

Resource Summary Report

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Look AHEAD

RRID:SCR_001490

Type: Tool

Proper Citation

Look AHEAD (RRID:SCR_001490)

Resource Information

URL: <https://www.lookaheadtrial.org>

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Description: 16-center, randomized clinical trial investigating the long-term health consequences of an intensive lifestyle intervention program designed to achieve and maintain weight loss by decreased caloric intake and increased physical activity in overweight volunteers with type 2 diabetes. The Look AHEAD cohort comprises approximately 5,000 overweight or obese participants with type 2 diabetes, aged 45-76. Participants were randomized to one of two interventions: an intensive lifestyle intervention designed to produce and sustain weight loss over the long term or a diabetes support and education arm. Participants will be followed for a total of 11 to 13.5 years from randomization. The primary hypothesis is that the incidence rate of the first post-randomization occurrence of a composite outcome, which includes * cardiovascular death (including fatal myocardial infarction and stroke), * non-fatal myocardial infarction, * hospitalized angina, and * non-fatal stroke, over a planned follow-up period of up to 13.5 years will be reduced among participants assigned to the Lifestyle Intervention compared to those assigned to the control condition, Diabetes Support and Education. Look AHEAD will also test for reductions in the incidence of three secondary composite outcomes and examine the effect of the intervention on cardiovascular disease risk factors, diabetes control and complications, general health, and quality of life, and psychological outcomes. The cost and cost-effectiveness of the Lifestyle Intervention relative to Diabetes Support and Education will be assessed. The Look AHEAD intensive lifestyle intervention ended September, 2012. Participants continue to be followed to determine the long-term effects of the intervention on health outcomes.

Abbreviations: Look AHEAD

Synonyms: Action for Health in Diabetes, Look AHEAD - Action for Health in Diabetes

Resource Type: clinical trial, resource

Keywords: weight loss, caloric intake, physical activity, health outcome, long-term effect, longitudinal, intervention, late adult human, middle adult human, cardiovascular disease, risk factor, diabetes control, diabetes complication, health, quality of life, psychological outcome, clinical

Related Condition: Type 2 diabetes, Overweight, Control

Funding: NIDDK U01DK057136

Availability: Restricted

Resource Name: Look AHEAD

Resource ID: SCR_001490

Alternate IDs: nlx_152745

Old URLs: <https://www.lookaheadtrial.org/public/home.cfm>

Record Creation Time: 20220129T080207+0000

Record Last Update: 20260919T195833+0000

Ratings and Alerts

No rating or validation information has been found for Look AHEAD .

No alerts have been found for Look AHEAD .

Data and Source Information

Source: [SciCrunch Registry](#)

Usage and Citation Metrics

We found 48 mentions in open access literature.

Listed below are recent publications. The full list is available at [nidm-terms](#) .

Gillette CM, et al. (2026) Prevalence of Beers Criteria Potentially Inappropriate Medication Use and Associated Factors among Three US Studies. *Drugs & aging*, 43(3), 267.

Bancks MP, et al. (2024) Association of Lifestyle Intervention With Risk for Cardiovascular Events Differs by Level of Glycated Hemoglobin. *The Journal of clinical endocrinology and metabolism*, 109(3), e1012.

Wagenknecht LE, et al. (2022) Impact of COVID-19 on life experiences reported by a diverse cohort of older adults with diabetes and obesity. *Obesity (Silver Spring, Md.)*, 30(6), 1268.

Kaze AD, et al. (2021) Metabolic Dyslipidemia and Cardiovascular Outcomes in Type 2 Diabetes Mellitus: Findings From the Look AHEAD Study. *Journal of the American Heart Association*, 10(7), e016947.

Hamdy O, et al. (2017) Long-term effect of intensive lifestyle intervention on cardiovascular risk factors in patients with diabetes in real-world clinical practice: a 5-year longitudinal study. *BMJ open diabetes research & care*, 5(1), e000259.

Smith E, et al. (2017) Cognitive remediation therapy plus behavioural weight loss compared to behavioural weight loss alone for obesity: study protocol for a randomised controlled trial. *Trials*, 18(1), 42.

Cradock KA, et al. (2017) Behaviour change techniques targeting both diet and physical activity in type 2 diabetes: A systematic review and meta-analysis. *The international journal of behavioral nutrition and physical activity*, 14(1), 18.

Guedes EP, et al. (2016) Impact of a 6-month treatment with intragastric balloon on body composition and psychopathological profile in obese individuals with metabolic syndrome. *Diabetology & metabolic syndrome*, 8, 81.

Romashkan SV, et al. (2016) Safety of two-year caloric restriction in non-obese healthy individuals. *Oncotarget*, 7(15), 19124.

Schmitz J, et al. (2016) Obesogenic memory can confer long-term increases in adipose tissue but not liver inflammation and insulin resistance after weight loss. *Molecular metabolism*, 5(5), 328.

K??ster-Rasmussen R, et al. (2016) Intentional Weight Loss and Longevity in Overweight Patients with Type 2 Diabetes: A Population-Based Cohort Study. *PloS one*, 11(1), e0146889.

Hilbert A, et al. (2016) Social facilitation maintenance treatment for adults with obesity: study protocol for a randomised-controlled feasibility study (SFM study). *BMJ open*, 6(8), e010845.

Ross KM, et al. (2016) Implementation of an Internet Weight Loss Program in a Worksite Setting. *Journal of obesity*, 2016, 9372515.

Moncrieft AE, et al. (2016) Effects of a Multicomponent Life-Style Intervention on Weight, Glycemic Control, Depressive Symptoms, and Renal Function in Low-Income, Minority Patients With Type 2 Diabetes: Results of the Community Approach to Lifestyle Modification for Diabetes Randomized Controlled Trial. *Psychosomatic medicine*, 78(7), 851.

Johnson ML, et al. (2016) Mechanism by Which Caloric Restriction Improves Insulin Sensitivity in Sedentary Obese Adults. *Diabetes*, 65(1), 74.

Crane MM, et al. (2015) A randomized trial testing the efficacy of a novel approach to weight loss among men with overweight and obesity. *Obesity (Silver Spring, Md.)*, 23(12), 2398.

Simpson KA, et al. (2015) Graded Resistance Exercise And Type 2 Diabetes in Older adults (The GREAT2DO study): methods and baseline cohort characteristics of a randomized controlled trial. *Trials*, 16, 512.

Hedrington MS, et al. (2015) Effects of Antecedent GABA A Receptor Activation on Counterregulatory Responses to Exercise in Healthy Man. *Diabetes*, 64(9), 3253.

Koritzky G, et al. (2015) The Biggest Loser Thinks Long-Term: Recency as a Predictor of Success in Weight Management. *Frontiers in psychology*, 6, 1864.

Traina SB, et al. (2015) The Importance of Weight Change Experiences for Performance of Diabetes Self-Care: A Patient-Centered Approach to Evaluating Clinical Outcomes in Type 2 Diabetes. *Diabetes therapy : research, treatment and education of diabetes and related disorders*, 6(4), 611.