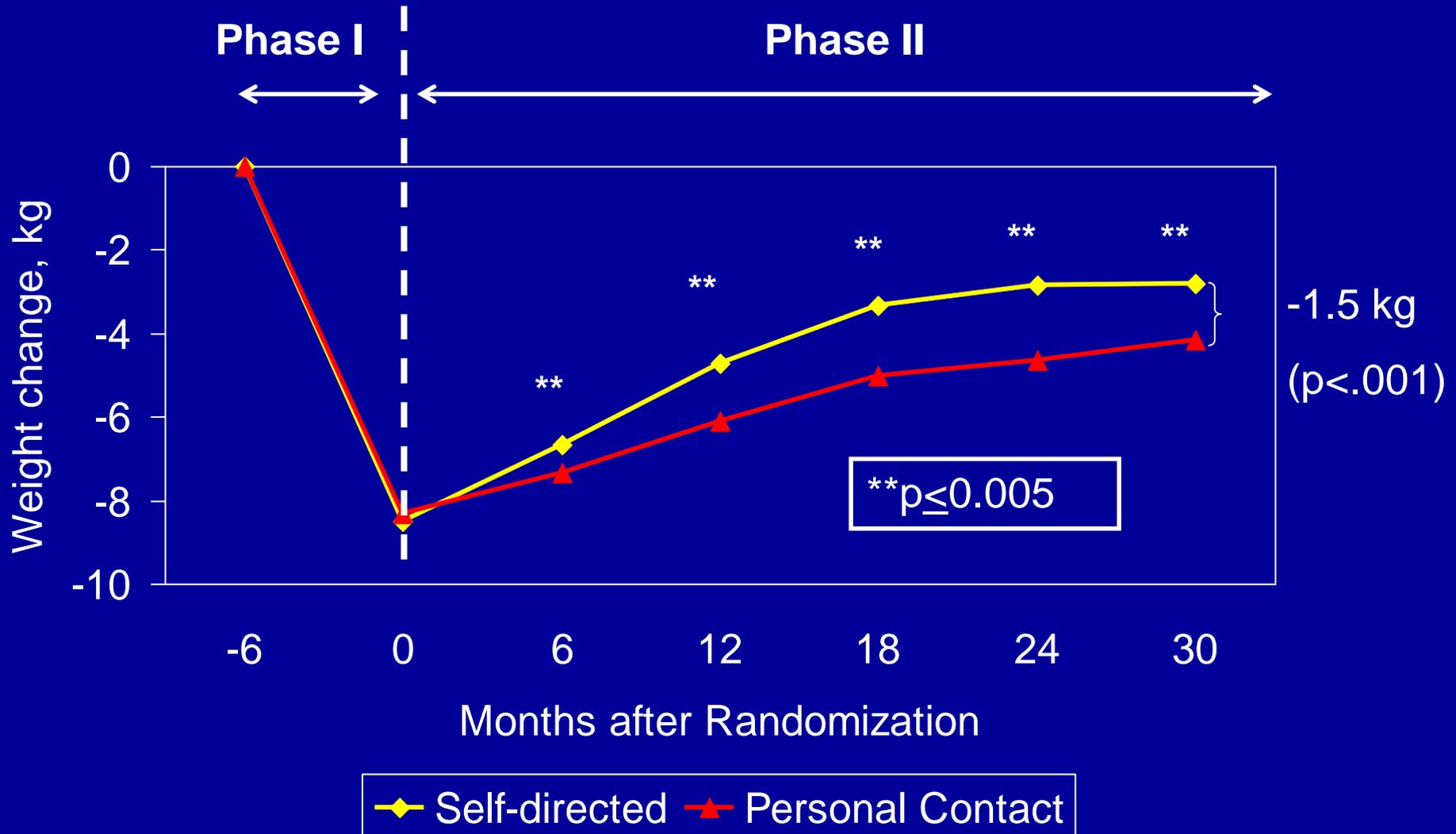


Weight loss at end of competition = 58 kg

