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6th World Congress on

Obesity

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The healthy weights initiative: A community-based, multi-disciplinary obesity reduction program that improves physical and mental health while promoting adherence through social support

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This commu	a ni t ybas	sed, mu	lt-disciplinaryo	besitredu	cton program w	as developed a er 153	commu
■ o ered b o	bese adu	l s atno charge.	Social su	pportis stongly	ypromoed: each p	artcipantis asked to sign	nu pw
and to complete	a social su	pportcontact	Du ri	ng he inital 12 week	s, each individu	al receives 60	grou p
cognitve herapy	sessions, and 12 gr	rou p-d	lie ary essions wih	licensed profession	als. Du	ring he second 12 week	k period, mainenar
herapyinclu	des 12 gro	ou pe	rcise sessions. T	o dat, 234 people h	nave completed he	program (79.1%). Mea	ın objectve redu
inclu						serol by0.3mmol/L, syol	
pressu						om 45.7% b 11.7%; 84	
who completed the program had improvement in health-related quality ality of life (HRQL), and signic cantincreases in mean scores							
						hich increased by 15.5%	
regression, we were able to determine the independentrisk factors for notcompleting the program (no social su pportcontactand							
						neral healh); and for no	
HRQL a er completon of he program (smoking and no bu ddyn program). Comprehensive obesityredu cton programs ca							
e ectve when h	ere is e t ensive cons	su l ai or	n athe commu	ni y evel and	l social su	pportathe individu	al level.

Biography

Notes: