

Supportive Weight Loss Program

Jenny Koscho RD, LDN, CDE
Lehigh Valley Health Network, Jenny.Koscho@lvhn.org

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Supportive Weight Loss Program

Jenny Koscho, RD, LDN, CDE

Lehigh Valley Health Network, Allentown, PA

Background:

One third of US adults are obese and 17% of US children are obese. During 1980-2008, obesity rates have doubled for adults and tripled for children. Obesity increases the risk of many chronic diseases such as type 2 diabetes, heart disease, liver & gallbladder disease, sleep apnea, & degenerative joint disease. In 2008, overall medical care costs related to obesity for US adults were estimated to be as high as \$147 billion. People who were obese had medical costs that were \$1,429 higher than the cost for people of normal body weight. The causes of obesity in the United States are complex and numerous, and they occur at social, economic, environmental, and individual levels.

Project Description:

To address the obesity epidemic, a multi-disciplinary approach to weight loss was developed by the Weight Management Center called the Supportive Weight Loss program. The supportive weight loss program is a six-month program that provides nutrition, behavior and exercise education. The team provides personalized attention and follow-up with an emphasis on long-term weight management with lifestyle modification. The team meets with the enrollee on an individual basis every two weeks for the first 3 months and then monthly for the remainder of the 3 months to provide continued weight loss counseling.

Objectives:

To educate our participants on how to lead a healthier lifestyle and lose weight. The goal is for the participants to lose 0.5-2 pounds per week and to improve their body composition by decreasing their body fat and increasing their lean muscle mass. The enrollee will also complete the 6 month program with a sense of knowledge on how to continue with their weight loss journey or maintain their weight loss. After the 6 month program, the participant has the option to continue into the 6 month program again or to enroll into our Weight Maintenance program which is also a 6 month weight loss program that includes only nutrition counseling and behavior change therapy.

Multi-Disciplinary Team:

Our team consists of Registered Dietitians, Behavior Health Specialists, and Exercise Physiologists.

Results/Implications:

As of September 2011, we have had 291 participants in the Supportive Weight program. On average, our participants are losing 0.6 pounds per week during our 6 month program. On average, a BMI loss of 2.5 and an average body fat decrease of 1.9% is seen over the 6 month period. From the data, a weight loss as great as 63.4 pounds has been seen in the 6 months. We have found that our patients that adhere to the lifestyle changes and keep all their appointments as we suggest, are more successful with their weight loss in our program.



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