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

**MAIN FINDINGS:** Participants who completed Eat Smart, Move More, Weigh Less had a significantly larger increase in their mindfulness scores than those in the waitlist control group. Study results suggest that there is a beneficial association between mindful eating and weight loss.

**References:**


**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.

**References:**


**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: 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.


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


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.