Eat Smart, Move More, Weigh Less Is **Evidence-Based**



Dunn C, Olabode-Dada O, Whetstone L, Thomas C, Aggarwal S, Nordby K, Thompson S, Johnson M, Allison C. Using synchronous distance education to deliver a weight loss intervention: a randomized trial. *Obesity.* 2016;24(1):44-50.

MAIN FINDINGS: Participants who completed the program lost significantly more weight than those in the wait-list control group and had a greater reduction in BMI.

Weight loss was maintained at 6 months.



Dunn C, Whetstone LM, Kolasa KM, Jayaratne KSU, Thomas C, Aggarwal S, Nordby K, Riley K. Using synchronous distance-education technology to deliver a weight management intervention. *JNEB*. 2014;46(6):602-609.

MAIN FINDINGS: The program, delivered in real-time, online distance education format supported with personalized e-mail, expands the reach of nonclinical

weight management. The online delivery produces similar impacts when compared to in-person delivery and achieves positive outcomes related to weight, healthy eating, physical activity behaviors and has the potential to reduce health care costs.

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MAIN FINDINGS: The program demonstrates the feasibility of implementing a behavior changebased weight management program at the worksite to achieve

positive outcomes related to weight, blood pressure, healthy eating and physical activity behaviors and has the potential to reduce health care costs.





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Thompson S, Dunn C, Aggarwal S, Tchwenko S, Wang A, Rushing J, Thomas C, Nordby K, Allison C. Behaviors predictive of weight loss maintenance: Six-month follow up of an online weight management program. *Obes Open Access*. 2016;2(3).

MAIN FINDINGS: The program implements evidence-based behaviors associated with weight loss maintenance, including limiting portion sizes, eating vegetables,

and mindfulness of healthy eating and physical activity.

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Whetstone L, Kolasa K, Dunn C, Jayaratne J, Vodicka S, Schneider L, Thomas C, vanStaveren M, Aggarwal S, Lackey C. Effects of a behaviorbased weight management program delivered through a state cooperative extension and local public health department network, North Carolina, 2008–2009. *Preventing Chronic Disease*. 2011;8(4):A81: http://www.cdc.gov/ pcd/issues/2011/jul/10_0160.htm.

MAIN FINDINGS: Eat Smart, Move More, Weigh Less is an

effective weight management program that is associated with decreased weight and increased confidence in healthy eating and physical activity.

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Dunn C, Kolasa K, Vodicka S, Schneider L, Thomas C, Smith C, Lackey C. Eat Smart, Move More, Weigh Less a weight management program for adults—revision of curriculum based on first-year pilot. J of Extension. 2011;49(6):6TOT9.

MAIN FINDINGS: The program uses the Theory of Planned Behavior and strategies identified in the professional literature that are associated with healthy

eating, physical activity, and achieving and maintaining a healthy weight.

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VOLUME & NO. 2 MINIOR 2012			
Establishing Worksite Wellness Programs for North Carolina Government Employees, 2008			
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Four on Community Preventive Services.	Background		
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critic shitacles to providing worksite wellness programs for state employees and to develop a state policy to address them. The Division of Public Health established a model	activity, reduce tobacco use, and have better access to		

Young S, Halladay J, Plescia M, Herget C, Dunn C. Establishing worksite wellness programs for North Carolina government employees, 2008. *Preventing Chronic Disease*. 2011;8(2):A48: http://www.cdc.gov/ pcd/issues/2011/mar/10_0069.htm.

MAIN FINDINGS: Partnerships are essential to guide worksite wellness programs. State health plans and public health agencies each play a role.