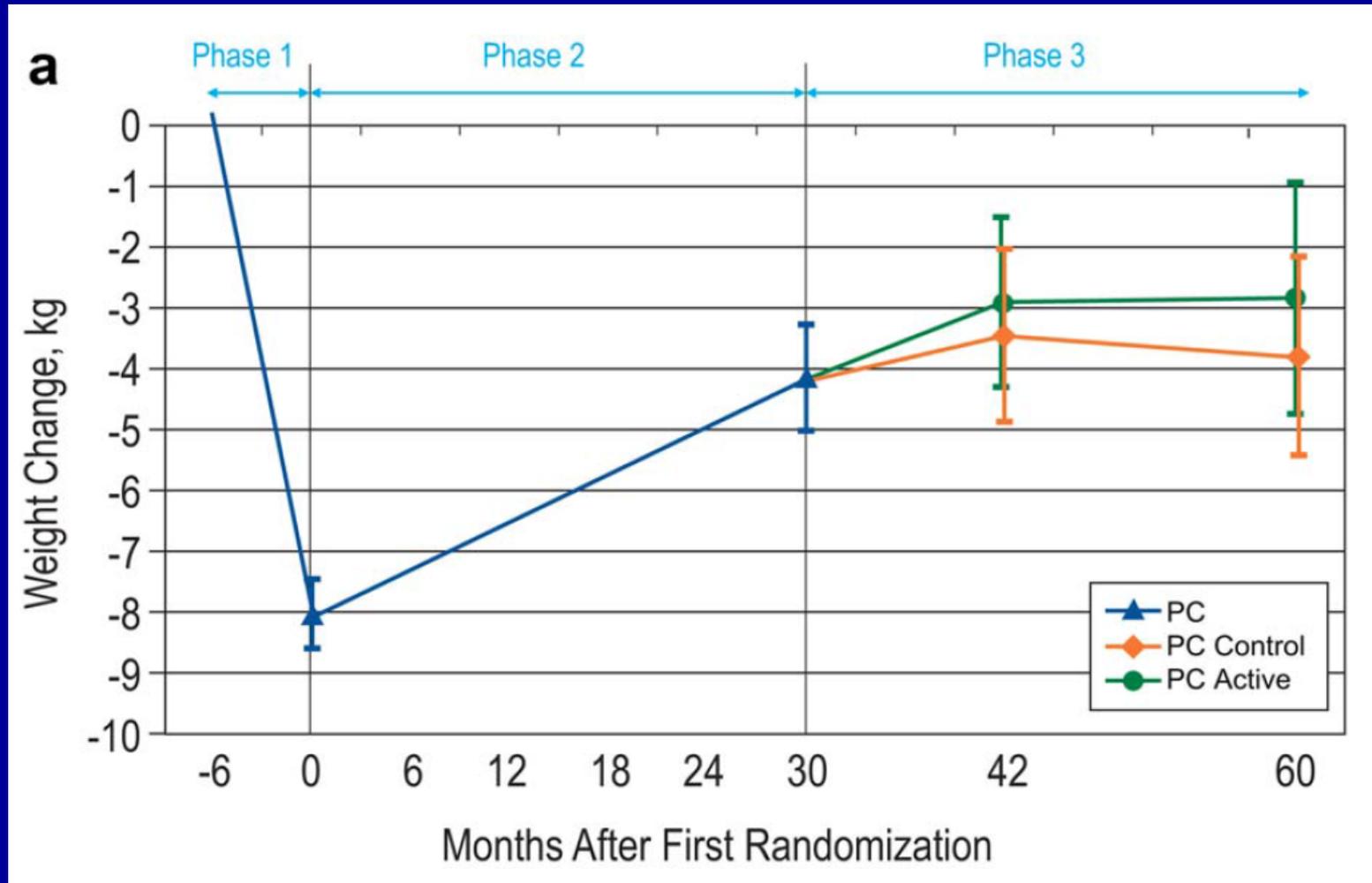
Weight regained over 6 years = 41 kg

Net weight loss sustained = 17 kg

