Eat Smart, Move More, Weigh Less

TARGET AUDIENCE
This program is for adults who want to learn about weight loss and weight management.

SUMMARY
Eat Smart, Move More, Weigh Less, a community-based, weight control program, is designed to encourage participants to practice healthier lifestyle behaviors, such as learning to manage healthy weight loss, maintain a suitable weight, reduce body mass index (BMI), and increase self-confidence in choosing healthy foods and engaging in exercise.

EVIDENCE
Two pretest posttest design studies have been conducted. In one study, participants significantly improved their BMI, waist circumference, weight, and confidence in their abilities to eat healthy and be physically active from baseline to post-program. In another study, significant decreases in weight, BMI, and waist circumference from baseline to post-program were also observed. Significant increases in confidence in one's ability to eat healthy and to be physically active were also observed from baseline to post-program. An online version of the program was also evaluated in comparison to the in-person version of the program. The study found that participants enrolled in the online class had significantly greater reductions in BMI, weight, and waist circumference compared to the in-person class participants. Confidence to engage in physical activity was significantly greater in the in-person class participants compared to the online class participants. No differences were observed between the two groups for confidence to eat healthy. A randomized controlled trial to test the online program was conducted. Compared to a wait-list control, participants in the online program lost significantly more weight and had significantly greater reductions in BMI. However, no differences were observed between the two groups for their confidence to eat healthy or be physically active. Participants who attended 10 or more of the 15 online sessions maintained their weight loss 6 months after the program ended. It is important to note that the randomized controlled trial provides evidence for the sustainability of effects only in participants who complete 67% or more of the sessions. It is unclear if the program effects are sustained in participants who complete less sessions.

COMPONENTS
In the Eat Smart, Move More, Weigh Less program, participants set a healthy target weight and determine goals for eating healthy foods and being physically active. Participants weigh-in each week; record their weight, dietary intake, and physical activity in a personal journal; and partner with another adult to encourage and support each other. This program includes the following components:

- The theory of planned behavior is presented and used to increase participants' confidence in adopting healthy behaviors.
- Evidence-based eating and physical activity behaviors are discussed and include ingesting fewer calories; consuming more fruits, vegetables, and whole grains in meals; eating breakfast regularly; controlling portion sizes; sharing more meals at home; drinking fewer calorie-containing beverages; keeping a food/physical activity record; increasing physical activity; and watching less television.
- Mindfulness is considered and encourages participants to pay attention to their dietary and physical activity behaviors and to, possibly, develop improved eating and physical activity behaviors.
- One-on-one Support is provided outside of class from a registered dietitian.

On site, in-person classes are available in select counties in North Carolina. All other classes are offered online with a live instructor, and participants must sign up for a specific class day/time. Participants can view the online classes on a computer, smartphone, iPad, or tablet.

PREVIOUS USE
Eat Smart, Move More, Weigh Less was released in 2007 in North Carolina in response to a statewide obesity prevention campaign launched in 2001. The program is available on-site to North Carolina residents and as an online program for all adults. Since July 2009, over 16,500 participants have enrolled in the program.
Eat Smart, Move More, Weigh Less

TRAINING

Training is required for facilitators, and program instructors are trained by Eat Smart, Move More, Weigh Less staff. For more information, please contact the developer using details in the Contact section.

CONSIDERATIONS

Considerations for implementing this program include securing facilitators and ensuring they receive training, developing a marketing plan to advertise the program, recruiting participants and obtaining their buy-in, finding locations and mutually agreeable times to hold group sessions for North Carolina residents, and ensuring online participants have access to computers and the internet.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing Eat Smart, Move More, Weigh Less, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The program meets once a week for 50 to 60 minutes for 15 weeks. Online classes are held with a live instructor over lunch breaks and in the evening.

The cost per participant is $225 for non-members of the North Carolina State Health Plan. Members of the North Carolina State Health Plan pay an initial $30; however, if the participant completes the program, the member is refunded $25. Businesses can also enroll in the program for their employees, which allows them to purchase online spots or seats in bulk and receive special group pricing. Please contact the program developer for information about corporate wellness pricing.

EVALUATION PLAN

To move Eat Smart, Move More, Weigh Less to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Carolyn Dunn by mail Department of Youth, Family, and Community Sciences, North Carolina State University, 512 Brickhaven Drive 240A, Raleigh, NC 27695, phone 1-919-515-9142, or email carolyn_dunn@ncsu.edu or contact Eat Smart, Move More, Weigh Less by phone 1-919-707-5397, email administrator@esmmweighless.com, or visit https://esmmweighless.com/contact-us/

SOURCE

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