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Eight-year weight losses with an intensive lifestyle intervention: The look AHEAD study

The Look AHEAD Research Group

Abstract

To evaluate 8-year weight losses achieved with intensive lifestyle intervention (ILI) in the Look AHEAD (Action for Health in Diabetes) study.

Look AHEAD assessed the effects of intentional weight loss on cardiovascular morbidity and mortality in **5,145** overweight/obese adults with type 2 diabetes, randomly assigned to ILI or usual care (i.e., diabetes support and education [DSE]).

The **ILI** provided comprehensive behavioral weight loss counseling over 8 years; **DSE** participants received periodic group education only.

All participants had the opportunity to complete 8 years of intervention before Look AHEAD was halted in September 2012; ≥88% of both groups completed the 8-year outcomes assessment.

ILI and DSE participants lost (mean ± SE) 4.7% ± 0.2% and 2.1 ± 0.2% of **initial** weight, respectively ($P < 0.001$)
at year 8; 50.3% and 35.7%, respectively, lost ≥5% ($P < 0.001$), and 26.9% and 17.2%, respectively, lost ≥10% ($P < 0.001$).

Across the 8 years ILI participants, compared with DSE, reported greater practice of several key weight-control behaviors.

These behaviors also distinguished ILI participants who lost ≥10% and kept it off from those who lost but regained.

Look AHEAD's ILI produced clinically meaningful weight loss (≥5%) at year 8 in 50% of patients with type 2 diabetes and can be used to manage other obesity-related co-morbid conditions.



Eight-Year Weight Losses with an Intensive Lifestyle Intervention: The Look AHEAD Study
The Look AHEAD Research Group

Objective: To evaluate 8-year weight losses achieved with intensive lifestyle intervention (ILI) in the
Look AHEAD (Action for Health in Diabetes) study.
Design and Methods: Look AHEAD assessed the effects of intentional weight loss on cardiovascular morbidity and mortality in 5,145 overweight/obese adults with type 2 diabetes, randomly assigned to ILI or usual care (i.e., diabetes support and education [DSE]).
The **ILI** provided comprehensive behavioral weight loss counseling over 8 years;
DSE participants received periodic group education only.

Results: All participants had the opportunity to complete 8 years of intervention before Look AHEAD was halted in September 2012;
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lost 10% and kept it off from those who lost but regained.

Conclusions: Look AHEAD's ILI produced clinically meaningful weight loss (5%) at year 8 in 50% of patients with type 2 diabetes and can be used to manage other obesity-related co-morbid conditions.