

Weight loss

The National Weight Control Registry is a research study that seeks to gather information from people who have successfully lost weight and kept it off. NWCS has identified the vital behaviours for weight loss – they track people who have lost at least 30 pounds and kept it off for a minimum of 6 years

Data has discovered four vital behaviours that successful people practise:

1. Exercise on home equipment
2. Eat breakfast
3. Weigh themselves daily
4. Exercise one hour daily

Here are the facts:

You may find it interesting to know about the people who have enrolled in the registry thus far.

- 80% of persons in the registry are women and 20% are men. The "average" woman is 45 years of age and currently weighs 145 lbs, while the "average" man is 49 years of age and currently weighs 190 lbs. Registry members have lost an average of 66 lbs and kept it off for 5.5 years.

These averages, however, hide a lot of diversity:

Weight losses have ranged from 30 to 300 lbs. Duration of successful weight loss has ranged from 1 year to 66 years! Some have lost the weight rapidly, while others have lost weight very slowly - over as many as 14 years.

We have also started to learn about how the weight loss was accomplished:

- 45% of registry participants lost the weight on their own and the other 55% lost weight with the help of some type of program.
- 98% of Registry participants report that they modified their food intake in some way to lose weight.
- 94% increased their physical activity, with the most frequently reported form of activity being walking.
- There is variety in how NWCR members keep the weight off. Most report continuing to maintain a low calorie, low fat diet and doing high levels of activity.
- 78% eat breakfast every day.
- 75% weigh themselves at least once a week.
- 62% watch less than 10 hours of TV per week.
- 90% exercise, on average, about 1 hour per day.