

THE SCIENCE

THE CENTER FOR HUMAN NUTRITION

The Center for Human Nutrition (CHN) is an interdisciplinary team encompassing basic and clinical research, post-graduate training and career development of nutrition professionals, and community outreach. The research conducted at the CHN focuses on obesity prevention and treatment, nutrient metabolism, and micronutrient status in children. The community outreach activities initiated and conducted through the CHN aim to improve quality of life by promoting physical activity and nutritional awareness.

THE COLORADO WEIGH DEVELOPERS

James O. Hill, PhD

As Director of the Center for Human Nutrition at the University of Colorado Health Sciences Center, Dr. Hill is a renowned expert in the field of obesity treatment and was also a member of the expert panel that developed the National Institutes of Health Guidelines for Management of Overweight and Obesity. Dr. Hill was chairman of the first World Health Organization Consultation of Obesity and co-founder of the National Weight Control Registry.

Holly Wyatt, MD

Dr. Wyatt received her MD degree from Baylor College of Medicine in Houston, Texas and completed both an internal medicine residency and an endocrinology and metabolism fellowship at The University of Colorado Health Sciences Center. She is board certified in both internal medicine and endocrinology.

NATIONAL WEIGHT CONTROL REGISTRY (NWCR)

The NWCR is the only ongoing study of successful long-term weight loss, and its findings are incorporated into the Colorado Weigh. The NWCR was started by Dr. Rena Wing, Brown University and Dr. James O. Hill, University of Colorado to collect data on subjects who are successful in losing weight and keeping it off long-term. The NWCR has tracked approximately 3,000 people for over five years to determine what makes them successful. Registry members have lost an average of 66 lbs. and have maintained at least a 30 lb. weight loss for five years.

RESEARCH REFERENCES

Here is a sampling of the scientific research that serves as the basis for the Colorado Weigh program.

Contact Colorado Weigh at the number below if you would like a complete set of references.

American Heart Association. *Metabolic Syndrome. About Diabetes. High Blood Pressure. Cholesterol Statistics.*

National Heart, Lung and Blood Institute. *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.* Department of Health and Human Services, National Institutes of Health; 1998 NIH Publication No. 98-4083.

Donnelly, J., Hill, JO, et al. *Effects of a 16-month Randomized Controlled Exercise Trial on Body Weight and Composition in Young, Overweight, Men and Women: The Midwest Exercise Trial.* Archives of Internal Medicine 2003; 163: 1343-1350.

Hill, JO & Peters, JC. *Environmental contributions to the obesity epidemic.* Science, 1998, 230: 1371-1374.

Klem, ML, Wing, RR, McGuire, MT, Seagle, HM, Hill, JO. *A descriptive study of individuals successful at long-term maintenance of substantial weight loss.* American Journal of Clinical Nutrition, 1997, 66, 239-246.

Klem, et al., *Psychological Symptoms in individuals successful at long-term weight loss.* Health Psychology, 1998, 17, 336-346.

Jakicic, J., Marcus, B., Gallagher, K., Napolitano, M., Lang, W. *Effects of Exercise Duration and Intensity on Weight in Overweight, Sedentary Women: A Randomized Trial.* JAMA, 2003; 290: 1323-1330.

McGuire, MT, Wing, RR, Klem, ML, Seagle, HM, & Hill, JO. *Long-term maintenance of weight loss: Do people who lose weight through various weight loss methods use different behaviors to maintain their weight?* International Journal of Obesity, 1998, 22: 573-577.

Mokdad, A. et al. *Prevalence of Obesity, Diabetes and Obesity - Related Health Risk Factors, 2001.* JAMA, 2003, 76-79.

Shick, SM, Wing RR, Klem, ML, McGuire, MT, Hill, JO, Seagle, *Persons successful at long-term weight loss and maintenance continue to consume a low calorie, low fat diet.* Journal of the American Dietetic Association, 1998, 98: 408-413.

Wyatt, HR, Donahoo, WT, Grunwald, GT, Wing, RR, & Hill, JO. *Average Steps per Day for Long-term Weight loss in the National Weight Control Registry.* Obesity Research 2001, 9, 93s.

Wyatt, HR, et al., *Long-term Weight Loss and Breakfast Consumption in Reduced Obese Subjects in the National Weight Control Registry.* Obesity Research, 2002, 10, 2: 78-82.

