

Obesity Prevention and Control: Multicomponent Provider Interventions

Task Force Finding

Intervention Definition

Multicomponent interventions are designed to increase knowledge and change attitudes and practices of healthcare providers in addressing overweight and obesity among clients. These interventions use more than one of the following strategies: education, feedback, reminders, or office systems and support mechanisms.

Interventions may be delivered by:

- Lecture or seminar
- Written materials
- Training workshops
- Electronic alerts
- Feedback reports
- Videos

Task Force Finding (February 2008)

The Community Preventive Services Task Force finds insufficient evidence to determine the effectiveness of multicomponent provider-oriented strategies to prevent and control obesity among child, adolescent, or adult clients based on the small number of studies reporting patient-level outcomes and small effects on provider behaviors.

The data presented here are preliminary and are subject to change as the systematic review goes through the scientific peer review process.

Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

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