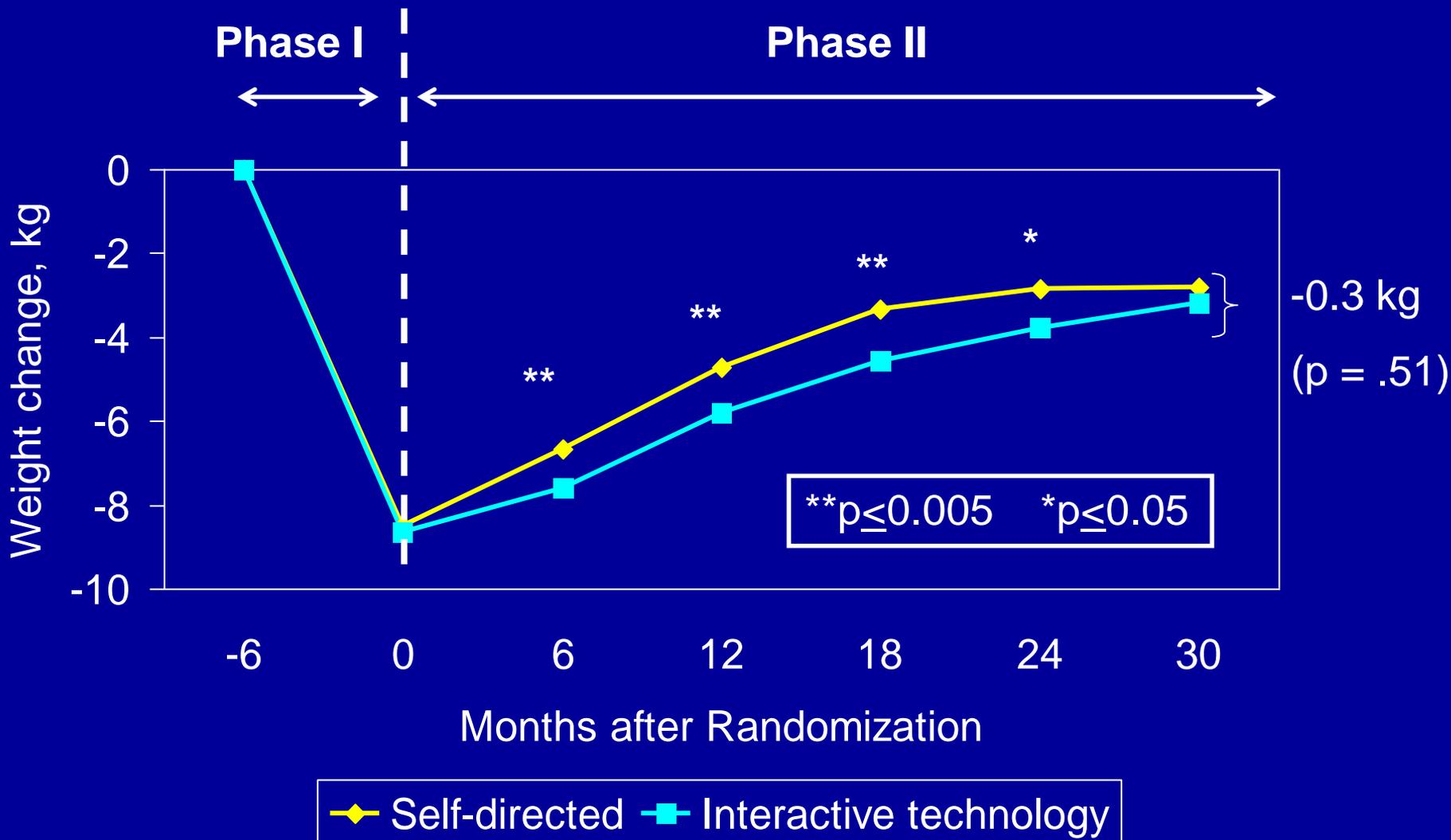
(4a) Personal counseling for 2.5 Years modestly blunts weight regain



