

Weight management classes and support programs in Pitt County Physician Information Sheet

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Programs NOT recommended by FPC because of insufficient information and/or lack of review by the NC Board of Dietetics/Nutrition:

Integrative Care; Med Center 1; Metabolife; Nutri-System Weight Loss Center; Slender Weigh Nutri Source; CURVES; Halleluiah diet program; PhysEDGE Smart Weight Management or Suddenly Slim (mall program); Compulsive Eaters (215-0200); Fit for Life; periodic hypnosis programs held at the local hotels, Overeaters Anonymous.

Programs YOU MAY recommend to patients.

In addition to individualized nutrition consultations at the Family Practice Center (schedule through IDX) the following programs are available.

Take Charge: Weight Management Class at the Family Practice Center (744-5518)

Mechanism of Action: One-hour class of nutrition education one day a week for 10 weeks. Taught by a registered dietitian and other nutritionists. Call for next offering.

- **Patients who May Benefit:** Desires structured class and activity. Needs accurate food and nutrition information
- **Evidence:**
- **Possible side effects/concerns:**
- **Dosage:** 10 week program
- **Costs:** \$30 for 10 week program; scholarships available; can pay in installments. This is offered during the luncheon hour and participants can bring their own lunch to the sessions.

ECU Physical Activity and Nutrition (PAN) Clinic

- **Patients who May Benefit:** Desires comprehensive physical activity and nutrition assessment and prescription. Physician supervised (Dr. Joe Garry). ECU Family Medicine senior nutritionist provide medical nutrition therapy. ECU Human Performance exercise physiologists provide physical activity.
- **Evidence:** past patient testimonials
- **Possible side effects/concerns:**
- **Dosage:**
- **Cost:**

WeightPath at the ViQuest Wellness Center (816-6501)

Mechanism of Action: nutrition education and scheduled physical activity; limited to individuals with BMI > 30 or recent, unexplained significant weight gain.

Approved by NC Board of Dietetics/Nutrition

- **Patients who May Benefit:** Desires structured class and activity. Needs accurate food and nutrition information
- **Evidence:** Published paper of success.
- **Possible side effects/concerns:** Requires physician clearance for participation
- **Dosage:** 12 week program; Participants that complete are eligible for employee rates at ViQuest Center for one year to support maintenance. Next registration January 14, 2003 at 5:30pm.
- **Costs:** ViQuest Center Members - \$100.00, ViQuest Rewards Center Members - \$75.00, Non-Center Members - \$225.00; ViQuest Rewards Non-Center Members - \$100.00

BottomLine at the ViQuest Wellness Center (816-6501)

Mechanism of action: nutrition education and physical activity for individuals wanting to achieve optimal health through dietary changes and regular physical activity and who need to lose 10-20 pounds. Involves one education session and two exercise sessions per week. The goal is to work towards realistic and reasonable weight loss through permanent behavior changes.

- **Patients who May Benefit:** Desires structured class and activity.
- **Evidence:**
- **Possible side effects and concerns:**
- **Dosage:** 12 week program
- **Cost:** ViQuest Center Members- \$100, Non-Center Members- \$200

TOPS (Take Off Pounds Sensibly)

Mechanism of Action: group support.

- **Patients who May Benefit:**
- **Evidence:** none in peer reviewed literature
- **Possible side effects/concerns:** programs vary greatly depending on leader
- **Costs:** \$20 annually + local chapter dues (usually > \$5 monthly). 1st visit is free.
- **Dosage:** 1x/week not mandatory. Weight goal set by physician

Locations: Meets at PCMH Rehab on Tuesday's from 5:00-5:45pm. Call: 753-2090.

www.TOPs.org

Weight Watchers at Work (816-8883)

Mechanism of Action: group support. A trained Weight Watchers leader teaches weekly education and weigh-in sessions.

