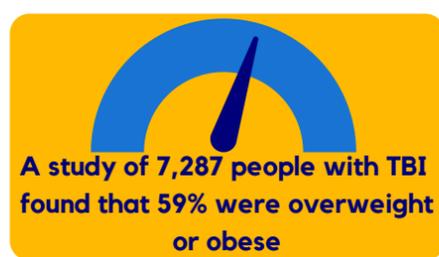




WEIGHT LOSS PROGRAM FOR THOSE LIVING WITH TBI

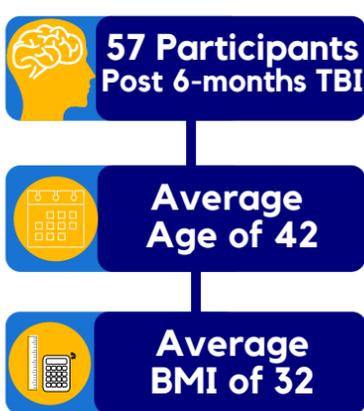
Why is this study important?

Leading a healthy lifestyle can help with weight loss and prevent issues like high blood pressure and diabetes. We completed a study comparing a modified healthy lifestyle program (called the Group Lifestyle Balance or GLB) for people with TBI to a support group and measured weight loss and other health factors.

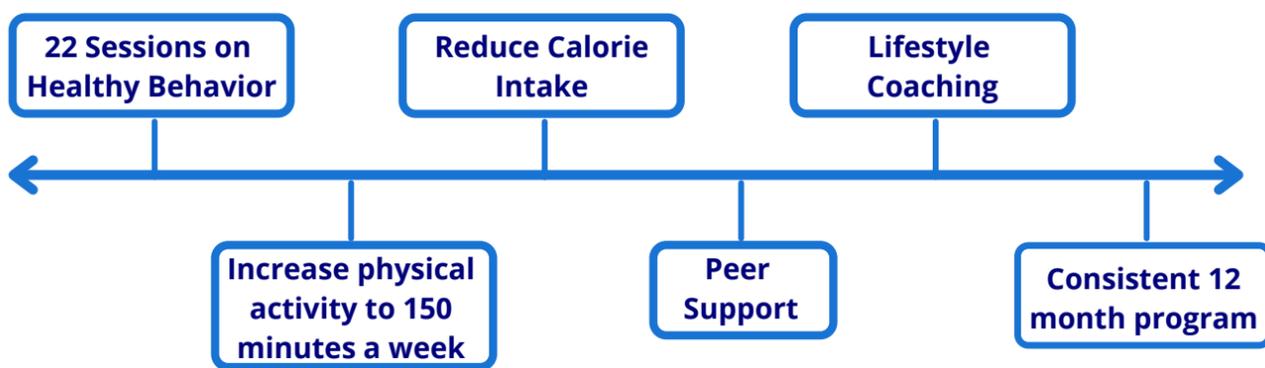


The Participants in our Healthy Lifestyle Study

- Moderate to severe TBI
- 18-64 years
- Body Mass Index ≥ 25
- Physician approval



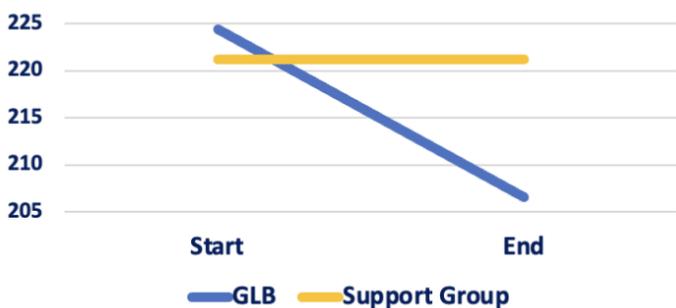
How did the healthy lifestyle program help people?



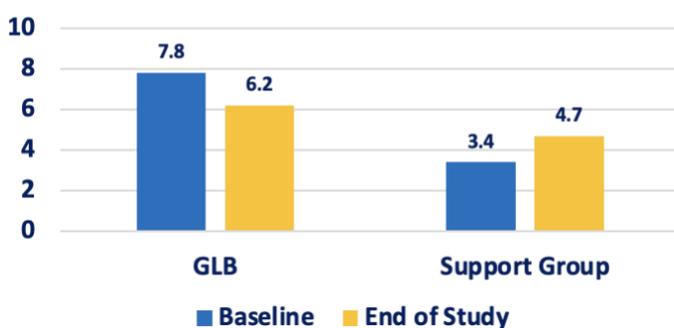
What were the effects of the GLB intervention?



Average Weight Loss



8-Year Diabetes Risk



Metabolic Risk Factors

Average percent change from start to finish of study of the GLB group

-10%
Waist Size

-5%
Systolic Blood Pressure

-26.5%
Triglycerides

People lost weight and were satisfied with the program. Our team is working to make the program available to more people with TBI.

The contents of this infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPTB0013). NIDILRR is a center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this abstract do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.

