

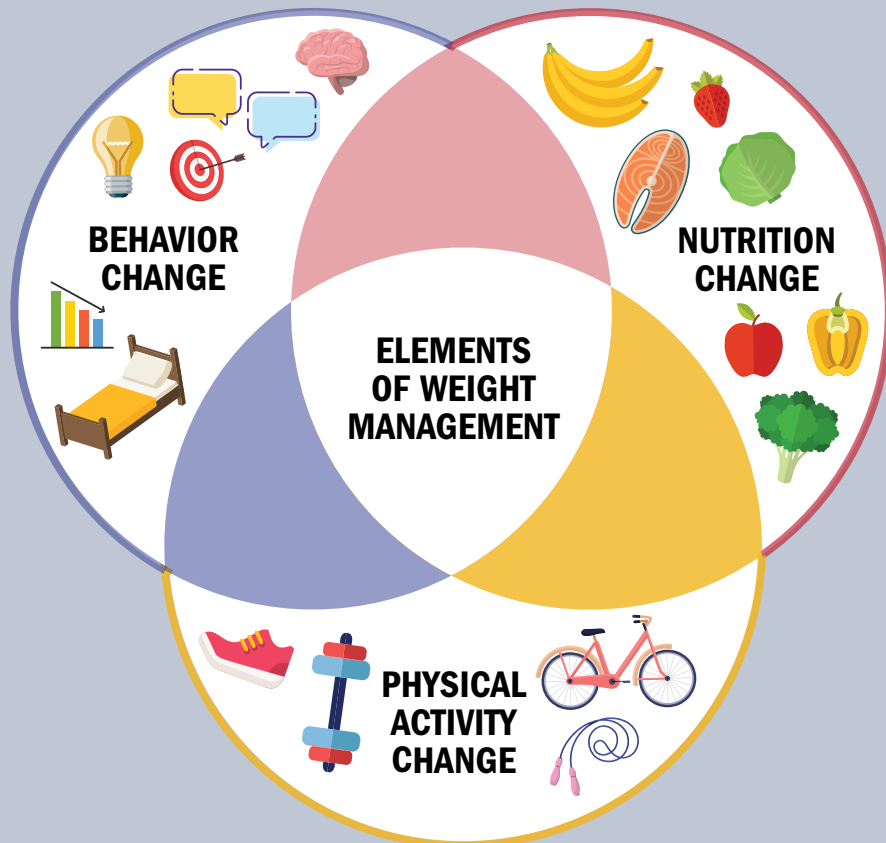
Comprehensive Lifestyle Intervention (CLI) in Management of Obesity: What is it and why is it important?



According to the 2025 VA/DOD Guidelines on Management of Adult Overweight and Obesity, many things contribute to obesity, including your biology, certain medications, diet, and daily habits. Body fat builds up when the amount of energy you take in is more than the amount of energy your body uses. To start the journey of weight loss and maintenance, changes across multiple areas of your life that lead to a different, sustainable way of doing things are needed.

Participation in a comprehensive lifestyle intervention, or CLI, can support these changes. For obesity, a CLI focuses on making changes in three components of daily living — behavior, nutrition, and physical activity. These changes, along with a structured counseling process that supports individual goal setting, monitoring of progress, and feedback and problem solving, produce the negative energy balance that results in weight loss.

When changes in each component emerge and continue through time, you can expect to lose weight and to keep it off.



How do I know which comprehensive lifestyle intervention program to choose?

Just because something is called a comprehensive lifestyle intervention, it doesn't mean it is one. It is important for you to be able to accurately assess the program to know if it is backed by science and will help you achieve and sustain your desired results. You may need this information now as you lose weight or later when you seek to maintain weight loss.





Comprehensive Lifestyle Intervention Criteria

- ✓ Regular individualized counseling and feedback from a trained professional (doctor, dietitian, or health coach)
- ✓ Structured curriculum that combines behavioral, nutrition, and physical activity components that target weight loss
- ✓ Regular counseling on health behavior change, which includes:
 - Goal setting that is attainable for you to be successful
 - Regular monitoring, which includes action planning, feedback, and problem solving
- ✓ Consistent sessions, typically, at least 12 sessions in the first 12 months of intervention
- ✓ Sessions delivered via telephone or in person in group or individual settings
- ✓ Individualized treatment based on your personal goals, characteristics, needs, values, and preferences

What is NOT a CLI?

- ✗ Only considering changes in one component (behavior or nutrition or physical activity): “I will remind myself not to overeat.” “I will just skip desserts or breakfast this week.” “I will run two extra miles every day.”
- ✗ Committing to short-term change or making a change for a limited amount of time: “I will intermittently fast until I pass the next physical abilities test.” “I can drink water when I am hungry this week.”
- ✗ Making a change by oneself without treatment guidance from a healthcare professional: “I don’t have time to complete a food log or meet with a professional for a weigh in and log review.” “I will just eat less at dinner and listen to a few weight loss podcasts.”

What's Next?



Whether you're active duty or a veteran, focus and commitment are skills you've developed to be a ready warfighter. Staying on top of your weight loss and maintenance and understanding the chronic nature of obesity are important. Using a comprehensive and sustainable approach is essential for the journey. Remember to use the following resources to stay the course.

Resources



MOVE! Weight Management Program for veterans includes the most up-to-date approaches for weight management.
move.va.gov



VA | U.S. Department of Veterans Affairs

The Veterans Health Library helps veterans stay well and well-informed. Use the tools to learn about and cultivate skills for behavior change, nutrition change, physical activity change and more.
veteranshealthlibrary.va.gov/HealthyLiving



The Human Performance Resources by CHAMP is the military's trusted source for maximizing performance. Use the tools to discover tips on behavior change, nutrition change, physical activity change, and more.
hprc-online.org



Military/Veterans Crisis Line provides free, confidential resource for those in crisis that is available 24/7. Dial 988, then press 1 to talk with a counselor or text 838255 for live chat. OCONUS options available.
militarycrisisline.net



988 provides free and confidential support for individuals in crisis. If you or someone you know is struggling or in crisis, call or text 988.
988lifeline.org



Military OneSource Military OneSource provides 24/7 support and information on housing, financial, legal, medical, and psychological services.
– CONUS: 800-342-9647
– OCONUS and collect options available at:
militaryonesource.mil

Reference

Veterans Affairs and Department of Defense (2025). *VA/DOD Clinical Practice Guideline for the Management of Adult Overweight and Obesity*. Version 4.0.
<https://www.healthquality.va.gov/HEALTHQUALITY/guidelines/CD/obesity/index.asp>



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