



Recent Research on Lifestyle Changes and Health

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Research on lifestyle changes and health advances rapidly, generating new knowledge and technologies. A large randomized controlled trial from the Diabetes Prevention Program in the US demonstrated strong evidence for the effectiveness of lifestyle change intervention. In the study, lifestyle modification was more effective than either placebo or metformin in preventing the progression to type 2 diabetes. The physical activity level was six-fold greater in the Lifestyle group than in the Placebo and Metformin groups. The Lifestyle intervention also included diet changes with a reduced calorie and fat intake to acquire a 7% weight loss. This suggests that physical activity and dietary intervention were the principal determinants of therapeutic effectiveness for diabetic patients.





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Message from the Editor-in-Chief

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