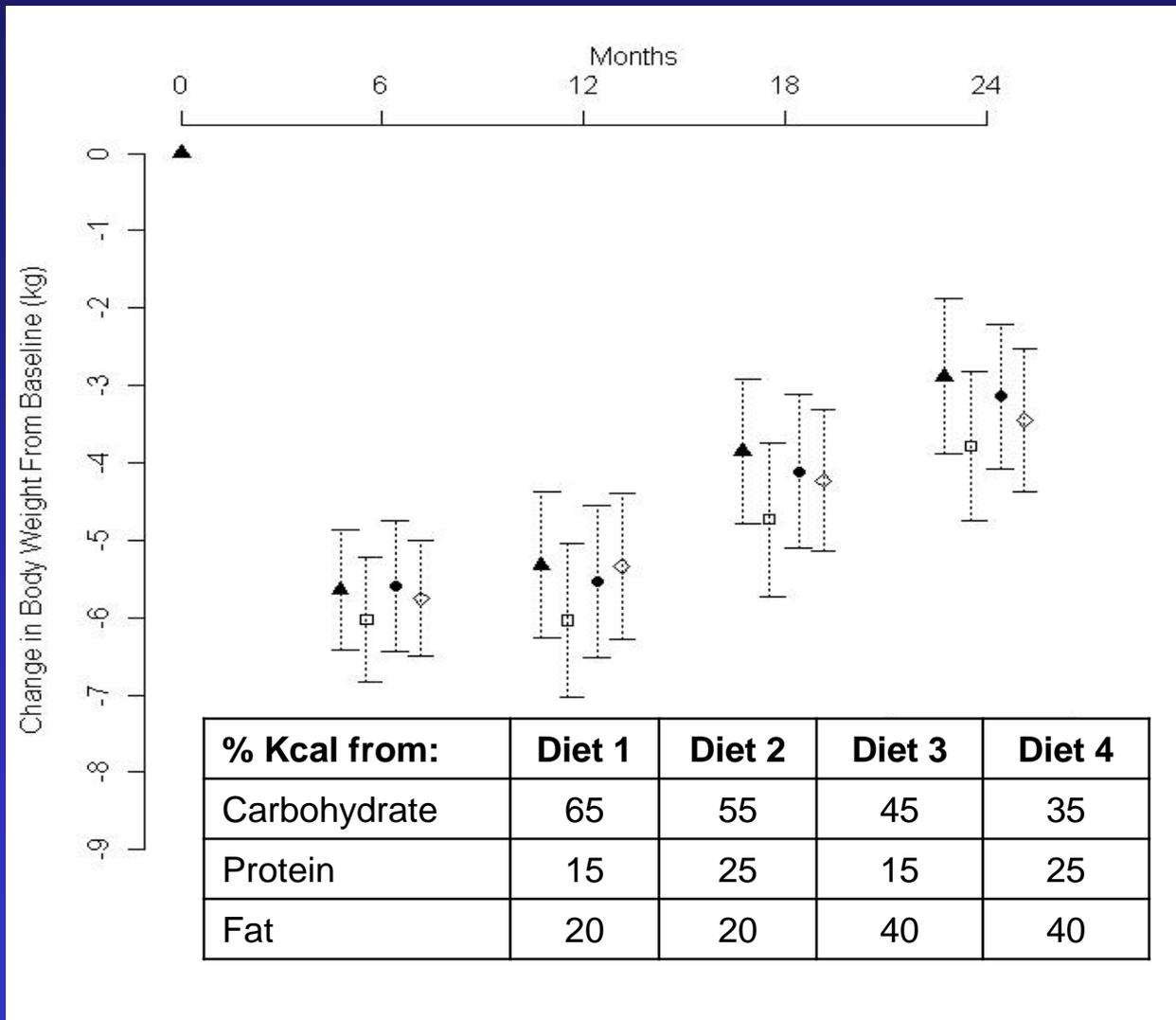
(4b) Personal Counseling Beyond 2.5 Years has No Additional Benefit



(5) Web-based intervention alone does not blunt weight regain



(6) Diets that Emphasize Different Macronutrients Do NOT Lead to Different Weight Loss



Sacks FM, NEJM 2009; 360;859

(7) Little Evidence that Doctors are Effective at Delivering Behavioral Weight Loss Interventions

Conclusion: ...little research on primary care practitioners providing intensive counseling. A range of trained interventionists, who provide such care by phone or in person, could be considered.

therapy) for at least 3 months, with at least 6 months of postrandomization follow-up; included at least 15 participants per treatment group and objectively measured weights; and had a comparator, an intention-to-treat analysis, and attrition of less than 30% at 1 year or less than 40% at longer follow-up.

