

Evidence Based Weight Loss: What is it?

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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.

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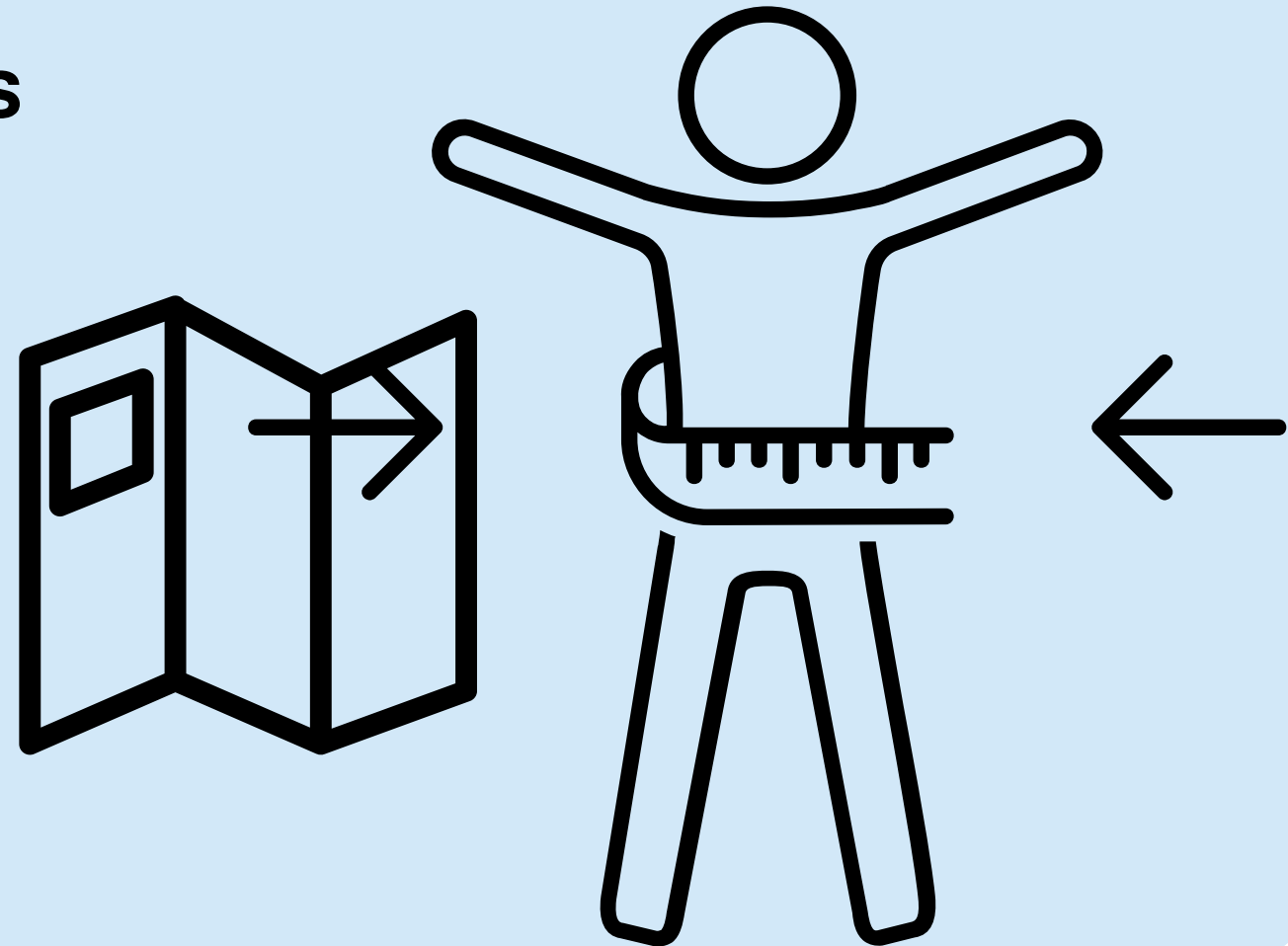
Frequent Check-In Appointments

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

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Multiple Handouts

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



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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/>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

