

FAST FACTS:

- Initiated in 1986, PRCs do practical public health research with at-risk communities to promote health and prevent diseases, such as cancer, diabetes, heart disease, HIV/AIDS, and obesity.
- The PRC program currently consists of 26 centers nationally, which are housed within a school of public health or a medical school that has a preventive medicine residency program.
- For every \$1 invested by CDC in 2014, PRCs received an average of \$8.60 in additional funds allowing for additional research projects and more innovation in public health.

OVERVIEW

Weight-Wise is a 16-week weight loss program for low-income, midlife women in the South. This pilot program focused on changing lifestyle behaviors to promote weight loss among women with a BMI of 25–45. Participants learn to set achievable goals, increase confidence, solve problems, and build group social support. A session leader guides the group meetings by using a series of questions. Rather than give information or advice, these questions help participants decide on and plan for lifestyle changes they wish to make. Weight-Wise encourages the following:

- Eating more fruits and vegetables.
- Eating less saturated fat, medium calorie restrictions (for 1–2 pounds per week of weight loss).
- 150 minutes per week of physical activity.

The curriculum includes an introduction to Weight-Wise, leader guides for each of the 16 weekly sessions, participant handouts, supply checklists, and resource materials.

RESEARCH RESULTS

Five months after this pilot program, an analysis found Weight-Wise was effective for short-term weight loss. The study showed that 64% of the Weight-Wise participants lost at least 3% of their initial body weight, and their blood pressure decreased. More than half of those receiving the program lost 8 or more pounds.¹ The findings suggest that Weight-Wise may be considered a cost-effective program with a cost per participant of \$242.²

TOOL LOCATION

<http://www.research4nc.org/resource?id=1205>



REFERENCES

1. Samuel-Hodge CD, Johnston LF, Gizlice Z, et al. Randomized trial of a behavioral weight loss intervention for low-income women: the Weight-Wise program. *Obesity*. 2009;17:1891–1899.
2. Gustafson A, Khavjou O, Stearns SC, et al. Cost-effectiveness of a behavioral weight loss intervention for low-income women: the Weight-Wise program. *Prev Med*. 2009;49:390–395.