



Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends intensive lifestyle interventions for patients with type 2 diabetes based on sufficient evidence of effectiveness in improving blood glucose level control and reducing risk factors for cardiovascular disease.

Major Findings

- Intensive lifestyle interventions led to statistically significant improvements in health-related outcomes for patients with type 2 diabetes.
- Dietary programs decreased patients' blood glucose (A1c) and blood pressure and increased their HDL (good) cholesterol.
- Physical activity programs decreased patients' blood glucose and diastolic blood pressure.



The Look AHEAD trial, which was the largest study reviewed (5,145 individuals) and occurred over a four year period, provided intensive individual and group counseling and extended interpersonal support for dietary modification, regular physical activity, and weight management. An economic evaluation of the Look AHEAD trial reported lower health-care costs over 10 years.¹

What are Intensive Lifestyle Interventions?

Intensive lifestyle interventions help patients with type 2 diabetes improve their diet, level of physical activity, or both through ongoing counseling, coaching, or individualized guidance. Patients must interact with program staff multiple times for a period of six months or longer.

Dietary components may include tailored advice. Physical activity components may include structured and personalized guidance or supervised physical activity training. Programs also may have weight-loss goals or include additional components related to weight loss or maintenance.

Facts about Type 2 Diabetes

- Type 2 diabetes occurs when the body cannot use insulin to properly break down sugars for energy, leading to high blood glucose levels.²
- Patients with diabetes report having high blood pressure (73.6%) and high cholesterol (44.0%)—risk factors for cardiovascular disease, which is the leading cause of death among people with diabetes.^{2,3,4}
- Research shows that, although there is no cure for diabetes, a healthy diet, physical activity, and medication adherence can prevent or delay complications such as heart disease or stroke.³

Learn More

Summary of Evidence and CPSTF Finding

<https://www.thecommunityguide.org/findings/diabetes-intensive-lifestyle-interventions-patients-type-2-diabetes>

National Diabetes Education Program

<https://www.cdc.gov/diabetes/ndep/index.html>

CDC, Diabetes

<https://www.cdc.gov/diabetes/>

¹ Espeland MA, Glick HA, Bertoni A, Brancati FL, Bray GA, et al. Impact of an intensive lifestyle intervention on use and cost of medical services among overweight and obese adults with type 2 diabetes: the action for health in diabetes. *Diabetes Care* 2014;37(9):2548-56.

² Centers for Disease Control and Prevention. (2015). Basics About Diabetes. *Diabetes Home*. Retrieved from <https://www.cdc.gov/diabetes/basics/diabetes.html>.

³ Centers for Disease Control and Prevention. *National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017*. Atlanta, GA: US Department of Health and Human Services; 2017.

⁴ Centers for Disease Control and Prevention. Division of Diabetes Translation. (2017). *United States Diabetes Surveillance System*. Retrieved from <https://www.cdc.gov/diabetes/data/>.

Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at www.thecommunityguide.org.