

Evidence Based Weight Loss: What is it?

1

What is EBWL?

EBWL (Evidence Based Weight Loss) is a tool developed using evidence based methods to help you lose weight. By looking at what methods have been successful for the population as a whole, EBWL seeks to make the most of your effort. By using a combination of changes to food, behaviors, and physical activity along with checklists and possibly medications, you can successfully lose weight. The program can be tailored to you specifically and has the following components.

2

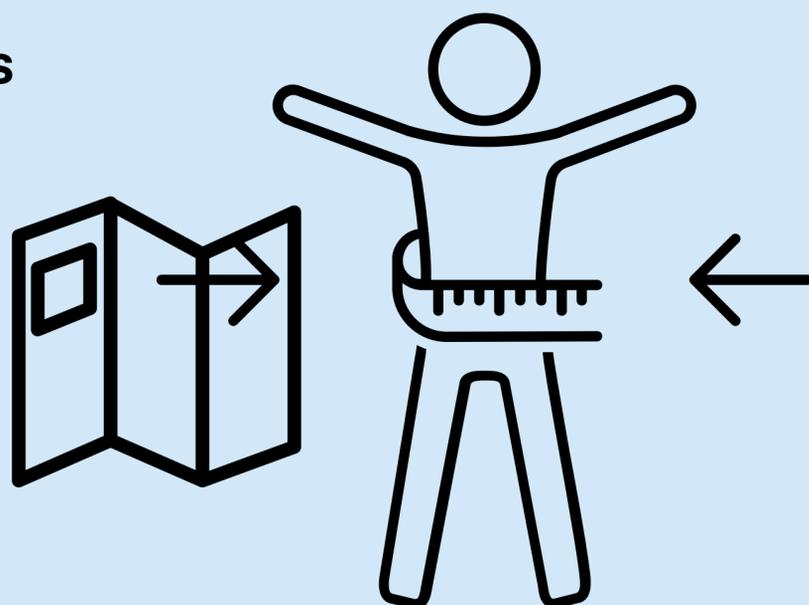
Frequent Check-In Appointments

- Minimum of **two visits per month** for the first 3 months is recommended
- Interprofessional collaboration if possible

3

Multiple Handouts

- Plan Overview
- Why Lose Weight?
- Set Goals
- Daily Checklist
- Weekly checklist
- Food
- Behavior Modifications
- Physical Activity
- Medications/Surgery
- Maintenance



4

Checklists

A daily checklist and weekly checklist help you set goals for the week. By keeping these sheets handy at home and bringing them to appointments, you can more easily improve your weight loss journey.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772897/>

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Evidence Based Weight Loss: Plan Overview

Day 1: Fill out the following:

- **Choose an "Accountability Partner"**
 - The more you involve them in your plan, the better
- **"Setting Goals"**
- **"Behavior Modifications"**
- **"Physical Activity"**

Partner:

Daily: Complete the "Daily Checklist"

Periodically: Revisit "Food" and "Behavioral Modifications"

Weekly: Fill out the "Weekly Checklist" and "Physical Activity" goals

MONTH 1

Week 1

__ / __ / __

In-Person

Virtual

Week 3

__ / __ / __

In-Person

Virtual

MONTH 2

Week 5

__ / __ / __

In-Person

Virtual

Week 7

__ / __ / __

In-Person

Virtual

MONTH 3

Week 9

__ / __ / __

In-Person

Virtual

Week 11

__ / __ / __

In-Person

Virtual

MONTH 4

Week 13

__ / __ / __

In-Person

Virtual

MONTH 5

Week 15

__ / __ / __

In-Person

Virtual

MONTH 6

Week 17

__ / __ / __

In-Person

Virtual

Notes: _____

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772897/>

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Evidence Based Weight Loss: Daily Checklist

Exercise

Date: __ / __ / __

Total Calories: _____

Breakfast

Lunch

Dinner

Snacks

Reflection

What I did well: _____

What I can improve: _____

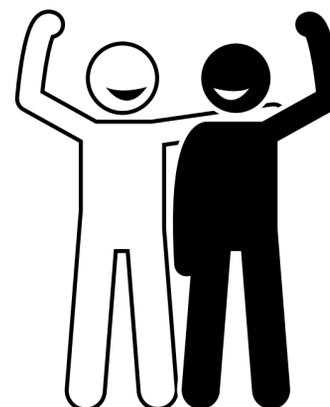
Source: <https://www.aafp.org/pubs/afp/issues/2017/0915/p362.html>

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Evidence Based Weight Loss: Weekly Checklist

**YOU CAN
DO IT!**



Great job continuing the program!

