WELCOME

Washington University
Weight Management Program
Leadership Team

- Nicole Triefenbach: Program Manager
- Samuel Klein, MD: Medical Director
- Dr. Susan Reeds, MD: Program Physician
- Richard Stein, PhD: Behavior Therapy Director
- Beth Taylor, PhD, RD: Nutritional Director
- Atasia Bland, MA III: Front Desk
- Margo Harrison, RMA III: Program Medical Assistant
Obesity: An Epidemic Disease

- Increased prevalence (1 out of 3 Americans are affected) 65% of adult Americans are overweight and 31% or 61 million persons are obese. Obesity is the second leading cause of unnecessary deaths.

- Each year, obesity causes at least 300,000 excess deaths in the U.S., and healthcare costs of American adults with obesity amounts to approximately $100 billion. Despite its toll taken in death and disability, obesity does not receive the attention it deserves from government, the health care profession or the insurance industry.

- Obesity is a chronic disease that is fostered by our environment: lack of physical activity combined with high-calorie, low-cost foods. Obesity also has a strong familial component.

- Obesity is associated with more than 30 medical conditions some of these include: CVD, Type 2 diabetes, hypertension, gallbladder disease, osteoarthritis, NFLD, cancer - colon/breast/prostate/endometrial), sleep apnea, stroke, gynecological problems – infertility/abnormal menses, etc.

- Reduced quality of life.
Philosophy: obesity is a chronic disease that requires long-term treatment for successful management.

- A modest/realistic amount of weight loss (10% or more)
- Adoption of planned physical activity
- Adoption of healthy lifestyle changes
Philosophy Components

- Gradual weight loss will be achieved by following a structured meal plan using meal replacements
- Treatment will be monitored medically and supervised by physicians
- Gradually increase the number of minutes engaged in physical activity
- Learn weight loss skills as well as long-term weight maintenance skills by adopting healthy lifestyle changes
1. Attend an Orientation
2. Initial Evaluations
3. Stage I: 20 weeks
4. Stage II: 36 weeks (18 one-hour and 18 *half-hour sessions)
5. Stage III: 1 year in length (2 one-hour monthly session)
   12 behavioral / 12 dietary sessions

*Half-hour sessions = mini registered dietitian sessions
(Hot topics / Support sessions / etc.)
Initial Evaluation Appointments

- Medical Evaluation
  - History and Physical with Physician
  - EKG
  - Labs*
- Behavioral Evaluation
- Dietary Consultation and Initial Meal Planning

*Certain baseline labs are required with additional tests at the discretion of the physician.
Stage I: Initial Weight Loss Basics

- Building weight loss skills
- Beginning/increasing physical activity patterns
- Structured meal plans
- Weight loss: 10% or more (approx. 1-3 pounds/week)
Stage II: Sharpening Weight Management Skills

- Learning skills of weight maintenance
- Overcoming barriers
- Practicing long term strategies for lifestyle and planned physical activity
- Working toward self acceptance
- Weight loss: maintaining lost weight, or continued 1 - 2 pounds/week
Stage III: Continuous Care

- Twice monthly group sessions
- Ongoing monitoring of lifestyle changes
- Maintaining a healthy lifestyle
- Maintaining a comfortable weight
Medical Monitoring

- Physician visits, lab work, weekly clinic evaluation
  (see page 2 of booklet)
- Our physician will maintain consistent communication with your PCP
- Your PCP will still handle medications and treatment of existing conditions
- Let your PCP know if you enroll
Typical Program Visit

- Check-in: weekly fee payment
- Clinic Time: medical monitoring, Dietary visits
- Group Session

- Total: 2 hours, once per week
Meal Plans

- **Stimuli Narrowing**: Limiting the variety and quantity of available foods results in lower caloric intake. Liquid formulas and nutritional bars *improve adherence* to calorie controlled diets and facilitate safe, consistent weight loss.

  *Improved adherence* – portion controlled
  - decrease encounters with food cues during the day
  - increases weight loss
  - individually designed plan

  *Calorie controlled/Consistent weight loss* – reduced/exact calories

  *Safe* – nutritionally complete

The use of meal replacements, allow participants to focus on changing aspects of their lifestyle behavioral patterns that have contributed to their obesity.
Typical Meal Plan

- Women: 1300-1500 calories/day
- Men: 1400-1600 calories/day

- Caloric intake is based on BMI (body mass index).

- Participants meet individually with a dietitian to create their own meal plan that will work with their life schedule.
Program’s Commitment

- Offer a state-of-the-art program which is scientifically backed
- Provide the tools necessary for reasonable weight loss and maintenance
What does it mean to be a patient in our program?

- Demonstrate a desire to make changes in eating and activity patterns consistent with long-term health
- Have a strong willingness to engage in ongoing monitoring of diet and activity
- Exhibit a desire to maintain changes
- Keep a healthy lifestyle a high priority
How Much Does it Cost?

- Cost Analysis
- Initial Evaluation Appointments
- Program Fees
- Nutritional Product
Program Implementation (How to get started)

- Complete and return the initial paperwork packet
- Initial Evaluation Appointments
- Join Stage 1
If you have questions or would like to join, please email us at weightmanagement@wustl.edu. Be sure to include your Name and phone number. Thank you.