

# Scope of Use and Effectiveness of Dietary Interventions for Improving Health Outcomes in Veterans: A Systematic Review

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## Introduction / Background

Military veterans have a high incidence of poor health behaviours, physical and psychological comorbidities and face unique challenges in undertaking behavioural and lifestyle modifications. Dietary interventions can improve the outcomes in many health conditions.

The aim of this systematic review was to evaluate the scope of health conditions targeted with dietary interventions and the effectiveness of these interventions for improving health-related outcomes in veterans.

## Methods

Online databases were searched from inception to February 2021, using combinations of MeSH and free-text words for “veteran” and “diet”.

Study inclusion criteria were: military veterans from any nation or discipline; any dietary interventions conducted at any time post-discharge (inc. any delivery mode or duration); any health-related outcome measures relevant to diet.

## Contact Information:

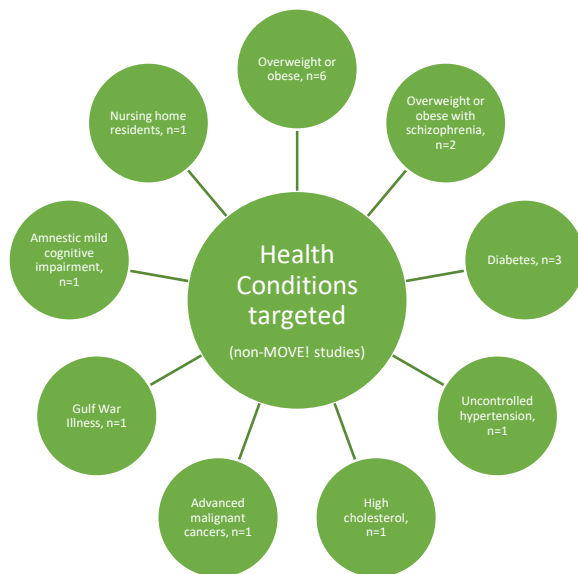
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## Results

Out of 2669 identified references, 35 studies were included in the review, and 18 were related to U.S. national veteran weight-loss program, MOVE!

Most dietary interventions for veterans were implemented in populations with overweight/obesity or chronic disease (e.g. Type II Diabetes) and involved single dietary interventions or dietary components of holistic lifestyle interventions. The most common primary outcome of interest was weight loss. The success of dietary interventions was generally moderate, and barriers included poor compliance, mental health conditions and large drop-out rates.



## Conclusions

This review identified a large range of conditions in military veterans that have been targeted with dietary interventions with only moderate success. The findings illustrate the need for further refinement of dietary and lifestyle interventions for the management of veterans with chronic health conditions.

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**Reference:** Mellor, R., Saunders-Dow, E., & Mayr, H. (2022). Scope of Use and Effectiveness of Dietary Interventions for Improving Health-Related Outcomes in Veterans: A Systematic Review. *Nutrients*, 14(10), 2094.