

## Weight-Wise Program

Center for Health Promotion and Disease Prevention  
University of North Carolina at Chapel Hill

### Are there women in your community ready to lose weight? If so, read on!

The **Weight-Wise Program** is group-based and focuses on changing lifestyle behaviors to promote weight loss. Weight-Wise emphasizes setting achievable goals, building self confidence, and providing opportunities for problem-solving and group social support. The program emphasizes the DASH eating plan, moderate caloric restrictions to promote 1-2 lb/week weight loss, and 150 minutes/week of physical activity. A session leader guides the group sessions using principles of motivational interviewing.

### Who is it for?

Weight-Wise is designed for overweight women who are middle-aged, lower-income, and have a low level of literacy and writing skills.

### Putting Weight-Wise to work

Over 16 weeks, women attend a two-hour, weekly group session. Each session includes the following components:

- **Weigh-in:** Each participant is weighed in private.
- **Check-in:** Opening time for group sharing and problem-solving.
- **Weight control topic:** Group discussion about a weight management topic related to nutrition, physical activity, or behavior change.
- **Next steps:** Participants set SMART goals and identify strategies to reach goals.

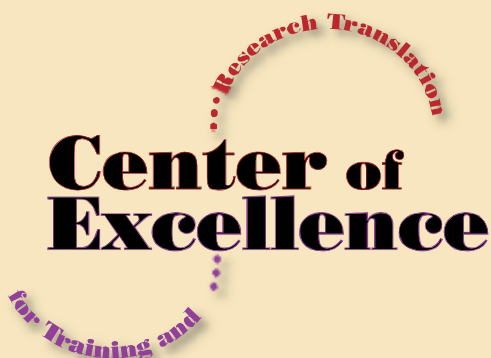


### Research-tested success!

A study of Weight-Wise found that women in the intervention group lost significantly more weight, had greater reductions in body fat and blood pressure, and better improvements in eating patterns and physical activity levels.

**Weight-Wise** is posted at [www.center-trt.org](http://www.center-trt.org) where you will find:

- **Essential information** about the intervention
- **Curriculum and materials** available for download



The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at [www.center-trt.org](http://www.center-trt.org)

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