



Intensive Lifestyle Intervention to Reduce the Risk of Complications in PwT2DM: Look AHEAD Study Intervention¹

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Diabetes & Endocrinology

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		Frequency of Onsite Visits	Format of Treatment Sessions	Weight Loss Goal	Activity Goal	Special Features
Phase I	Months 1 to 6	Weekly	3 group, 1 individual	Lose $\geq 10\%$ of initial weight	Exercise ≥ 175 minutes per week by month 6	Treatment toolbox
	Months 7 to 12	3 per month	2 group, 1 individual	Continued loss or weight maintenance	Increase minutes per week of activity; goal of 10,000 steps a day	Advanced toolbox options; orlistat
Phase II	Years 2 to 4	Minimum of 1 per month	1 individual with a minimum of 1 additional contact by phone, mail, or email	Weight maintenance; reverse weight gain as it occurs	Maintain high levels of physical activity	Refresher groups to reverse weight gain; national campaigns across 16 centers
Phase III	Year 5+	Monthly recommended	Individual	Prevention of weight gain	Prevention of inactivity	Refresher groups; campaigns; open

- Participants were given a goal of 10% weight loss to increase likelihood of attaining mean loss of $\geq 7\%$ of initial weight
- Caloric restriction to 1200-1800 kcal/d, portion control, and meal replacements and/or detailed conventional menu plans were used
- If $<1\%$ weight loss per month, motivational interviewing, problem solving, and written contracts were used