

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



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Reviews

Simply no words and phrases to spell out. it was writtrem extremely perfectly and useful. I am easily could possibly get a satisfaction of looking at a composed publication.

(Prof. Maudie Ziemann)

STRATEGIES TO PREVENT WEIGHT GAIN IN ADULTS: FUTURE RESEARCH NEEDS: FUTURE RESEARCH NEEDS PAPER NUMBER 43

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 40 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. 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...

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