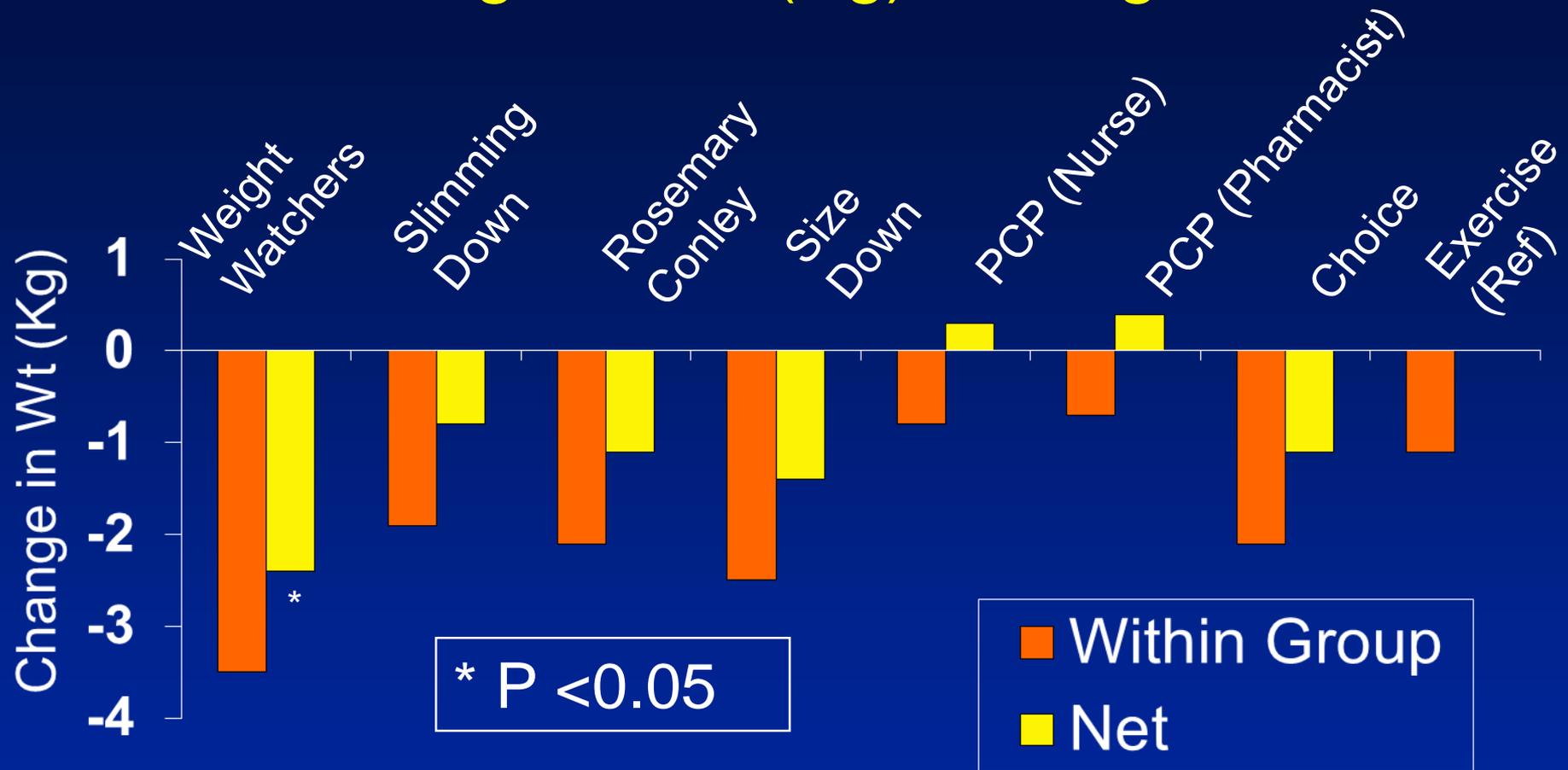


[Back to National Coverage Analyses \(NCA\) Details for Intensive Behavioral Therapy for Obesity](#)

Decision Memo for Intensive Behavioral Therapy for Obesity (CAG-00423N)

