# Obesity Reduction Black Intervention Trial (ORBIT)

**TARGET AUDIENCE**

This program is for women who are African American and overweight or obese.

**SUMMARY**

Obesity Reduction Black Intervention Trial (ORBIT), a culturally tailored, community-based program, is designed to motivate participants to change their thoughts and behaviors and increase social support to achieve weight loss.

**EVIDENCE**

Results from one randomized controlled trial demonstrate significant, but moderate weight loss among program participants at the end of the 6-month intervention compared to the control group. However, weight change among intervention participants ranged from a loss of 19.4 percent of initial body weight to a gain of 6.4 percent of initial body weight. One year after the intervention ended, both groups gained weight, and the only significant difference between groups in any dietary or physical activity outcome was a greater increase in the Healthy Eating Index score for the intervention group. Overall, intervention participants lost significantly more weight during the 18 months than the control group; however, these results were very modest. Class attendance was low and was significantly correlated with weight loss.

**COMPONENTS**

ORBIT consists of a weight loss phase and a weight maintenance phase. Participants are instructed to follow a low-fat, high-fiber diet and to increase fruit and vegetable consumption and physical activity. Small group sessions are led by trained interventionists and include education and physical activities, such as salsa dancing, African dancing, belly dancing, yoga, and Pilates. Topics covered during the weight loss portion of the program include the following:

- Acquire strategies for weight loss;
- Understand appropriate portion sizes and reading food labels;
- Discover some barriers to and motivators for physical activity;
- Learn to plan healthy meals;
- Set goals;
- Enhance motivation;
- Plan for holidays and maintain healthy behaviors during social pressure;
- Explore obstacles to a healthy lifestyle and how to address these difficulties;
- Identify with African American fitness role models;
- Practice stimulus control;
- Avoid fast food;
- Learn about and prevent breast cancer;
- Explore advantages of healthy eating and exercise;
- Uncover triggers to emotional eating;
- Share weight loss success stories; and
- Conclusion and celebration.

The weight maintenance phase emphasizes restructuring participants' lifestyles to support weight loss maintenance. Program materials are targeted toward women who are African American and incorporate discussions on body image, the meaning of weight, and reasons for weight loss. Participants are given pedometers and are encouraged to accumulate 10,000 steps per day. Motivational Interviewing (MI) sessions that address diet or physical activity are delivered either face-to-face or by phone.

**PREVIOUS USE**

Previous use information was unavailable.
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TRAINING
The program is conducted by trained interventionists. Additional training information was unavailable.

CONSIDERATIONS
Considerations for implementing this program include recruiting participants, recruiting and training facilitators, acquiring pedometers for each participant, and locating space to hold sessions.

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 ORBIT, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
The 6-month weight-loss phase consists of 2-weekly 60- to 90-minute meetings plus monthly 20- to 30-minute MI sessions. Months 7 through 12 of the maintenance phase consist of two 45- to 60-minute meetings each week plus MI. Months 13 through 15 consist of one exercise class per week plus MI. During months 16 through 18, participants receive MI only.

COST
Implementation costs were unavailable.

EVALUATION PLAN
To move ORBIT to the Effective category on the Clearinghouse Continuum of Evidence at least one evaluation should be performed demonstrating positive effects lasting two years from baseline and at least one external evaluation that is independent of program developers must be conducted that demonstrates sustained, positive outcomes.

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.
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SOURCE
Fitzgibbon et al. (2008) and Stolley et al. (2009).