Something I did well this week:

Something I want to change next week:

Plan one diet, behavior, or physical activity goal below

Sun	_____
Mon	_____
Tue	_____
Wed	_____
Thu	_____
Fri	_____
Sat	_____

Source: <https://www.aafp.org/pubs/afp/issues/2017/0915/p362.html>

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Evidence Based Weight Loss: Setting Goals

1

Date: ___/___/___

My BMI: ___.

My BMR: _____ kcal/day

Calculate Your BMI and BMR

Use the QR code here to access a BMI and BMR calculator:

BMI: Body mass index - ratio of weight to height squared.

BMR: Basal Metabolic Rate - How many calories you burn per day. If you eat and drink less than this you will lose weight.



2

Calories Per Day: _____ kcal

Calculate Your Daily Calorie Need

To calculate how many calories you need to eat per day Take "My BMR" and subtract 500. This is your daily goal for calorie consumption.

3

Follow and Adjust Your Plan

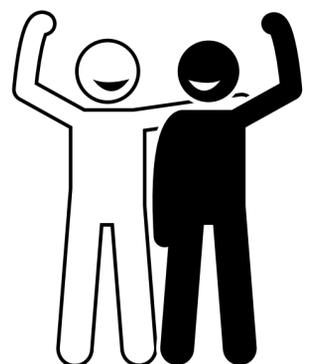


After calculating your "Calories Per Day", try your best to only eat up to that many daily. When you lose a significant amount of weight, you may need to recalculate your BMI, BMR, and Calories per day as your body will require less calories. Initially, the AAFP recommends attempting to reduce body weight by 10%. Following your plan can help you achieve that goal.

Sources

<https://www.aafp.org/pubs/afp/issues/2001/0601/p2185.html>
<https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator>

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Evidence Based Weight Loss: Why Lose Weight?

An unhealthy weight increases risk for:

Stroke



Type 2
Diabetes

Sleep
Apnea



Cardiovascular
Disease

Chronic
Pain



Mental
Illness

All Cause Mortality



Multiple
Cancers



Mildly Increased
Cancer Risk:

- Brain
- Pancreas
- Colorectal
- Gallbladder
- Breast
- Ovarian
- Thyroid

Moderately Increased
Cancer Risk:

- Gastric
- Liver
- Kidney

Severely Increased
Cancer Risk:

- Endometrial
- Esophageal

It is NEVER too late to lose weight

Learn More:

- <https://www.cdc.gov/healthyweight/effects/index.html>
- <https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet>

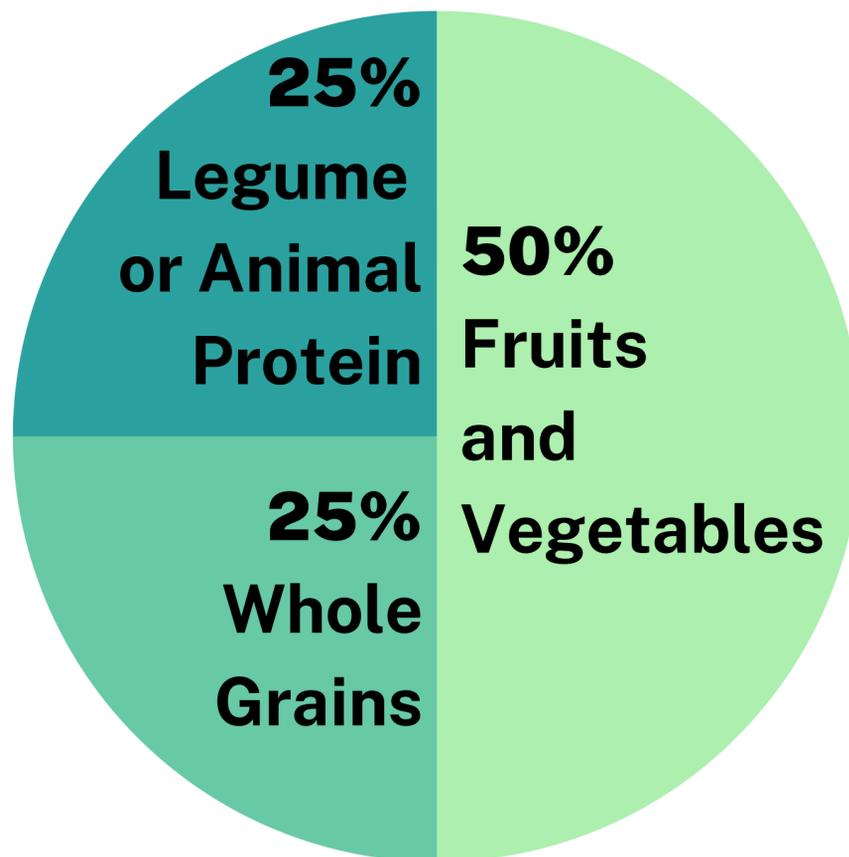
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Evidence Based Weight Loss: Food

