

# Lifestyle interventions for diabetes yield modest results

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Photo: U.S. National Kidney and Urologic Diseases Information Clearinghouse

within-group effect on weight (3,063 patients) was 75.33 kg, which was also weakened in sensitivity analyses.

"Evidence-based approaches for improving the effectiveness of lifestyle-based interventions in type 2 [diabetes](#) are needed, along with future studies reporting on maintenance and cost-effectiveness," the authors write.

**More information:** [Abstract](#)  
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(HealthDay)—Lifestyle-based weight loss intervention trials in type 2 diabetes achieve modest reductions in weight and glycated hemoglobin (HbA1c) levels, according to a meta-analysis published in the April issue of *Diabetes, Obesity and Metabolism*.

Caroline O. Terranova, M.P.H., from the University of Queensland in Brisbane, Australia, and colleagues conducted a [systematic review](#) and meta-analysis of the effectiveness of lifestyle-based weight loss interventions for adults with type 2 diabetes. Included studies were randomized controlled trials evaluating weight loss interventions (diet and [physical activity](#), with or without behavioral strategies) of 12 weeks duration versus usual care or another comparison intervention.

From six studies comparing [lifestyle intervention](#) with usual care, the researchers found the pooled effect on weight (5,795 patients) to be 3.33 kg, and 0.29 percent on HbA1c (5,784 patients), with both findings weakened in sensitivity analyses. From all 10 lifestyle intervention groups, the pooled

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