



Effective Health Care

Guidelines on Chronic Disease Prevention

Next Steps

The nominator is interested in guidelines that recommend lifestyle changes for the prevention of chronic diseases. These lifestyle changes include diet, exercise, and sleep.

This broad suggestion falls outside of the purview of the Evidence-based Practice Center Program, which is focused on developing evidence reviews to inform healthcare decision-making about interventions and activities available to decisionmakers in the United States.

However, we identified recommendations which may be useful for the nominator. These recommendations from the US Preventive Services Task Force and Community Preventive Services Task Force focus on physical activity and diet for the prevention of diabetes and obesity; and focus on the promotion of physical activity and healthful diet.

No further activity on this topic will be undertaken by the Effective Health Care (EHC) Program.

Summary

Topic Name and Number: #848, Guidelines on Chronic Disease Prevention

Date: 4/9/19

- The top five causes of death in the United States are diseases of the heart, cancer, chronic lower respiratory diseases, cerebrovascular diseases (stroke), and unintentional injuries.¹
- A 2014 Centers for Disease Control and Prevention (CDC) report found that healthy choices can reduce death of these five top causes. These choices relate to avoiding tobacco, eating a healthy diet, maintaining a healthy weight, engaging in physical activity, limiting sun exposure, and limiting alcohol consumption.¹
- Guidelines may vary in quality and users might find it challenging to determine which guidelines are high quality. In 2011, the Institute of Medicine (now National Academies of Science, Engineering and Medicine) developed standards for developing trustworthy guidelines. These standards can help guideline users assess the quality of a guideline.²
- The nomination was broad, and was not a request for a systematic review.
- While we are unable to further assess this topic at this time, these references may be useful to the nominator. These recommendations have been developed based on a systematic review of the published literature.
 - Clinical Practice Guidelines We Can Trust. Institute of Medicine.²
 - United States Preventive Services Task Force (USPSTF): Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in Adults Without Known Risk Factors: Behavioral Counseling³
 - USPSTF: Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions⁴
 - Community Preventive Services Task Force: Diabetes Prevention: Lifestyle Interventions to Reduce the Risk of Gestational Diabetes⁵

- Community Preventive Services Task Force: Diabetes: Combined Diet and Physical Activity Promotion Programs to Prevent Type 2 Diabetes Among People at Increased Risk⁶
- Community Preventive Services Task Force: Obesity Prevention and Control: Multicomponent Interventions (Meal or Fruit and Vegetable Snack Interventions + Healthier Snack Foods and Beverages) Combined with a Physical Activity Intervention in Schools⁷
- Community Preventive Services Task Force: Obesity Prevention and Control: Supporting Healthier Snack Foods and Beverages Sold or Offered Combined with Physical Activity Interventions in Schools⁸
- Community Preventive Services Task Force: Obesity Prevention and Control: Meal or Fruit and Vegetable Snack Interventions Combined with Physical Activity Interventions in Schools⁹
- Community Preventive Services Task Force: Obesity Prevention and Control: Increasing Water Access Combined with Physical Activity Interventions in Schools¹⁰
- Community Preventive Services Task Force: Physical Activity: Interventions to Increase Active Travel to School¹¹
- Community Preventive Services Task Force: Physical Activity: Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design¹²
- Community Preventive Services Task Force: Physical Activity: Family-Based Interventions¹³
- 2015-2020 Dietary Guidelines for Americans¹⁴

References

1. Yoon PW, Bastian B, Anderson RN, et al. Potentially preventable deaths from the five leading causes of death--United States, 2008-2010. *MMWR Morb Mortal Wkly Rep.* 2014 May 2;63(17):369-74. PMID: 24785982. <https://www.ncbi.nlm.nih.gov/pubmed/24785982>
2. Clinical Practice Guidelines We Can Trust. Washington, DC: Institute of Medicine; 2011. <http://www.nationalacademies.org/hmd/Reports/2011/Clinical-Practice-Guidelines-We-Can-Trust.aspx>.
3. Final Update Summary: Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in Adults Without Known Risk Factors: Behavioral Counseling. US Preventive Services Task Force; 2017. <https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/healthful-diet-and-physical-activity-for-cardiovascular-disease-prevention-in-adults-without-known-risk-factors-behavioral-counseling>. Accessed on 16 April 2019.
4. Final Update Summary: Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions. Rockville, MD: US Preventive Services Task Force; 2018. <https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/obesity-in-adults-interventions1>. Accessed on 16 April 2019.
5. The Community Guide: Diabetes Prevention: Lifestyle Interventions to Reduce the Risk of Gestational Diabetes. Atlanta, GA: Centers for Disease Control and Prevention; 2017. <https://www.thecommunityguide.org/findings/diabetes-prevention-lifestyle-interventions-reduce-risk-gestational-diabetes>. Accessed on 16 April 2019.
6. The Community Guide: Diabetes: Combined Diet and Physical Activity Promotion Programs to Prevent Type 2 Diabetes Among People at Increased Risk. Atlanta, GA: Centers for Disease Control and Prevention; 2014. <https://www.thecommunityguide.org/findings/diabetes-combined->

[diet-and-physical-activity-promotion-programs-prevent-type-2-diabetes](#). Accessed on 16 April 2019.

7. The Community Guide: Obesity Prevention and Control: Multicomponent Interventions (Meal or Fruit and Vegetable Snack Interventions + Healthier Snack Foods and Beverages) Combined with a Physical Activity Intervention in Schools. Atlanta, GA: Centers for Disease Control and Prevention; 2018. <https://www.thecommunityguide.org/findings/obesity-prevention-control-multicomponent-interventions-combined-physical-activity-intervention-schools>.

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8. The Community Guide: Obesity Prevention and Control: Supporting Healthier Snack Foods and Beverages Sold or Offered Combined with Physical Activity Interventions in Schools. Atlanta, GA Centers for Disease Control and Prevention; 2018.

<https://www.thecommunityguide.org/findings/obesity-prevention-control-supporting-healthier-snack-foods-beverages-sold-offered-combined-physical-activity-interventions-schools>. Accessed on 16 April 2019.

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10. The Community Guide: Obesity Prevention and Control: Increasing Water Access Combined with Physical Activity Interventions in Schools. Atlanta, GA: Centers for Disease Control and Prevention; 2018. <https://www.thecommunityguide.org/findings/obesity-prevention-control-increasing-water-access-combined-physical-activity-interventions-schools>. Accessed on 16 April 2019.

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<https://www.thecommunityguide.org/findings/physical-activity-interventions-increase-active-travel-school>. Accessed on 16 April 2019.

12. The Community Guide: Physical Activity: Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design. Atlanta, GA: Centers for Disease Control and Prevention; 2016.

<https://www.thecommunityguide.org/findings/physical-activity-built-environment-approaches>.

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