WHAT SHOULD I EAT?

- **Better quality food** - Avoid processed foods and increase fresh fruits and vegetables. One trick is to focus on shopping on the periphery of your grocery store instead of the center.
- **Replace high calorie food with low calorie food** - Less dense foods can fill you up faster.



WHAT TO REPLACE?

- Soda/Sweet Drinks? **Replace** with: Water, Unsweetened Iced tea, Diet/Zero Calorie Drinks
- Fast/Fried food? **Replace** with: Home Cooking and Crunchy Vegetables
- Red meat? **Replace** with: Lean Meat such as Chicken, Seafood, or Pork

Replacing is more successful than cutting out

HOW MUCH TO EAT?

- **Track your calories** - Simply tracking calories has been shown to reduce the amount that you eat. Using a **Food Journal** and/or **Calorie Tracking App** makes the process easy!
- **Create a calorie deficit** - Eat 500-1000 kcal per day less than you burn.
- **Manage portion sizes** - Eat off small plates; start with small portions. If you are still hungry, eat a low calorie snack.

WHICH DIET?

Many diets have been shown to aid in weight loss. The best diet is usually a healthy one that you can stick to long term.

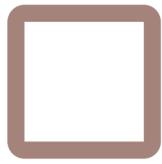
SOURCES

<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calories/art-20048065>
<https://www.aafp.org/pubs/afp/issues/2018/0601/p721.html>

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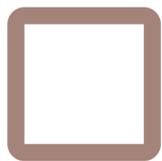


Evidence Based Weight Loss: Behavior Modifications



1 Encourage whole household participation

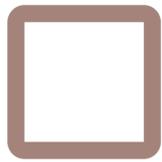
- **Exercise together** on walks, jogs, or other activities
- **Dietary changes together** are easier to hold each other accountable and maintain



2 Optimize eating out

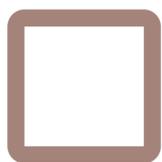
- Avoid fast food
- **Do not skip meals** before eating out
- Choose a restaurant with **healthy options**
- Ask for dressing and gravy **on the side**
- Optimize portions by **splitting a meal**

Reduce Emotional Eating



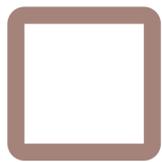
3 Stress management can help reduce and eliminate eating as an emotional coping mechanism. **Meditation, exercise, progressive muscle relaxation techniques** and more can help control stress.

Avoid sweet sugary drinks



4 Replace sodas, juices, energy drinks, sweetened iced tea, and milk with **water, unsweetened iced tea, and diet/zero calorie drinks**

Miscellaneous



5

- Limit snacking by **chewing gum**
- Reduce screen time
- **Avoid grocery shopping** when you're hungry

Realistic Goals I Can Work Toward

Sources:

- <https://www.aafp.org/pubs/afp/issues/2016/0901/p361-s1.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772897/>

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Evidence Based Weight Loss: Physical Activity

Set one physical activity goal every day

Shoot for 150 minutes per week
(30 min 5 days per week)



Exercise Ideas

Go for a walk with a friend, family member, or furry companion, play pickleball or tennis, lift weights, ride a bike, hike, swim

Minimize Sitting

- Walk around during TV commercials or during a portion of your lunch break
- Take the stairs at work or when out
- Park far away from the doors when shopping

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Have fun!
Start with activities and locations that you enjoy



Turn negative thoughts into positive ones

- **Don't have time to be active?** Monitor your daily activities for 1 week and find three 30 minute time slots you can use for physical activity. Add it to your schedule as a regular part of your day.
- **Don't want to exercise alone?** Join a group at the YMCA or hiking club.
- **Too tired after work?** Schedule physical activity for a different time of day/week when you feel energetic.
- **Can't leave my children alone?** Take them on a stroller walk/run.

