

Obesity Prevention and Control: Multicomponent Provider Interventions with Client Interventions

Task Force Finding

Intervention Definition

Multicomponent interventions are designed to increase knowledge and change attitudes and practices of healthcare providers in addressing overweight and obesity among clients. These interventions use more than one of the following strategies: education, feedback, reminders, or office systems and support mechanisms. The interventions in this review also include components directed at clients themselves (e.g., lifestyle education, behavioral interventions).

Task Force Finding (February 2008)

The Community Preventive Services Task Force finds insufficient evidence to determine the effectiveness of the combination of multicomponent provider-oriented interventions with client interventions to prevent and control obesity among child, adolescent, or adult clients based on the lack of any data on provider behavior change and moderate effects on patient weight.

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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