

Evidence Analysis Library
Adult Weight Management: Impact of Intervention Components

Table. Results of Sub-group Analysis According to Intervention Characteristics [Mean Difference (95% CI)].^a

	BMI (kg/m²)	% Weight Loss	Waist Circumference	Systolic Blood Pressure (mmHg)	Fasting Blood Glucose^b (mg/dL)
In-Person or Telehealth Interventions vs Controls					
Exclusively In-Person	-1.71 (-2.05, 1-.38)	-3.59 (-5.20, -1.99)	-3.60 (-4.57, -2.64)	-4.67 (-6.89, -2.45)	-1.20 (2.38, -0.02)
Exclusively Remote	-0.82 (-1.34, -0.30)	-5.17 (-7.73, -2.61)	-1.94 (-3.72, -0.15)	1.59 (-1.55, 4.73)	-0.79 (-5.29, 3.72)
Blended In-Person and Remote	-1.16 (-1.45, -0.87)	-4.56 (-6.24, -2.89)	-3.60 (-5.22, -1.98)	-1.67 (-3.81, 0.46)	-2.74 (-4.85, -0.63)
Individual or Group Interventions vs Controls					
Exclusively Individual	-1.28 (-1.56, -1.00)	-2.96 (-3.99, -1.94)	-4.06 (-5.61, -2.52)	-0.76 (-3.20, 1.67)	-0.02 (-2.12, 2.07)
Exclusively Group	-2.15 (-3.41, -0.89)	-4.88 (-7.95, -1.81)	-3.00 (-4.41, -1.59)	-8.10 (-12.96, -3.25)	-4.46 (-9.78, 0.87)
Blended	-1.07 (-1.36, -0.79)	-4.19 (-6.49, -1.90)	-2.67 (-3.61, -1.74)	-2.01 (-3.53, -0.50)	-3.24 (-5.59, -0.89)
Dietitian Alone or Multidisciplinary Interventions vs Controls					
Dietitian Alone	-1.49 (-1.86, -1.13)	-3.81 (-5.03, -2.60)	-3.03 (-4.3, -1.88)	-4.57 (-7.17, -1.98)	-3.20 (-6.19, -0.21)
Multidisciplinary	-1.48 (-1.82, -1.15)	-4.93 (-7.10, -2.77)	-3.70 (-4.88, -2.53)	-0.84 (-3.50, 1.82)	-1.84 (-3.94, 0.27)
Number of Contacts with Dietitians vs. Controls					
1-4 Contacts	-1.46 (-1.84, -1.08)	-2.36 (-3.08, -1.63)	-2.46 (-3.29, -1.64)	-0.95 (-3.76, 1.86)	0.31 (-7.56, 8.18)
≥ 5 Contacts	-1.55 (-1.88, -1.22)	-4.23 (5.71, -2.74)	-3.63 (-4.67, -2.59)	-3.34 (-5.58, -1.10)	-1.44 (-2.85, -0.01)
Frequency of Contacts with Dietitians vs Controls					
<1/month	-1.96 (-2.93, -0.99)	-3.39 (-4.79, -1.98)	-2.75 (-5.08, -0.42)	-2.45 (-5.59, 0.69)	1.80 (-4.81, 8.41)
1-3/month	-1.38 (-1.66, -1.10)	-4.26 (-6.25, -2.26)	-3.85 (-4.97, -2.74)	-3.53 (-6.45, -0.62)	-1.16 (-2.61, 0.29)
≥4/month	-1.60 (-2.26, -0.95)	-3.91 (-5.75, -2.06)	-2.02 (-3.23, -0.80)	-2.01 (-4.80, 0.79)	-4.24 (-7.92, -0.57)
Intervention Study Durations vs Controls					
<6 months	-1.50 (-1.89, -1.10)	-3.04 (-4.13, -1.94)	-3.21 (-4.43, -1.98)	-0.80 (-2.91, 1.32)	-3.15 (-6.39, 0.09)
6<12 months	-1.11 (-1.56, -0.67)	-4.57 (-8.06, -1.09)	-2.81 (-4.71, -0.92)	-4.11 (-8.56, 0.33)	-0.59 (-3.61, 2.42)
≥12 months	-1.94 (-2.48, -1.40)	-4.36 (-6.24, -2.49)	-4.12 (-5.18, -3.07)	-3.03 (-4.60, -1.46)	-1.77 (-3.22, -0.32)

^aAll results are compared to control groups. The outcomes of quality of life and cost-effectiveness were reported in too few studies for results to be stratified in sub-group analyses.

^bFor participants with no Type 2 Diabetes.