- **Patients who May Benefit:** Individuals who desire group support, structure, and instruction.
- **Evidence:** none in peer reviewed literature
- **Possible side effects/concerns:** Programs vary depending on group leader.
- **Dosage:** 10-week series of Weight Watchers meetings onsite at PCMH for employees only.
- **Costs:** \$130 payable to Weight Watchers

Aquatics and Fitness Center (329-4041)

Mechanism of Action: nutrition education, also appointments are available with a registered Dietitian

Use it to Lose It program - Initial group session, but individual one-on-one sessions with a counselor every other week afterwards. Basic diet guidance includes food guide pyramid tips, and portion control examples. Individuals are given a personal exercise training session and measures are taken as outcome indicators. Individuals are instructed to keep a food and exercise log and exercise 3-5 days per week. Ages 14 yrs and up. \$50 members / \$75 non-members

- **Patients who May Benefit:** Individuals who desire group support with emphasis on nutrition as well as physical activity.
- **Evidence:**
- **Possible side effects/concerns:** nutrition education is not disease specific (HTN, DM, Cancer, etc).
- **Costs:** varies among different programs

Shape Up America On Line <http://www.shapeup.org>

Mechanism of Action: nutrition education and support. Program is called Shape Up and Drop 10

- **Patients who May Benefit:** those who need support and cannot make commitment to a scheduled program and have access to the Internet
- **Evidence:**
- **Possible side effects/concerns:** being sponsored by reputable group; follows NIH guidelines
- **Costs:** registration is free

LA Weight Loss (252-493-0200 Greenville; 1-800-331-4035)

Mechanism of Action: nutrition education and support. One on one counseling. Advertises uses grocery foods. Also encourages high protein supplements purchased at site. Has Gold, Purple, Orange, Blue and Red Plans depending on participants size and weight loss goals. Requires three visits to center per week. Three registered dietitian's are in program for staff consultation.

- **Patients who May Benefit:** those who need support and very structured weigh program.
- **Evidence:** testimonial
- **Possible side effects/concerns:** Has some unfounded (though not harmful) practices. No canned foods or processed deli meats due to being high in sodium. Beef or lamb is allowed twice per week but not two days in a row. Cottage cheese only 3 times per week and not same day as beef, lamb, pork, wild game. Might exacerbate gout.
- **Costs:** One year, \$523.40. Discount available for seniors, military, students, and physician referrals

Medical Park Associates (758-6080)

Mechanism of action: Individual counseling with a registered dietitian, Katrina Sagraves. Provides medical nutrition therapy for disease management, adult weight management, and sports nutrition and exercise prescription.

- **Patients who may Benefit:** Those who need individual instruction.
- **Evidence:**
- **Possible side effects/concerns:**
- **Dosage:**
- **Costs:** Initial visit \$100. Follow-up visit \$55.

Healthy Bodies Weight Management Series (328-2632)

Mechanism of action: Group classes targeted towards healthy eating, exercise, and lifestyle change. Each participant receives a personalized eating plan that is monitored by a registered dietitian. Program uses exchange lists for calorie reduction. Contact person is Robin High RD, LDN.

- **Patients who may Benefit:** Those who need a supportive group atmosphere.
- **Evidence:**
- **Possible side effects/concerns:**
- **Dosage:** 10 week class that meets Tuesday evenings in Mendenhall 212 @ 5:30pm for nutrition education and group support. Meets Thursday evenings at the Student Recreation Center @ 5:30 for group exercise (water aerobics). Program is offered during fall and spring semesters.
- **Costs:** \$20 at first session. Refundable with perfect attendance.

Pitt County Agricultural Extension Service (757-2803 x 21)

- No program at this time. Contact Susan Reece for information

Work site wellness programs

Many local employers have worksite wellness programs that include weight management. Ask the patient.

Mechanism of Action: usually nutrition education with incentives; sometimes physical activity.

- **Patients who May Benefit:**
- **Evidence:**
- **Possible side effects/concerns:** usually programs are well planned and appropriate
- **Dosage:**
- **Costs:**

Church/bible based weight programs

Several churches sponsor programs for their members. Ask the patient. One syndicated program is "Weigh Down Workshop" "First Place"

Mechanism of Action: usually nutrition education with group support.

- **Patients who May Benefit:** those who respond to support through prayer, faith and scripture
- **Evidence:**
- **Possible side effects/concerns:** Programs vary greatly based on instructor.
- **Dosage:** First Place states program length is around 13 weeks. Weigh down is approximately 12 weeks.
- **Costs:**
First Place Cost - -\$60 fee for materials and registration fee varies per location
Weigh Down Cost - The [*EXODUS Out of Egypt*](#) weight loss 12-week seminar is \$103. It includes a 200-page workbook and a binder of 12, 2-sided 40-minute audiotapes