



HMR Program® for Weight Management™: Newly Published 100 lb. Weight Loss Data Show Dramatic Reductions in Risk Factors and Medications

*American Journal of Clinical Nutrition, August 2007,
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The study identified 118 patients, over a 9-year period, who lost ≥ 100 pounds (45.5 kg). Charts were systematically reviewed to assess outcomes and side effects. Patients participated in the HMR Program for Weight Management which included meal replacements (HMR Shakes and Entrees), low-energy diets, weekly classes, and training in record keeping and physical activity. Assessments included weekly weights, laboratory studies, medication use, lifestyle behaviors, side effects, and follow-up weights.

Results

Measure	Baseline	Change (at completion of weight loss)
Weight	159.9 \pm 3.4 kg (351.8 lbs.)	↓ 61.0 \pm 1.6 kg (134.2 lbs.)
Total Cholesterol (mmol/L)	5.38 \pm 0.08	↓ 19.5% \pm 1.3
LDL Cholesterol (mmol/L)	3.28 \pm 0.07	↓ 20.2% \pm 1.9
HDL Cholesterol (mmol/L)	1.17 \pm 0.03	↑ 1.5% \pm 2.0
Triglycerides (mmol/L)	1.84 \pm 0.08	↓ 36.2% \pm 2.6
Fasting Blood Glucose (mmol/L)	6.22 \pm 0.23	↓ 17.4% \pm 1.7
Systolic Blood Pressure (mmHg)	132.9 \pm 1.5	↓ 13.2% \pm 1.1
Diastolic Blood Pressure	86.2 \pm 1.0	↓ 15.2% \pm 1.3

- ✓ Average person lost 100 pounds in 27 weeks.
- ✓ 87 patients were on medications for one or more comorbid conditions:
 - **Medication doses were reduced in all patients.**
 - **Diabetes:** 73% of patients discontinued diabetes medications.
 - **Hypertension:** 67% of patients discontinued hypertension medications.
 - **Dyslipidemia:** 100% of patients discontinued dyslipidemia medications.

HMR offers a range of weight-loss treatment options, including medically supervised low and very low-calorie diets, moderately restricted diets and “at home” dieting options. The program is based on measurable, evidence-based variables allowing for specific goals to be set and compliance to be tracked. All diet options for weight loss focus on the same lifestyle changes: increased physical activity (≥ 2000 kcal/wk); use of meal replacements (≥ 35 /wk in weight loss and 14/wk in maintenance); increased vegetable and fruit intake (≥ 35 /wk) (included in some weight-loss options and in maintenance.)