



This research demonstrates that calorie reduction using meal replacements combined with lifestyle change is effective for weight loss during several years of treatment. Community-based efforts that apply these findings, improve on their results, and learn whether lost weight is kept off after treatment are needed [17].

Such studies can rely on proven facts about obesity treatment that do not require more research. Such facts include that use of meal replacements promotes greater weight loss; that rapid weight loss is more effective than slow weight loss; and that continuing the calorie reduction and lifestyle that achieved the weight loss promotes the maintenance of lower weight long term [18]. We apply these known treatment facts in a community medical practice setting to increase total weight lost, and show that patients can keep lost weight off.

Most medical interventions are effective only while treatment



Individual data points are plotted with regression lines showing percent of body weight lost by time spent in each phase. Individuals who participated only in Weight Loss are shown in green; those in Weight Loss and Maintenance are in red; those with Follow-up are in blue.

Figure 2 shows how the number of patients in Weight Loss and

