

Obesity Prevention and Control: Provider Education with a Client Intervention

Task Force Finding

Intervention Definition

Provider education with client education is a two-part intervention that involves:

- Educating healthcare providers to increase knowledge, improve attitudes and change how they help clients address overweight and obesity, plus
- Having healthcare providers actually use a method to help their clients lose weight

Task Force Finding (February 2008)

The Community Preventive Services Task Force finds insufficient evidence to determine the effectiveness of provider education with client-level interventions to change provider behavior or to reduce weight among adult patients because of a small effect size in studies with small sample sizes.

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.

Document last updated December 11, 2013