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

Original Article	Obesit
Using Synchronous Distance E Loss Intervention: A Randomiz	
Carolys Dune", Olumia Olabode Dada", Lauree Wheneour", Samae' Elonpoor", Madison Johnson", and Obristice Alisan'	Catty Florent ² , Sarabbi Aggarwa ⁴ , Krily Sordby ⁴ ,
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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 waitlist 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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Neight Canool Delivering a Behavior-Change Weight Management Program to Teachers and State Employees in North Carolina Chaole June, PAL can be Machine Man, M. R. & State M. Koar, N. D. M. 200 K. S. C. Bogi Josseon, PAC, Call Prans, M. R. & South (Source), MIR, AD Composed, Barr, M. Ku, and Kaper, S. & Mart				
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Dunn C, Whetstone LM, Kolasa KM, Jayaratne KSU, Thomas C, Aggarwal S, Herget C, Rogers AB. Delivering a behavior-change weight management program to teachers and state employees in North Carolina.

Am J Health Prom. 2013;27(6):378-383.

MAIN FINDINGS: The program demonstrates the feasibility of implementing a behavior change-based 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.



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.



achieving and maintaining a healthy weight.

	MARCH 2011	
COMMUNIT	CARE STUDY	
Establishing Worksite Wellness Programs for North Carolina Government Employees, 2008		
Augustion invities for this nettide Yong R, Bildader J, Frank M, Horger C, Dan C. Eakhloing avolvitie work near pargrams for Nindh Cantoling generatories and applyces. New Channel B (2012) (23), Malor Work of a generatories near 2017 Unarth (2013) Man. Assessed [diad]. New Executor Net Executor Alabetract	Outcome The statist first worksite welforen policy orested as resployer wolfaness industructure is state generanses and allowscal abatisticative heaviers in allow efforters work in polic supervises of a substituted moduli worksite region in the state of the state of the state of the measurement program. Densities even his of the program holped generative legislative suggest is request the regular measurement program throughout state generanse,	
AutoLana. Background Alaris rouphyse health plans sumstance provide worksite willcress programs in reduct the providence of alwanis discusses among divise methods. Josh for effect the manyor- hemister stage of interventions recommended by the Task Pore on Community Provention Foreion.	Interpretations Strong mitragency partnership in essential to paide works uite wollows polyc and approxim development in state per- revenent. Hate body plans, public locally agreesing and pressneel agreesing such play a subrat hat partnership.	
	Background	
Community Context Nucli Cardinal's Mate Health Plan for Tradown and Data Explorers provides health revenue for approx- ation of the state employers, trading on the providence of drawing the basis industric that the providence of drawing at basis is them or of bring them in approximately 20% among state mightyres.	One objective of Ebulity People 2050 was for at loast T276 of workstars, in offer assuperbracies workstar wolfness programs for birts employment (1). Which its programs are part of a public buch histicity is allown to be sure that buchd's more programs an estimation [11] within a small product programment. It is an encoding by 2021 (2). The Task Prove on Community Pervention Perventers Perventers in estimation of the an efficiency Pervices Perventers in the State State (1) and the second provides Perventers in the State St	
Betkools The State Realth Plan consted a partnership with North Carolina's Division of Public Health, Office of State Personnel, and other key state agreesies in identify buseness entits obtained in in severing or weaking well-sen surveyant.	Nervices recommends 19 components of an effective componenties worksite welfans, program that fall into 1 outgories insurance levelfan, pilotes, programs, and communications (2). Worksite programs shows to be musi- effective were those that used reinforce-based interven-	
for state employees and is develop a state policy to address them. The Devision of Public Health established a model worksite recursor to public development of the worksite	tions to help employees how weight, increase physical activity, reduce tohacos use, and have better access to influence accession (7).	



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The Buddy Benefit: Increasing the Effectiveness of an Employee-Targeted Weight-Loss Program through Communication

It is well known that significant others	of high accepting and high challenging
(particularly romantic partners) can influence	messages from buddles was associated with
people's weight management efforts.	the greatest decrease in RMI as well as the
llowever, what constitutes effective support-	greatest reduction in waist size. Furthermore,
and from which type of individual (e.g.,	the support by romantic partners panileled
romantic partner, family member, friend)is	support by other types of buildies. Having a
unclear. Thus, framed by confirmation theory,	supportive baddy who was not a romantic
we assessed the effectiveness and types of	partner was just as effective as turning to a
communication of a weight-loss "buddy"	romantic partner for assistance. This study
through reports of 704 individuals ensolled	underscores the important role of a buddy in
in a 15-week synchronous online weight-loss	supporting weight-loss program insolvement
program. Roughly 54% of participants	and encourages individuals to consider
chose buddles; and those who did lost more	enlisting the help of a buddy as opposed to
weight and waist inches than those who	losing weight alone, in order to maximize
were involved in the program without buddy	weight management effectiveness.
support. We also found that a combination	

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 healthy weight

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.

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.

Dailey R, Romo L, Myer S, Thomas C, Aggarwal S, Nordby K, Johnson M, Dunn C. The Buddy Benefit: Increasing the Effectiveness of an Employee-Targeted Weight-Loss Program Through Communication, In Press. Journal of Health Communication.

MAIN FINDINGS: Individuals enrolled in a weight management program should consider enlisting the help of a buddy, as opposed to losing weight alone, in order to maximize weight management effectiveness.

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