## STRIVE TO BE LEAN WEIGHT LOSS CHALLENGE

<table>
<thead>
<tr>
<th><strong>WHO</strong></th>
<th>Delaware County, PA government employees spanning six locations were a part of the program.</th>
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<tbody>
<tr>
<td><strong>WHAT</strong></td>
<td>Taught by a Registered Dietitian (RD), the Strive to Be Lean Weight Loss Challenge for Delco included a mix of on-site and virtual education/support components linked with the Strive Interactive portal to bridge the gap and provide more flexibility for individuals with busy schedules.</td>
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<td><strong>WHY</strong></td>
<td>A large percentage of the program population self-reported chronic health conditions and long-term weight management issues.</td>
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### PROGRAM COMPONENTS

#### ON SITE ELEMENTS
- Initial, Midpoint, and Final Weigh-Ins
- Three Nutrition Lectures
- Two Personalized Nutrition Counseling sessions
- Weekly Communications and Raffles

#### VIRTUAL EDUCATION/SUPPORT ELEMENTS
- Interactive Menu Planner and Tracker
- “Ask the Dietitian”
- Healthy Text Messages
- Weekly Communications and Newsletters

#### ADDITIONAL
- Fitbits, Air Poppers, Cookbooks, and Gift cards raffled throughout
- Participant with the largest percentage of weight loss awarded a home visit with the RD for a pantry purge, supermarket tour, and healthy cooking class for up to 4 guests.

### OUTSTANDING RESULTS:
- At midpoint, 65% of the population remained engaged
- Of those that completed the program, 70% lost weight
- Total company-wide weight loss was nearly 250 pounds
- Grand prize winner demonstrated 9.86% weight loss over 10 weeks
- Most weight lost in an individual was 25.5 pounds