WHO
Hotel in Pentagon City

WHAT
The Strive for Optimal Health program, offered onsite at a hotel in Pentagon City, included weekly group classes and 1:1 nutrition counseling sessions taught by a Registered Dietitian (RD) to provide a mix of expert-delivered information and motivational support

- Seven, 1 hour group classes
- Three, 30-minute nutrition counseling sessions per participant
- Program workbooks and wellness plans for each participant based on their personal profile
- Access to the RD via email throughout program
- Pre and post lifestyle questionnaire used to assess outcomes as a supplement to anthropometrics

WHY
93% of participants began the program with an above “normal” BMI range

- 50% of participants had a BMI over 30, falling into the “obese” range
- 43% of participants had a BMI over 25, falling into the “overweight” range
- 7% of participants started the program in the “normal” BMI range

Overweight and obese individuals are at increased risk for many diseases and health conditions, including: Hypertension, Dyslipidemia, Type 2 Diabetes, Stroke, and Coronary Heart Disease.

PROGRAM PARTICIPANTS BY BMI RANGE
OUTSTANDING RESULTS:

WHAT PARTICIPANTS HAD TO SAY:

Of the participants who completed the pre and post lifestyle questionnaire

- One hundred percent reported that they were somewhat confident in reaching a healthy weight, indicating a change in the initial questionnaire!
- One hundred percent reported a high level of confidence in participating in regular physical activity 3 or more days a week, indicating a change in the initial questionnaire!

WHAT THE NUMBERS SAID:

Pounds lost program-wide: 58.6

- Most pounds lost by a participant: 10.2

Percentage body weight lost: 30%

One hundred percent of participants reduced waist circumference

Two participants who began the program classified as “obese” reduced their BMI to the “overweight” range!

One participant who began the program classified as “overweight” reduced their BMI to the “normal” range