

# 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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