



# Effective Health Care

## Comparative Effectiveness of Weight Loss Interventions for CKD Nomination Summary Document

### Results of Topic Selection Process & Next Steps

- The topic, *Comparative Effectiveness of Weight Loss Interventions for Chronic Kidney Disease (CKD)*, is not feasible for a full systematic review due to the limited data available for a review at this time.
- The topic, *Comparative Effectiveness of Weight Loss Interventions for CKD*, could potentially be considered for new research in comparative effectiveness.

### Topic Description

**Nominator(s):** Organization

**Nomination Summary:** The nominator is interested in the comparative effectiveness of weight loss interventions in preventing CKD or slowing CKD progression.

**Staff-Generated PICO**

**Population(s):** Patients with or at risk for CKD, including adults, children, elderly, obese, African-Americans, disparity populations

**Intervention(s):** Weight loss interventions

**Comparator(s):** No therapy or intervention; other weight loss interventions

**Outcome(s):** Estimated glomerular filtration rate (eGFR), creatinine, albuminuria, incidence of end stage renal disease (ESRD), other measurements of disease status and progression

**Key Questions from Nominator:** What is the comparative effectiveness of overweight prevention, weight maintenance and weight loss interventions in preventing chronic kidney disease (CKD) or slowing CKD progression?

### Considerations

- Obesity can lead to the development of diabetes and hypertension, the two most common risk factors for CKD and CKD progression. The effectiveness of weight loss in preventing CKD or slowing patients' CKD progression and improving their long-term renal outcomes is unclear.
- Although a search of the literature identified relevant systematic reviews, none focused on the comparative effectiveness of different weight loss interventions for preventing or slowing the progression of CKD. Our search of new studies also did not identify any studies directly comparing different types of weight loss interventions for patients with or at risk for CKD.

- New research on this topic that focuses on providing direct comparisons of the effectiveness of weight loss interventions for preventing or slowing down CKD progression could help to guide physicians in determining the most effective interventions for their patients.