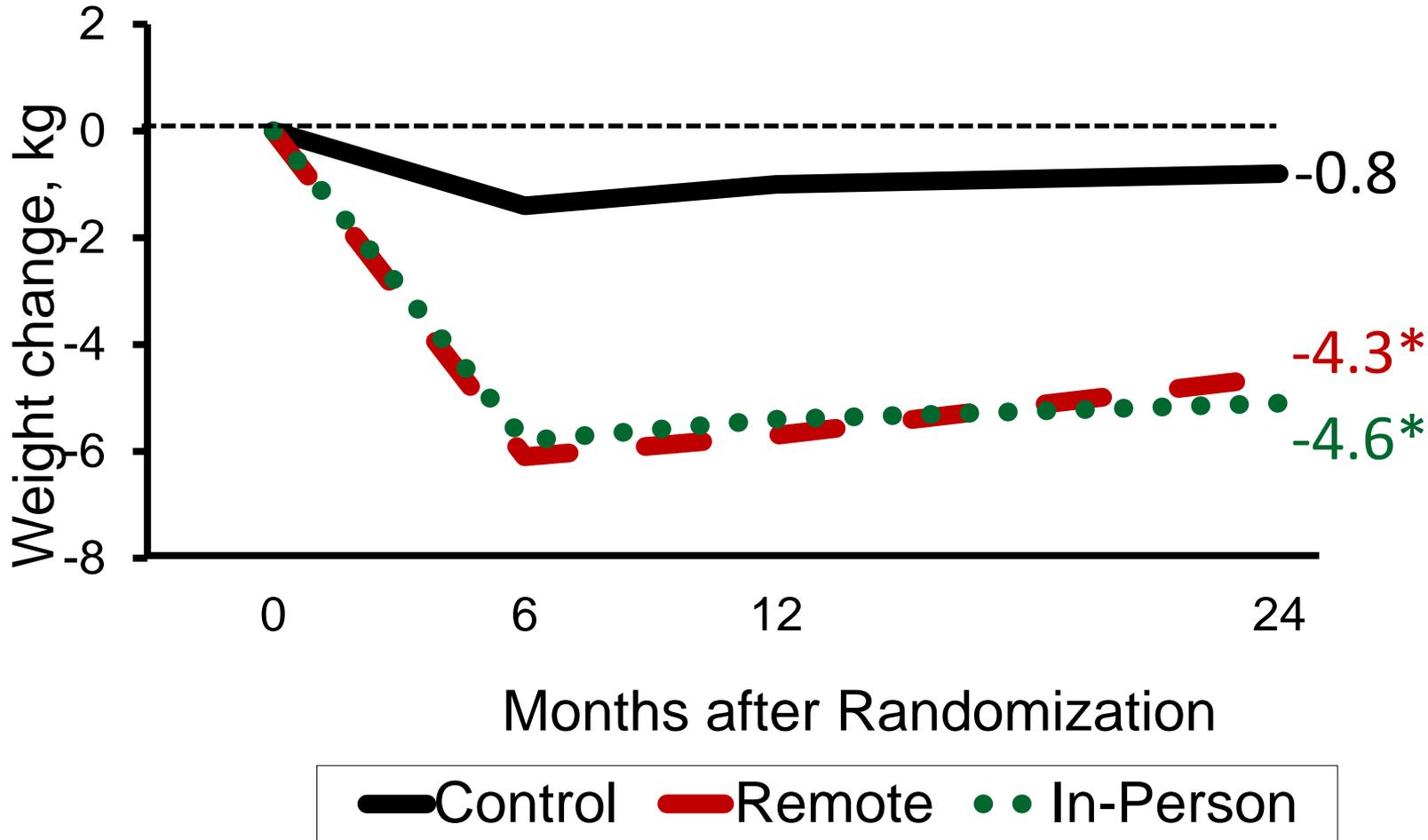
- ‘Grade A evidence’
- Candidates: Individuals with BMI ≥ 30 kg/m²
- Intensive behavioral therapy
 - Screening
 - Dietary (nutritional) assessment
 - Intensive behavioral counseling

Weight Watchers Most Effective of 7 Programs: 1 Year Weight Loss (Kg) Among Patients

