



### What you should Know About... A Proven Weight-Loss Plan

When it comes to diets—and dieters, for that matter—it seems that no two are created equal. So, if you've had your share of short-term successes at weight control, only to watch the pounds creep back on, rest assured you're not alone. But your healthcare provider wants you to know that there is a proven, safe program where people took weight off and—more importantly—kept it off. This handout contains a quick look at a detailed plan, or “protocol,” of the Diabetes Prevention Program (DPP).

#### How can lifestyle modifications reduce cardiovascular events including diabetes?

This program is for *all* adults who are looking to control and maintain a healthy—thus heart-healthy—weight. The DPP, a major clinical trial, involved approximately 3,200 Americans who were considered to be at high risk for **type 2 diabetes**. It also compared the benefits of intensive lifestyle (for example, diet and exercise) with drug therapy on **cardiovascular disease (CVD)** risk factors. DPP researchers found that half of those who modified their lifestyle with diet and exercise achieved their weight-loss goal by 24 weeks into the program. After 2 years, 38% of them still kept the weight off. And here's more good news: These same individuals also reduced their risk of acquiring type 2 diabetes more than did those who took a drug. In addition, intensive lifestyle modifications reduced elevated high blood pressure (**hypertension**) and cholesterol, two major risk factors for CVD.

**What are my individual goals?** Like participants in the DPP, you have two goals: to lose—and keep off—at least 7% of your initial weight through a healthy, low-fat, low-calorie diet and increased physical activity; and to work up to 150 minutes (2.5 hours) of moderate-intensity physical activity per week. Don't make it tough on yourself by taking on both plans at the same time. Focus on one for a few weeks, wait until you're successful in that area, and then begin to add the other to your regimen.

**How does the physical-activity program work?** Your goal is to gradually, over 5 weeks, be able to complete a moderate-activity program of 150 minutes over 1 week, and then maintain that level for 24 weeks (6 months). During the first week, you should aim to do an activity on 3 or 4 days. In each of the following weeks, try to increase your physical-activity level to 60, 90, 120, and 150 minutes per week. Ideally, you should try to do some type of exercise for at least 20 minutes a day for long-term weight control and optimal health.

**What physical activities will help me achieve my goal?** The optimum moderate-level activity is walking (indoor or outdoors). Other activities include: aerobic dancing, bicycle riding (indoor/outdoor), hiking, jogging (indoor/outdoor), soccer, strength training, swimming, volleyball, plus others you may enjoy that provide a safe, effective workout.

**How do I go about changing the way I eat?** Your goal during the first 7 or 8 weeks is to eat less fat—specifically, your daily intake of fat should be limited to 25% of total calories. If you have trouble reaching that goal in one step, take several. Determine how much fat you consume daily, and then aim to eat 5% less each week until you reach your goal (see *Table for actual intake of fat grams*). A reminder: “Hidden fats” lurk in many of the foods we eat. In fact, we're unaware of up to 70% of the fats we eat. Culprits include baked products, sauces, batter coatings on deep-fried foods, and the marbling in meats. You really need to be a “detective” and read those nutrition labels *very carefully*.

GOALS FOR INTAKE OF FATS	
INITIAL WEIGHT (lb)	FAT GOAL (g)
120–170	33
175–215	42
220–245	50
250–300	55

**What's my next goal?** Once you moderate your intake of fat, you'll then set a calorie goal for yourself. Here is how you calculate that goal:

- Step 1. Multiply your starting weight by 12.
- Step 2. Subtract 500 (if you weigh less than 150 lb); 750 (if you weigh between 150 lb and 200 lb); 1,000 (if you weigh more than 200 lb).
- Step 3. Round off the total to match one of the calorie levels: 1,200, 1,500, 1,800, or 2,000.

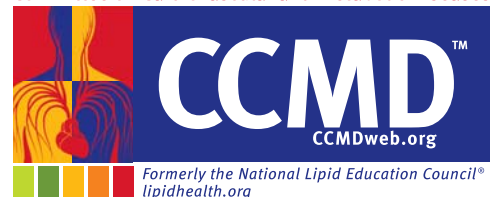
Example. If you weigh 190 lb, your calorie goal is 1,530, which would then be rounded off to 1,500.

#### Are there any helpful hints to keep in mind as I continue the program?

Write everything down so that you can track your progress. Record your physical activities and your daily fat and calorie intake. And be honest! The only one to “lose out” by keeping misleading records is you.

**How can I learn more?** Speak to your doctor about finding a fitness and weight-loss plan that is appropriate for you. For additional information about the Diabetes Prevention Program, visit the website [www.bsc.gwu.edu/dpp](http://www.bsc.gwu.edu/dpp) and review the *Lifestyle Manuals*.

Committee on Cardiovascular and Metabolic Diseases™



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