

# 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.** Mindful eating and weight loss, results from a randomized trial. *J Fam Med Community Health.* 2018; 5(3): 1152.

**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.



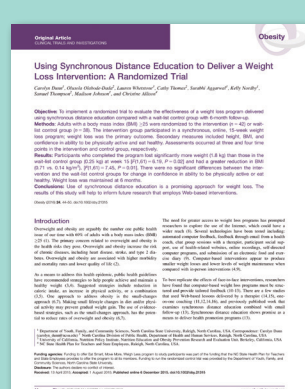
**Dailey R, Romo L, Myer S, Thomas C, Aggarwal S, Nordby K, Johnson M, Dunn C.** The Buddy Benefit: Increasing the Effectiveness of an Employee-Targeted Weight-Loss Program Through Communication. *Journal of Health Communication.* 2018;23(3):272-280.

**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.



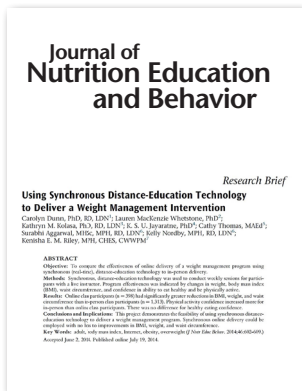
**Thompson S, Dunn C, Aggarwal S, Tchwenko S, Wang A, Rushing J, Thomas C, Nordby K, Allison C.** Behaviors predictive of weight loss maintenance: Six-month follow up of an online weight management program. *Obes Open Access.* 2016;2(3).

**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.



**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.

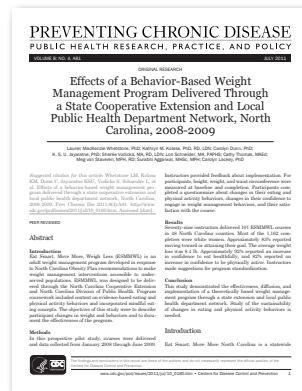
**MAIN FINDINGS:** Participants who completed the program lost significantly more weight than those in the wait-list control group and had a greater reduction in BMI. Weight loss was maintained at 6 months.



**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-

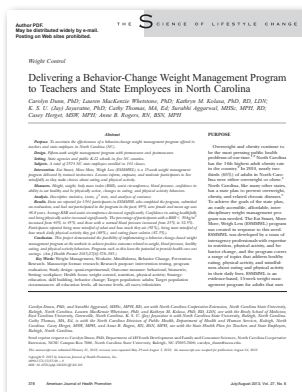
time, online distance education format supported with personalized e-mail, expands the reach of nonclinical weight management. The online delivery produces similar impacts when compared to in-person delivery and achieves positive outcomes related to weight, healthy eating, physical activity behaviors and has the potential to reduce health care costs.



**Whetstone L, Kolasa K, Dunn C, Jayaratne J, Vodicka S, Schneider L, Thomas C, vanStaveren M, Aggarwal S, Lackey C.** Effects of a behavior-based weight management program delivered through a state cooperative extension and local public health department network, North Carolina, 2008–2009.

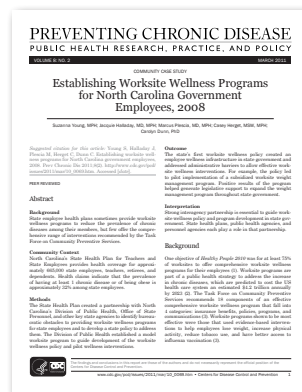
*Preventing Chronic Disease*. 2011;8(4):A81: [www.cdc.gov/pcd/issues/2011/jul/10\\_0160.htm](http://www.cdc.gov/pcd/issues/2011/jul/10_0160.htm).

**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.



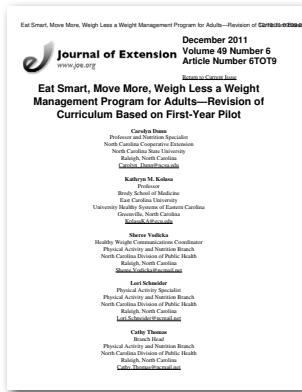
**Dunn C, Whetstone LM, Kolasa KM, Jayaratne KSU, Thomas C, Aggarwal S, Herget C, Rogers AB.** Delivering a behavior-change weight management program to teachers and state employees in North Carolina. *Am J Health Prom*. 2013;27(6):378-383.

**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.



**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: [www.cdc.gov/pcd/issues/2011/mar/10\\_0069.htm](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.



**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.