Scientifically Proven Weight Management



Colorado
weigh
SCIENTIFIC • PERSONAL • WEIGHT LOSS

Developed by researchers at The Center for Human Nutrition
at University of Colorado Health Sciences Center

Colorado Weigh

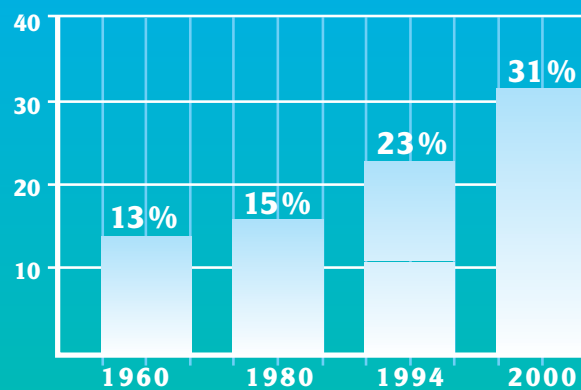
A Scientifically Validated Weight Loss Solution

Developed by researchers at the Center for Human Nutrition at the University of Colorado Health Sciences Center, Colorado Weigh has helped over 1,400 people reach their weight loss goals since 2000. Colorado Weigh is a series of 12-week courses taught by registered dietitians in local communities throughout the Denver/ Boulder metro area.

THE OBESITY EPIDEMIC:

An estimated 97 million adults in the U.S. are overweight or obese.* These individuals incur up to \$1,500 more in annual medical costs than healthy-weight individuals.* From 1989 to 1999, the proportion of obese adults in the US increased from 23% to approximately 30%.** In 2001, total health care costs were \$1.4 trillion. Total direct medical cost of obesity in 2000 was estimated at \$61 billion. If current conditions hold true, by the year 2011, the US will be spending over \$2.8 trillion on health care costs.*** The health risks of overweight and obesity include: cardio-vascular disease, type 2 diabetes, hypertension, and many cancers.****

Percentage of U.S. Population that is obese (adults 20-70)



Source: National Institutes of Health

HEALTH BENEFITS OF WEIGHT LOSS:****

As little as a 5-10% weight loss can reduce risk for:

- Type 2 diabetes
- CVD
- Some cancers
- Osteoarthritis

Other health benefits include a reduction in:

- Blood pressure
- Triglycerides
- LDL
- Blood glucose levels

And an increase in HDL

* American Journal of Health Promotion, Jan/Feb 2002.

** The National Health and Nutrition Examination Survey (NHANES) 1999-2000

*** U.S. Department of HHS, 2003 "Power of Prevention" Report

**** National Institutes of Health. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. 1998

THE COLORADO WEIGH CURRICULUM

The curriculum, based on peer-reviewed research, stresses small, incremental changes sustainable over a lifetime. Nutrition and activity are both emphasized as the keys to maintaining weight loss. Suggested meal plans and exercise intensity are customized to the individual participants through assessments of resting metabolic rate and baseline activity levels. The Colorado Weigh program is offered in three progressive 12-week phases. Phase I starts with the basic building blocks for weight loss and lifelong healthy living. Each consecutive phase builds on those skills by incorporating more physical activity, behavior skills and lifestyle strategies.

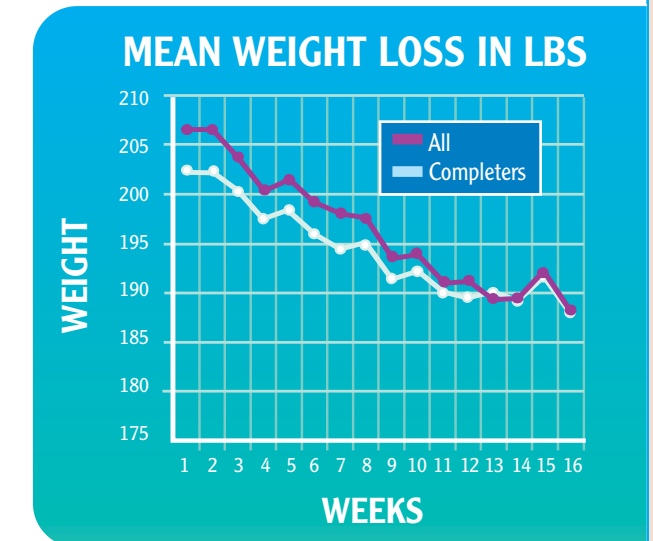
RESULTS TRACKING

Unlike other programs, weight loss and activity data are tracked in a research database monitored by medical professionals. This data is used to monitor the success of each participant, as well as class weight loss and instructor effectiveness. Results data is also used to continually refine the program to ensure the delivery of effective weight loss.

OUR PROGRAM OFFERS:

- 12-week weight loss classes taught by Registered Dietitians
- Metabolic, environmental and behavioral assessments
- Weekly weight and BMI measurements
- 1-2 lb. per week weight loss
- Complete 12-week course materials, calorie guides and pedometers
- Balanced nutritional education
- Emphasis on gradually increasing physical activity
- Daily nutrition and activity tracking
- Realistic goal setting

COLORADO WEIGH MEANS RESULTS:



BECOME A REFERRING PHYSICIAN:

As a referring physician, you are able to receive updates of your patient's weight loss progress and activity level via email or fax. Colorado Weigh will provide you with everything you need to start referring patients, including brochures for your waiting room. **Call today to sign up as a referring physician!**

303-892-0128
www.coloradoweigh.com