

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE • VIRGINIA'S LAND GRANT UNIVERSITIES

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TO: Physicians

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FROM: Extension Specialists, Department of Human Nutrition and Foods

Obesity is one of the major health problems in American today. Our sedentary life style and abundant food supply contribute to this problem. The Weight-Control Education Program for Adults conducted by VPI & SU Extension Division is one approach to weight reduction.

The objectives of this educational weight-reduction program are to assist participants with the following:

1. to evaluate and restructure eating habits concerning food quantity, food frequency, and food choice (based on food nutrient content).
2. to evaluate and restructure activity patterns.
3. to become acquainted with factors contributing to obesity such as food consumption patterns, activity level, environmental stimulation of eating behavior, and food preparation techniques.
4. to become acquainted with the positive health effects of weight loss.
5. to be able to share concerns of being overweight and weight loss with each other.
6. to lose 1 to 2 pounds per week until the weight goal is achieved.

The Diet Plan for the program is based on the seven food group exchange system (similar to that used for diabetics). Diet plans for 1200, 1400, 1600, 1800, and 2000 calories/day are provided. A calorie level for loss of one to two pounds per week is determined by the participant considering height, weight, and activity level factors. No diet plan with less than 1200 calories per day is recommended because it is difficult to obtain adequate amounts of nutrients on diets having fewer than 1200 calories.

Participants in the Adult Weight-Control Program are encouraged to increase their activity level to help burn calories for weight reduction. A walking exercise regimen is included in the program. Participants are encouraged to participate in other exercises such as calisthenics, sports, jogging, and jumping rope to increase activity and improve muscle tone. Participants are encouraged to plan regular exercise into their schedules.

Any questions you may have about the program can be directed to the Extension agent (home economics) in your area who is conducting this program.

Extension Agent _____ Telephone Number _____
Address _____