

**Evidence Analysis Library
Adult Weight Management Guideline**

Comparison of Recommendation Topics 2014 and 2022

Evidence-Based Dietetics Practice Guidelines for Adults with Overweight or Obesity

Topic	2014 Guideline Recommendations	2021 Guideline Recommendations
Screening and Referral	Yes	No, refer to 2014 recommendations
Components of Nutrition Assessment	Yes	No, refer to 2014 recommendations
Medical Nutrition Therapy Approach	No	Yes
Medical Nutrition Therapy	Yes	Yes, updated
Coordinate Care with Interprofessional Team	Yes	Yes, updated
Monitoring and Evaluation	Yes, detailed recommendations	Yes, general recommendation, refer to 2014 recommendations for detail
Weight Bias and Weight Stigma	No	Yes
Number and Frequency of Dietitian Contacts	Yes	Yes, updated
Intervention Duration	Yes	Yes, updated
Duration and frequency of follow-up contacts for maintenance	Yes	Yes, updated
Telehealth Contacts	Yes	Yes, updated
Group Contacts	No	Yes
Intervention Settings (outpatient, community, work)	No	Yes
Payment for Services	No	Yes
Dietary Approaches	Yes	Yes, updated
Components of a Comprehensive Intervention	Yes	Yes, updated
Weight Loss Goals	Yes	No ^a
Achieve nutrient adequacy, caloric restriction	Yes	Addressed in dietary approach recommendation
Eating Frequency and Meal Patterns	Yes	No ^a
Portion Control, Meal Replacements, Structured Meal Plans	Yes	No ^a
Encourage Physical Activity	Yes	Addressed in components of comprehensive intervention
Behavior Therapy Strategies	Yes	Addressed in components of comprehensive intervention
Use of Community Resources	Yes	No ^a

Topic	2014 Guideline Recommendations	2021 Guideline Recommendations
Older Adults	Yes	Yes, in recommendation about under-resourced communities
Adults with Co-morbidities	No	Yes
Adults with obesity receiving pharmacotherapy or bariatric surgery	No	Yes
Members of groups disproportionately affected by overweight or obesity or under-resourced communities	No	Yes

^a No specific recommendation statement, but addressed in implementation sections of the 2022 Guideline