

National Weight Control Registry (NWCR)

- Founded in 1993. Database of 5,000 persons who maintained at least a 30 lb weight loss for a year. Average weight loss is **72 lbs** and they kept it off for **6 years**.

Habits of Successful Weight Loss

- 89% changed eating **and** activity habits
 - 78% ate breakfast every day (usually high fiber cereal)**
 - Dined out <2.5 meals/wk.**
- 99% followed a low fat, low calorie diet
 - Women: 1300 cal/day -- Men: 1700 cal/day
- 90% exercised regularly
 - 77% walked for activity
 - Average length of being active: 60 minutes**
- Self-monitoring
 - 75% weighed themselves at least once/wk
 - Recorded food intake

Factors associated with Wt Regain

- Inconsistent food intake: especially higher fat intake
- Inability to recognize they were slipping back into old habits
- Less physical activity
- Losing large amounts of weight the first year.
- Following fad diets

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