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The Role of Lifestyle Modification with Second-generation Anti-obesity Medications: Comparison, Questions & Clinical Opportunities

Publication: Current Obesity Reports

Publish Date: December 2023

Authors: Wadden, Thomas A; Chao, Ariana M; Moore, Molly; Tronieri, Jena S; Gilden, Adam; Amaro, Anastassia; Leonard, Sharon; Jakicic, John M

ABSTRACT

This review examines lifestyle modification for obesity management with the goal of identifying treatment components that could support the use of a new generation of anti-obesity medications. Semaglutide reliably reduces baseline body weight by approximately 15% at 68 weeks, in contrast to 5–10% for lifestyle modification. Tirzepatide induces mean losses as great as 20.9%. Both medications reduce energy intake by markedly enhancing satiation and decreasing hunger, and they appear to lessen the need for traditional cognitive and behavioral strategies (e.g., monitoring food intake) to achieve calorie restriction. Little, however, is known about whether patients who lose weight with these AOMs adopt healthy diet and activity patterns needed to

optimize body composition, cardiometabolic health, and quality of life. When used with the new AOMs, the focus of lifestyle modification is likely to change from inducing weight loss (through calorie restriction) to facilitating patients' adoption of dietary and activity patterns that will promote optimal changes in body composition and overall health.

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Impact of a Specialized Oral Nutrition Supplement on Quality of Life in Older Adults following Hospitalization: Post-hoc Analysis of the NOURISH Trial

Publication: Clinical Nutrition

Publish Date: November 2023

Authors: Baggs, Geraldine; Middleton, Carly; Nelson, Jeffrey; Pereira, Suzette; Hegazi, Refaat; Matarese, Laura; Matheson, Eric; Ziegler, Thomas; Tappenen, Kelly; Deutz, Nicolaas

ABSTRACT

Both during and after hospitalization, nutritional care with daily intake of oral nutritional supplements (ONS) improves health outcomes and decreases risk of mortality in malnourished older adults. In a post-hoc analysis of data from hospitalized older adults with malnutrition risk, we sought to determine whether consuming a specialized ONS (S-ONS) containing high protein and beta-hydroxy-beta-methylbutyrate (HMB) can also improve Quality of Life (QoL). **Methods:** We analyzed data from the NOURISH trial - a randomized, placebo-controlled, multi-center, double-blind study conducted in patients with congestive heart failure, acute myocardial infarction, pneumonia, or chronic obstructive pulmonary disease. Patients received standard care+S-ONS or placebo beverage (target 2 servings/day) during hospitalization and for 90 days post-discharge. SF-36 and EQ-5D QoL outcomes were assessed at 0-, 30-, 60-, and 90-days post-discharge. In hospitalized older adults with cardiopulmonary diseases and evidence of poor nutritional status, daily intake of S-ONS compared to placebo improved post-discharge QoL scores for mental health/cognition, vitality, social functioning, and general health. These QoL benefits complement survival benefits found in the original NOURISH trial analysis.

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High Protein Provision of More Than 1.2 g/kg Improves Muscle Mass Preservation and Mortality in ICU Patients: A Systematic Review and Meta-analyses

Publication: Clinical Nutrition

Publish Date: December 2023

Authors: van Ruijven, Isabel; Abma, Jose; Brunsveld-Reinders, Anja; Stapel, Sandra; van Etten-Jamaludin, Faridi; Boirie, Yves; Barazzoni, Rocco; Weijs, Peter

ABSTRACT

ICU patients lose muscle mass rapidly and maintenance of muscle mass may contribute to improved survival rates and quality of life. Protein provision may be beneficial for preservation of muscle mass and other clinical outcomes, including survival. Current protein recommendations are expert-based and range from 1.2 to 2.0 g/kg. Thus, we performed a systematic review and meta-analysis on protein provision and all clinically relevant outcomes recorded in the available literature. Meta-analyses showed differences between groups in favor of high protein provision for 60-day mortality, nitrogen balance and changes in muscle mass. High protein provision of more than 1.2 g/kg in critically ill patients seemed to improve nitrogen balance and changes in muscle mass on the short-term and likely 60-day mortality.

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What is Food Noise? A Conceptual Model of Food Cue Reactivity

Publication: Nutrients

Publish Date: November 2023

Authors: Hayashi, Daisuke; Edwards, Caitlyn; Emond, Jennifer A; Gilbert-Diamond, Diane; Butt, Melissa; Rigby, Andrea; Masterson, Travis D

ABSTRACT

As GLP-1 receptor agonists, like semaglutide, emerge as effective treatments for weight management, anecdotal reports from patients and clinicians alike point to a reduction in what has been colloquially termed "food noise," as patients report experiencing less

rumination and obsessive preoccupation about food. In this narrative review, we discuss concepts used in studies to investigate human eating behavior that can help elucidate and define food noise, particularly food cue reactivity. We propose a conceptual model that summarizes the main factors that have been shown to determine the magnitude of the reactivity elicited by external and internal food cues and how these factors can affect short- and long-term behavioral and clinical outcomes. By integrating key research conducted in this field, the Cue-Influencer-Reactivity-Outcome (CIRO) model of food cue reactivity provides a framework that can be used in future research to design studies and interpret findings related to food noise and food cue reactivity.

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Nutrition in Children with Chronic Kidney Disease: How to Thrive?

Publication: Journal of Renal Nutrition

Publish Date: November 2023

Authors: Mak RH; Iyengar A; Lai WM; McAlister L; Oliveira EA; Xu H; Yap HK; Shroff R

ABSTRACT

The nutritional status and management of children with chronic kidney disease (CKD) are complex and require a combined pediatric nephrology teamwork approach with physicians, nutritionists, nurses, and physical/occupational therapists. Prospective observational studies such as Children with CKD in the US, the 4C study in Europe and the International Pediatric Peritoneal Dialysis Network have advanced the field. However, most recommendations and guidelines from international task forces such as Kidney Diseases Improving Global Outcomes and Pediatric Renal Nutrition Taskforce are opinion-based rather than evidence-based. There is exciting ongoing research to improve nutrition in children with CKD to help them thrive.

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