



## Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends interventions that include activity monitors to increase physical activity in adults with overweight or obesity.

### Major Findings

The CPSTF recommendation is based on evidence from a systematic review published in 2016.<sup>1</sup>

- Physical activity interventions that included activity monitors increased daily walking (step counts per day) or time spent in moderate to vigorous physical activity over periods of 3 months or less.
- More research is needed to determine whether changes in physical activity are maintained over time.



## What are Physical Activity Interventions that Include Activity Monitors?

Physical activity interventions that include activity monitors provide participants with a combination of the following:

- Behavioral instruction in the form of counseling, group-based education, or web-based education
- Activity monitors that are used to provide regular feedback (i.e., pedometers or accelerometers) and may include enhancements to support or promote physical activity

Interventions must focus on physical activity or promote physical activity within a weight management program. These interventions may include one or more follow-up appointments with a healthcare provider.

## Facts about Physical Activity and Obesity

- More than one-third of American adults have obesity.<sup>2</sup>
- Only 1 in 5 adults get the recommended 150 minutes of physical activity per week.<sup>3</sup>
- Regular physical activity can help with weight control and lower risk for chronic diseases.<sup>3</sup>

### Learn More

#### Summary of Evidence and CPSTF Finding

<https://www.thecommunityguide.org/findings/physical-activity-interventions-including-activity-monitors-adults-overweight-obese>

#### CDC, Physical Activity and Health

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

#### CDC, Division of Nutrition, Physical Activity, and Obesity

<https://www.cdc.gov/nccdpnp/dnpao/index.html>

<sup>1</sup> The CPSTF considers recently published systematic reviews to provide public health professionals and decision-makers with effective intervention options. A team of specialists in systematic review methods and in nutrition research, practice, and policy selected and evaluated the following published review: de Vries HJ, Kooiman TJM, van Ittersum MW, van Brussel M, de Groot M. Do activity monitors increase physical activity in adults with overweight or obesity? A systematic review and meta-analysis. *Obesity* 2016;24(10):2076-91.

<sup>2</sup> Ogden CL, Carroll MD, Fryar CD, Flegal KM. (2015). Prevalence of obesity among adults and youth: United States, 2011-2014. NCHS data brief, no 219. Hyattsville, MD: National Center for Health Statistics. 2015. Retrieved from <https://www.cdc.gov/nchs/data/databriefs/db219.pdf>.

<sup>3</sup> Centers for Disease Control and Prevention. (2014). Physical Activity and Health: The Benefits of Physical Activity. Retrieved from <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>.

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](http://www.thecommunityguide.org).