Sources:

- <https://www.aafp.org/family-physician/patient-care/prevention-wellness/healthy-lifestyle/obesity-activity/helping-patients-set-fitness-goals.html>
- https://www.cdc.gov/healthyweight/physical_activity/getting_started.html

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Evidence Based Weight Loss: Medications and Surgery

Medications

Phentermine - suppresses appetite

Orlistat - blocks a fat digesting enzyme

Liraglutide - lowers blood sugar levels via the pancreas

Lorcaserin - binds to receptors in the brain to reduce hunger

Naltrexone/Bupropion - increases physical activity and reduces calorie diet

All medications have side effects and contraindications. Your doctor can help find a medication most safe for you. All medicines are contraindicated if you are pregnant. Some trials involved in approving medications also achieved weight loss using a placebo and intensive behavior modification program.



Surgery

Gastric Banding

Description: Place a silicone band around the stomach

Complications: Band erosion or slippage, need for revision or removal, reservoir leakage

Estimated Weight Loss: 44%

Roux-en-Y Gastric Bypass

Description: Cut the stomach creating a small pouch and bypass the the other part of the stomach and part of the small intestine

Complications: Leakage at cutting site, gastric dilation, esophageal hernia, dumping syndrome, obstruction, nutritional deficiencies, obstruction, stoma narrowing

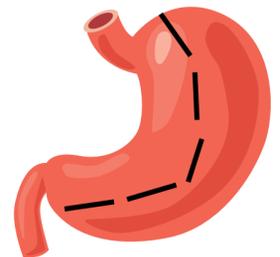
Estimated Weight Loss: 67%

Sleeve Gastrectomy

Description: Cut out a portion stomach to reduce its size to by around 75%

Complications: Gastric leakage, vomiting

Estimated Weight Loss: 56%



In general, surgery is only indicated for those with a BMI over 40 or in some cases 30-35 with additional factors. All procedures have risk of complications, some common ones are listed below. Discuss with your medical professional if you would like to explore this option.

Learn More:

<https://www.tandfonline.com/doi/full/10.1517/14656566.2015.1096345>

<https://www.health.harvard.edu/diet-and-weight-loss/weight-loss-drug-review>

<https://www.aafp.org/pubs/afp/issues/2015/0415/p554.html>

<https://www.aafp.org/pubs/afp/issues/2016/0901/p361.html>

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Evidence Based Weight Loss: Maintenance



Continue healthy eating

- Follow your healthy eating pattern
- Keep your eating patterns consistent
- Continue to keep track of your meals with a food journal
- 78% of people that lose weight and keep it up eat breakfast every day

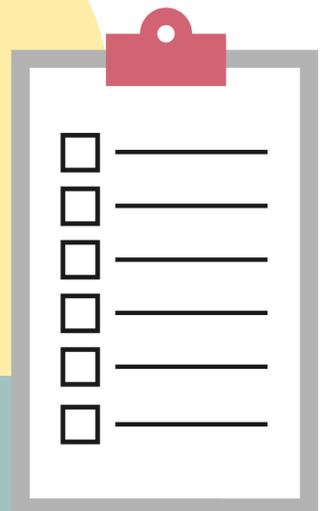
Continue to be active

- 94% of people that lost weight increased their activity, mostly with walking
- 90% of successful weight loss participants exercise on average one hour per day



Keep track of your weight

75% of those successful with weight loss weigh themselves once a week



Continue to maintain healthy behaviors

- Use your support system
- Avoid binge eating
- Avoid eating in response to emotions or stress
- 62% of successful participants that lose weight watch less than 10 hours of TV per week

Sources:

- https://www.cdc.gov/healthyweight/losing_weight/keepingitoff.html
- <https://www.aafp.org/pubs/afp/issues/2010/0915/p630.html>
- <https://www.aafp.org/pubs/afp/issues/2016/0901/p361-s1.html>
- <https://www.aafp.org/pubs/afp/issues/2001/0601/p2185.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772897/>



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