

VIRGINIA COOPERATIVE EXTENSION SERVICE

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DEB Weight Control By Mail Program

The DEB Program (Diet, Exercise and Behavior Modification) was originally designed as a series of 10 group classes for overweight adult women. Many of you have taught the program which emphasized the importance of activity (energy output) as well as food intake (energy input). It used principles of behavior modification to encourage changing actions or habits related to overeating and/or underactivity. The DEB Program has been adapted by L. J. Taper, Extension Specialist, Foods and Nutrition, to be used in a mail-out format. The 10 lessons have been modified so that the home participant reads the materials provided and completes suggested activities, some of which are returned to the extension agent for corrections and comments. A new lesson is sent out each week, along with any corrected worksheets that are being returned to the person.

The titles of the lessons and the suggested order are as follows:

1. Introduction
2. DEB Diet Plan, RECALL Information
3. Food Nutrients, RECALL Analysis
4. Low Calorie Cooking
5. Behavior Modification I. Eating Habits
6. Behavior Modification II. Changing Eating Habits
7. Exercise I. Activate
8. Exercise II. Planned Activity
9. Fad Reduction Diets, RECALL Information
10. Eating Out, RECALL Analysis

Included with the program packet are a news release and two questionnaires. One questionnaire is to be completed by the agent conducting the program, the other by the participants. Please make every effort to return these questionnaires completed, as they will serve as a basis for evaluation and improvement of the program.

The best way to gain an understanding of the program is to work through it yourself and complete the suggested activities prior to the initiation of your first mail-out. You may already be familiar with the material if you have used the original DEB program. If you have any questions or comments concerning the program, please contact Janette Taper, Extension Specialist, Foods and Nutrition.

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