

Obesity Prevention and Control: Technology-Supported Multicomponent Coaching or Counseling Interventions to Maintain Weight Loss

Task Force Finding and Rationale Statement

Intervention Definition

Technology-supported multicomponent coaching or counseling interventions use technology to facilitate or mediate interactions between a coach or counselor and an individual or group, with a goal of influencing weight-related behaviors or weight-related outcomes. These interventions often also include other components, which may be technological or non-technological.

Technology-supported components may include the use of computers (e.g., internet, CD-ROM, e-mail, kiosk, computer program), video conferencing, personal digital assistants, pagers, pedometers with computer interaction, or computerized telephone system interventions targeting physical activity, nutrition, or weight. Non-technological components may include in-person counseling, manual tracking, printed lessons, and written feedback. Because of differences in implementation and in the intended outcomes, interventions aimed at reducing weight were considered separately from those intended to maintain weight loss.

Task Force Finding (June 2009)

The Community Preventive Services Task Force recommends technology-supported multicomponent weight coaching or counseling interventions intended to maintain weight loss on the basis of sufficient evidence that they are effective in maintaining weight-related behaviors or weight-related outcomes.

Rationale

The Task Force finds sufficient evidence of effectiveness for technology-supported multicomponent coaching or counseling interventions to maintain weight loss based on a systematic review of the literature in the period 1966-June 2008. Four studies examined technology-supported multicomponent weight maintenance coaching or counseling interventions. All studies showed that weight loss was maintained for periods ranging from 12 to 18 months after the start of the intervention. No evidence of harms from these interventions was found.

The data presented here are preliminary and are subject to change as the systematic review goes through the scientific peer review process.

Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

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