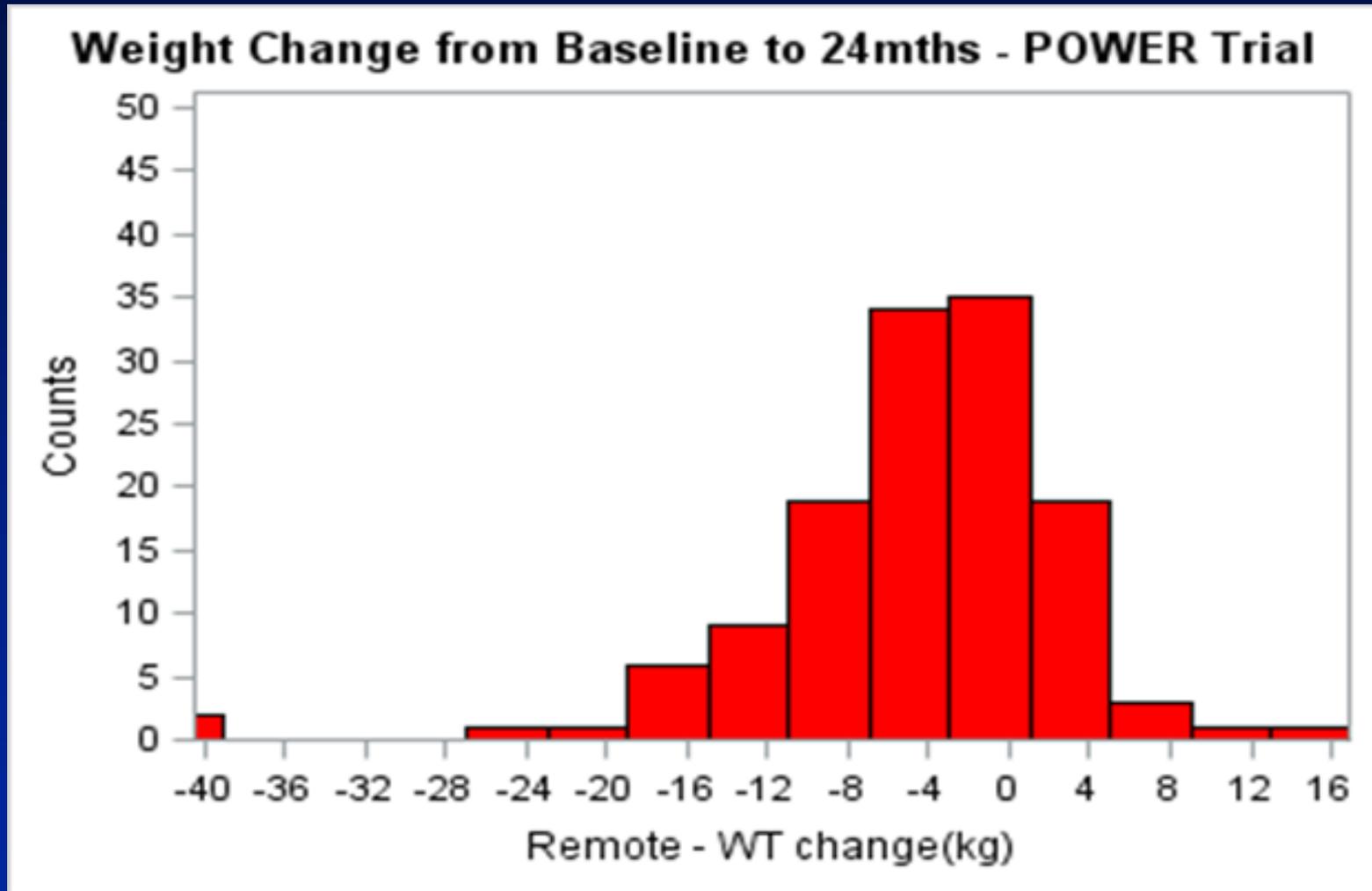


Jolly et al, BMJ 2011;343:d6500 doi:
10.1136/bmj.d6500

(8) Remote Delivery of Weight Loss Intervention As Effective as In-Person Intervention



(9) Substantial Variability in Wt Loss: Weight Change in Remote Intervention



Unpublished data from POWER trial

Toxic Environment: The Real Culprit

The (Toxic) Environment

- Food availability
 - Abundant inexpensive calories
 - Massive increase in portion sizes
- Sources
 - Calorie dense food
 - Liquid calories
 - Huge portions
- Decreased physical activity
 - Labor saving devices
 - Built environment
- Change in ‘normative’ behavior
 - Glorification of excess calorie consumption

Direct from the Iowa State Fair: Deep Fried Butter



(10) Difficult to Prove that Environment is Causally Related to Obesity Pandemic

Review

Obesity

Conclusion: ...limited evidence for associations between local food environment and obesity. ... interpreted cautiously because of low quality of available studies.

Among non-null associations, we saw a trend toward inverse associations between supermarket availability and obesity (22 negative, 4 positive, 67 null) and direct associations between fast food and obesity (29 positive, 6 negative, 71 null) in adults. We saw direct associations between fast food availability and obesity in lower income children (12 positive, 7 null). Indices including multiple food outlets were most

Questions ?