

Weight loss greater with commercial weight management program

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Participation in a commercial weight management program is associated with greater weight loss at three and 12 months than a do-it-yourself (DIY) approach, according to a study published online Aug. 16 in *JAMA*

Network Open.

Deborah F. Tate, Ph.D., from University of North Carolina at Chapel Hill, and colleagues compared the differences in weight change between individuals randomly assigned to either a commercial weight management program or a DIY approach. The analysis included 373 adults (aged 18 to 75 years) with a [body mass index](#) (BMI) of 25 to 45 kg/m².

The researchers found that at three [months](#), participants in the commercial program had a mean weight loss of –3.8 kg versus –1.8 kg among those in the DIY group, while at 12 months, participants had a mean weight loss of –4.4 kg and –1.7 kg, respectively. A greater percentage of participants in the commercial program group achieved loss of 5 percent of [body weight](#) at both three months (40.7 percent) and 12 months (42.8 percent) versus those in the DIY group (18.6 and 24.7 percent, respectively).

"A commercial weight management program with reduced dietary self-monitoring produced clinically significant weight loss and may partially address the need for evidence-based approaches beyond the clinic setting," the authors write.

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More information: [Abstract/Full Text](#)

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