



**BEHAVIORAL COUNSELING TO PROMOTE A HEALTHFUL DIET AND PHYSICAL ACTIVITY FOR CARDIOVASCULAR DISEASE PREVENTION IN ADULTS WITH CARDIOVASCULAR RISK FACTORS  
CLINICAL SUMMARY OF U.S. PREVENTIVE SERVICES TASK FORCE RECOMMENDATION**

<b>Population</b>	<b>Adults in primary care who are overweight or obese and have known cardiovascular risk factors</b>
<b>Recommendation</b>	<b>Offer or refer to intensive behavioral counseling interventions to promote a healthful diet and physical activity.</b>  <b>Grade: B</b>

<b>Risk Assessment</b>	Well-established risk factors for cardiovascular disease (CVD) include obesity, hypertension, hyperlipidemia, diabetes, and tobacco use.
<b>Behavioral Counseling Interventions</b>	Intensive behavioral counseling interventions are effective in making small but important changes in health behavior outcomes (dietary intake and physical activity) and selected intermediate clinical outcomes (lipid levels, blood pressure, fasting glucose levels, diabetes incidence, and weight) after 12 to 24 months.  Many types of intensive counseling interventions are effective. Such interventions focus on behavior change; include didactic education plus other components, such as audit and feedback, problem-solving skills, and individualized care plans; and are typically delivered by specially trained health professionals.
<b>Balance of Benefits and Harms</b>	The USPSTF concludes with moderate certainty that intensive behavioral counseling interventions to promote a healthful diet and physical activity have a moderate net benefit in adults who are overweight or obese and at increased risk for CVD.
<b>Other Relevant USPSTF Recommendations</b>	The USPSTF has a wide range of recommendations focusing on CVD prevention, including tobacco cessation, aspirin use, screening and counseling for obesity and screening for lipid disorders, blood pressure, and diabetes. These recommendations are available on the USPSTF Web site ( <a href="http://www.uspreventiveservicestaskforce.org">www.uspreventiveservicestaskforce.org</a> ).

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to <http://www.uspreventiveservicestaskforce.org/>.