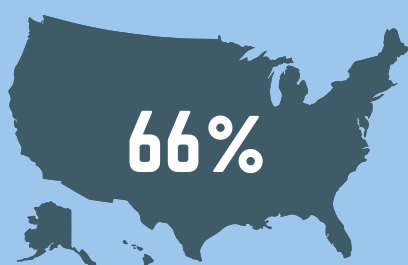


# BUILDING AN EVIDENCE BASE FOR WEIGHT LOSS STRATEGIES AMONG THOSE WITH CHRONIC SCI



## WHY INVESTIGATE DIFFERENT STRATEGIES?

Two-thirds of Americans are overweight or obese. Eating a healthy diet and being physically active are keys to weight loss, yet less is known about how to help people with SCI lose weight due to additional environmental barriers and functional barriers that people with SCI face.



## WHAT ARE WE INVESTIGATING?

Our group is studying different approaches for weight loss. In this study we studied how effective 13 weeks of enhanced self-monitoring would be in promoting weight loss for individuals with SCI.

**66% of Individuals with SCI are Overweight**

## WHO PARTICIPATED AND WHAT DID THEY DO IN THE STUDY?

18 individuals with SCI were prompted to self-monitor for 13 weeks the following:

- 1) Food intake
- 2) Measure their physical activity
- 3) Record their food, drink, and physical activity
- 4) Monitor their weight

Individuals were given all the devices needed to self-monitor

**Average Participant BMI:**



Adults 18 years or older  
Have SCI for at least 1 year  
Overweight (BMI > 22)

## WHAT DID WE FIND?



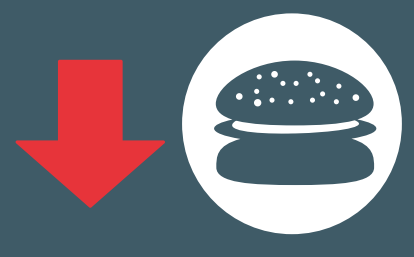
**7.03**

Average Pounds of Weight Lost



**3.44%**

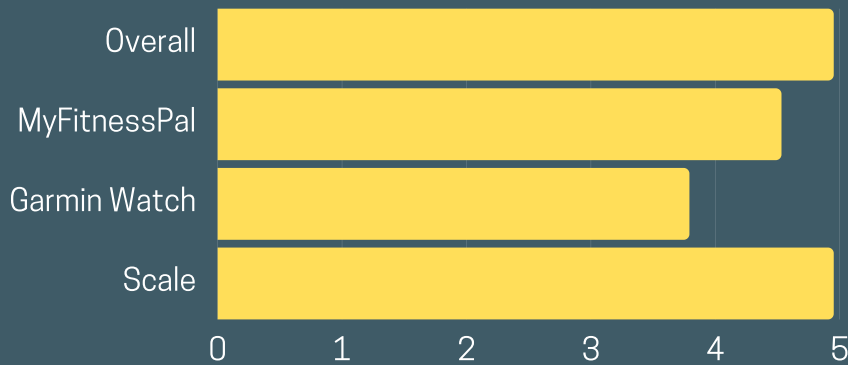
Of Starting Weight Lost



**18.94**

Less Grams of Fat Consumed

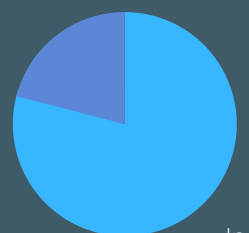
## SATISFACTION WITH THE PROGRAM (1 TO 5 SCALE)



**Individuals with SCI were overall satisfied with the program and lost a significant amount of weight over 13 weeks. Our research team will continue to test other potential weight loss strategies to help people with SCI overcome barriers to weight loss**

No Change/Decrease  
21%

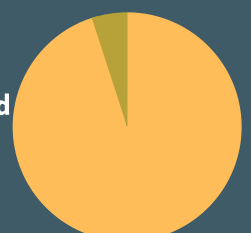
Participants that had an Increase in Physical Activity



Increased  
79%

Would Not Recommend  
5%

Participants that Would Recommend this Program to Others



Would Recommend  
95%