A large research study has identified more than 10,000 individuals who have lost significant amounts of weight and kept it off for long periods of time. The study was developed by Rena Wing, PhD, Brown University and the University of Pittsburgh, and James Hill, PhD, at the University of Colorado. Here’s what members (the “successful losers”) have in common:

- Registry members have lost an average of 66 pounds and maintained the required minimum weight loss of 30 pounds for 5.5 years.
- Nearly every registry member used diet and exercise to initially lose weight, and that combination is used to maintain their weight loss.
- In general, registry members were motivated to lose weight for themself, rather than for an upcoming external event, such as a wedding or a reunion.
- Most registry members eat a low-fat balanced diet – nothing extreme.
- The majority eat their meals at home, and only eat out about once per week.
- More than half watch less than 10 hours of television per week.
- They’ve made the following changes in their diets: reduced portion sizes, reduced their frequency of snacking, and now limit foods such as cheese, butter, high-fat snacks, fried foods, and desserts to less than once a week.
- A large proportion of the registry members regularly eat breakfast every day of the week.
- 90% of the registry members exercise, on average, about 1 hour per day.
- 98% of the registry members that exercise choose walking as their activity.
- A large proportion of registry members (75%) weigh themselves weekly or daily and maintain a record, and many keep food diaries to monitor their eating habits, and exercise diaries to monitor their level of physical activity.
- Registry members report that weight loss has led to significant improvements in self-confidence, mood and physical health.

Source: National Weight Control Registry (http://www.nwcr.ws/)

Questions? Contact the DE Center for Health Promotion – 302-857-7309