



Effective Health Care

Weight Maintenance in Normal Weight Adults

Nomination Summary Document

Results of Topic Selection Process & Next Steps

- Weight maintenance (prevention of weight gain) in normal weight adults will go forward for refinement as a systematic review. The scope of this topic, including populations, interventions, comparators, and outcomes, will be further developed in the refinement phase.
- When key questions have been drafted, they will be posted on the AHRQ Web site and open for public comment. To sign up for notification when this and other Effective Health Care (EHC) Program topics are posted for public comment, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list1/>.

Topic Description

Nominator: Individuals

Nomination Summary: The nominators want to know how some people maintain normal weight while others become overweight and obese. The nominator has proposed the creation of a registry to identify factors associated with people who maintain normal weight, compared to those who become overweight or obese. They may also be interested in a systematic review of prospective interventional studies that demonstrate successful interventions as well as observational studies that identify lifestyle differences between those who maintain normal weight and those who do not. In addition to those who have never been overweight, they are interested in those who were overweight, returned to normal weight, and successfully maintained normal weight.

Staff Generated PICO:

Population(s): Normal weight adults and obese or overweight adults who lost weight and maintained the loss; subgroups of gender, socioeconomic status, and race; patients at risk of overweight and obesity due to genetics; life transitions (childbirth, retirement); patients with co-morbid conditions

Intervention(s): Tailored workplace, leisure, dietary, and medical interventions

Comparator(s): No intervention or other workplace, leisure, dietary, and medical interventions

Outcome(s): Maintenance of normal weight

Key Questions from Nominator:

1. How do normal weight adults, including those who have always been normal weight and those who were obese or overweight but have had successful long-term weight loss, succeed in weight management in the face of a work, leisure, and dietary environment that is responsible for the global obesity epidemic?

2. Can this "community knowledge" help in the development of tailored work, leisure, dietary, and medical interventions to more effectively meet the weight management needs of specific subgroups of patients?

Considerations

- The topic meets all EHC Program selection criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- The epidemic of overweight and obesity is widely recognized. Weight gain has been implicated in the etiology of many diseases, including cardiovascular disease, type II diabetes mellitus, arthritis, some cancers, and age-related declines in mental function. Thus, maintenance of normal weight is expected to reduce the risk of multiple adverse health conditions.
- Existing guidelines and reviews concerning obesity primarily focus on weight loss in overweight or obese patients, not weight gain prevention in normal weight adults. A new systematic review of existing studies relevant to the topic may be a valuable step before new observational studies such as a patient registry are undertaken. A review of the existing research may help identify and describe the best available evidence for how normal weight people maintain their normal weight, and identify interventions that have been used for normal weight maintenance. To the extent that such evidence is lacking, this can be used to identify gaps in the evidence and future research needs.