Lifesteps® Weight Management Program
For NGHS Employees
Features of the Lifesteps® Program

- Cognitive– behavioral weight management program– promotes weight loss and maintenance
- Incorporates motivational interviewing techniques– assists individuals in assessing their readiness to change and improving program outcomes
- Appropriate for overweight and obese adults who are willing to make permanent changes in their eating and physical activity habits.
Lifesteps® Provides Tools for Long–term Weight Management

- Self–monitoring: food intake, physical activity, body weight
- Goal–setting
- Cognitive–behavioral Strategies
- Stimulus Control
- Stress Management
- Social Support
- Contingency Management
- Relapse prevention Training
Lifesteps® is taught by health professionals, primarily registered dietitians, who have successfully completed a leader training course.

Lifesteps is taught in a small group setting of 15–18 people.
Emphasis on self-management

- Personal choice, responsibility and accountability for food and physical activity decisions stressed- individual is in charge of his/her own behavior
Participant Benefits

- Use monitoring/record keeping to identify current behaviors and develop a plan for change.
- Develop goals that are realistic and obtainable.
- Learn how to direct thoughts to strengthen new behaviors.
Additional Benefits

- Increase confidence to build healthy eating and physical activity behaviors.
- Develop a network of people who can provide support and positive reinforcement.
- Accept responsibility for personal actions and progress.
Cornerstones of Program

- Healthful eating and regular physical activity
- Nutrition Tips and Activity Boosters are given at each session.
Hands-on Activities

- Provide opportunities to practice skills for real-life situations
Participant Notebook

- Self-instructional participant notebook provides flexibility, allowing participants to work through sessions independently when necessary.
Maintenance Sessions

- Provide continued support and motivation.
Lifesteps® is Not a Diet!
Lifesteps helps participants develop new eating habits

- The Dietary Guidelines for Americans and the Myplate Food Guidance System form the nutritional foundation of the Lifesteps Program.
Four components of Lifesteps program

- Nutrition
- Physical Activity
- Behavior Modification
- Group Support
Lifesteps® is 16 weeks

optional 11 week maintenance
Pilot study—Outcomes of Lifesteps®

- 18 Lifesteps® Leaders and 133 Program Participants
- Results show:
  - 50% of participants that kept no record of food intake prior to the program—keeping a record at least 3–4 times per week at post-treatment and 32% keeping record daily.
  - Weight losses average just under 1# per week.
  - Positive increases in servings from the Grain, Fruit, Vegetable and Milk Groups.
  - A small decrease in servings of foods classified as “Others” or those high in fat or sugar.
Time spent doing aerobic exercise increased.
  ◦ 10% increased from none to 1–3 hours per week
  ◦ 16% increased from less than 30 minutes per week to 1–3 hours per week and 65 increased from 30–60 minutes per week to 1–3 hours per week.
  ◦ 53% did no strength training at either pre– or post–treatment; 10% did increase somewhat to less than 30 minutes per week and 9% increased to 30–60 minutes per week. Only 5% increased to 1–3 hours per week.
Results of Weight Loss Maintenance

- 92% self-reported maintaining or continuing weight loss at 6–9 months post-treatment.
18 leaders provided pre- and post-treatment physical data on program participants including age, height, weight and waist circumference.

Some form of physical data or behavioral data was obtained from 1592 program participants.

754 participants provided complete physical and behavioral data.
More results from Multi Year Study

- Significant decrease in body weight, BMI, waist circumference, and waist-to-height ratio.

- 1131 of the 1592 participants (71%) completed the program indicating a low level of attrition.

- “Keep food records” was reported by 63.7% of those completing the outcome instrument as the most helpful program activity.
Our Community Program Results

- 44 pounds lost in the 1st 3 weeks – 11 participants – avg. 1.3 pounds weight loss per week per participant

- Participant lifestyle changes:
  - 100% Keeping daily food logs
  - 91% class attendance
  - 100% participation in weekly exercise
  - 100% made at least one lifestyle change with healthier eating habits
Our Employee Results

- 11 people joined initially and 9 completed program
- Collectively the group lost over 140 pounds
- All participants had a drop in blood pressure
- All participants who had elevated A1C prior to beginning the 16 week class all dropped into the normal range
- Participants who were in pre-diabetic range before class are now in normal range
- Total cholesterol levels improved
Who Will Benefit From LIFESTEPS® Program?

- Anyone who wants to learn to change their behavior and relationship with food
- If you have had weight loss surgery and are starting to go back to old behaviors
- Anyone who wants to learn how to make healthier food choices
- If you have started to gain weight after weight loss surgery and need a little help to get back on track
- This program is for you!
Our current fees

- Employee Program Cost: $450 – includes all materials
- Payroll Deduction at $30 per pay period
- Deducted over 15 pay periods
- No Refunds (however, if for some reason you start the program but cannot finish, you are welcome to attend when classes are offered at a later date.)
Class Size and Times

- Class Size – 15–18 people max
  - Next class begins:
    - Monday September 8th from 5:30 – 6:30 pm in Gainesville at the Employee Wellness Office
  - Second Class begins:
    - Thursday September 11th from 5:30 – 6:30 pm in Medical Plaza One in Braselton

You now have two opportunities to attend a class
Our Employees Asked

- Employees have asked for an ongoing weight management and lifestyle change class
- Employees have asked for payroll deduction
- Employees have asked for a class that will work with their schedule
We are now able to provide 27 weeks of nutrition guidance with accountability.

We are able to offer payroll deduction.

We will try to offer the class at times that will fit the varying work schedules of the employees.
Thank you for your time

Questions
If You Are Interested and Want more information

- Call Rita Shingleton at 770–219–0446
- Vicki Hope at 770–219–0597
  - Or
- Suzanne Burns at 770–219–0966

- Next Classes are scheduled to begin
- September 8th at 5:30 in Gainesville and
- September 11th at 5:30 in Braselton