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

**MAIN FINDINGS:** Participants who found a caring, attentive “buddy” that encouraged them to keep their goals were more likely to reduce their BMI and waist size while participating in the Eat Smart, Move More, Weigh Less program.

**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.

**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.

**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.

**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.

**MAIN FINDINGS:** The study identifies behaviors associated with weight loss maintenance six months after completing an online weight management program. Positive results of the program were more likely to reduce their BMI and waist size while participating in the Eat Smart, Move More, Weigh Less program.

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