

Long-term Follow-up 1,000 Patients Shows Substantial Lifestyle and Medical Changes

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Objective To document lifestyle changes and medical outcomes from 1,000 patients in an ongoing weight management treatment program.

Subjects

- ✓ 1,000 patients who participated in the HMR Program for Weight Management™ and had a pre-treatment health risk appraisal (HRA) with a follow-up HRA that was completed in the maintenance phase of the program between June, 2003 to August, 2004.
- ✓ Patients were from 28 HMR Programs.

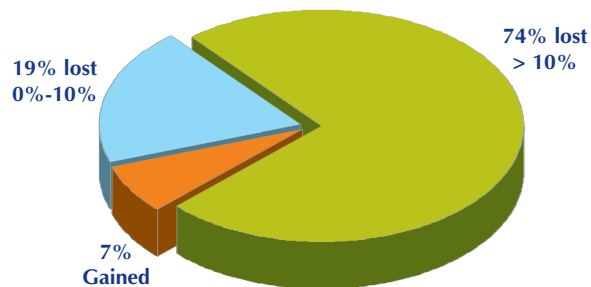
Program HMR offers intensive behavioral treatment programs for all levels of weight loss. The program commitments include: weekly attendance including a midweek phone call, and daily/weekly record keeping. The program focus is on three defined behaviors: a minimum of 5 HMR meal replacements per day for weight loss (35/week), a minimum of 2000 calories of physical activity (PA) per week, and a minimum of 5 servings of vegetables and fruits per day (35/week) for some program options.

Results

Measure	Initial	Follow-up (Avg. 2.5 Years)	Change
Weight	239 lbs.	195 lbs.	↓44 lbs.
Total Cholesterol/HDL	3.96	3.46	↓13%
Triglycerides	151	116	↓26%
Systolic Blood Pressure	128	120	↓8 mm/Hg
Diastolic Blood Pressure	80	73	↓7 mm/Hg
Fasting Blood Glucose	103	93	↓10%

- ✓ Medical changes occurred in addition to substantial decreases and/or elimination of medications.
- ✓ Highly significant ($p < .001$) decreases in all measured medical parameters.

Weight Change (% of initial weight)



- ✓ 74% of patients lost an average of 58 lbs. - that's 23% of initial body weight
- ✓ Average physical activity calories for all patients increased from 948 to 2558 kcals/wk
- ✓ Average dietary fat intake for all patients decreased from 38% to 28%

Conclusions Patients in this ongoing treatment setting lost substantial amounts of weight and made lifestyle changes necessary for weight loss and for risk factor reduction.

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