



Embargoed until:

Wednesday, November 17, 2004
11:15 am Pacific Standard Time (PST)

ADA Contact: Diane Tuncer
(703) 299-5510

NAASO Contact: Edward Bernstein
(301) 563-6526

NEWS ROOM, Nov. 14-18, 2004
Milan Room, Caesars Palace
Las Vegas, Nevada
(702) 866-1944 and 1945

**What's New in Weight Loss:
Programs That Work – and Some That Don't Work (As Well As You
Thought)**

—The Effect of Dairy and Carbs; Losing Weight on the Web —

(Las Vegas, NV) – November 17 – Two studies being presented at the North American Association for the Study of Obesity's (NAASO's) Annual Scientific Meeting offer hope for people working to lose weight and keep it off, while other studies find some fad diets are no more effective than losing weight the old-fashioned way – working it off with exercise.

One study, by researchers at the University of Vermont, found that an interactive Web site (including personal and group feedback) helped subjects lose an average of 21 pounds in six months – more than twice as much as those using a commercial weight-loss Web site could shed. The pilot program, known as VTrim, offered subjects weekly behavioral lessons, online facilitated chats, self-monitoring of calories and exercise, individualized therapist feedback and peer support with group members. Members of a control group made use of eDiets.com, a Web site offering information on weight loss methods and peer support but no one-to-one therapist feedback or structured group format.

“I felt like it was a win-win result,” said lead researcher Beth Casey Gold, a registered dietitian and clinical coordinator of the University of Vermont Weight Management program. “While the VTrim program was far more successful than eDiets.com, the group on eDiets, which is a less expensive program to run, still lost an average of 9 pounds in six months. Our research clearly showed that it's possible to run a successful weight-loss program on the Internet.”

- more -

What's New in Weight Loss – page 2

Another study, by researchers in Australia, found that eating high-protein, low-carb snack bars between meals can successfully take the edge off the appetites of overweight women so that they eat less during lunch and dinner. The study found that women who ate the high-protein, low-carb snack bars ate 5 percent fewer kilojoules (mostly as carbohydrates) during regular meals as a result. They also lowered their blood glucose and insulin profiles significantly (by 14 percent and 12 percent respectively).

Two separate studies examined the effectiveness of two highly publicized diets at reducing weight and improving insulin sensitivity.

The first study, by researchers at the University of Vermont, set out to replicate data suggesting that eating a diet high in dairy products would help people to lose weight. But the study contradicted that data, finding the high-dairy diet was no more effective than a high-quality behavioral modification program including regular exercise.

This study, lead by Jean Harvey-Berino, Professor and Chair of Nutrition and Food Sciences, also contradicts the results of a similar trial which has been promoting dairy products based upon the positive results. “Our high dairy group lost the same weight as the other high-dairy group,” said Harvey-Berino, “but individuals in our low-dairy group did a lot better than those in the first study.” The results will be discussed during the November 17 presentation at NAASO’s Annual Meeting.

Finally, a study that compared low- and high-carb diets and their impact on insulin sensitivity over six months found no difference between the two. While both diets improved insulin sensitivity, the study results suggest that neither diet is any more or less effective at preventing type 2 diabetes. Experts agree that the best way to prevent type 2 diabetes is by making lifestyle changes that include exercising regularly and losing 5-7 percent of body weight.

All of the studies were presented as part of a joint effort by NAASO and the American Diabetes Association (ADA) to increase awareness of the rising problem of obesity and its related health problems in the United States. NAASO and ADA recognize obesity as a significant threat to public health and are cooperating to provide further opportunities for sharing obesity information, increasing obesity awareness and facilitating more research and better clinical care in their joint effort to fight this disease.

According to the Centers for Disease Control and Prevention (CDC), deaths due to obesity – as it relates to poor diet and physical inactivity – may soon overtake tobacco as the leading preventable cause of death. Obesity can significantly increase a person's risk for a number of serious conditions, including type 2 diabetes, heart disease, stroke, high blood pressure and some types of cancer.

What's New in Weight Loss – page 3

The North American Association for the Study of Obesity (NAASO) is a leading scientific society dedicated to the study of obesity. NAASO is committed to encouraging research on the causes, treatment and prevention of obesity as well as to keeping the scientific community and public informed of new advances in the field. For more information about NAASO and obesity, visit www.naaso.org or call (301) 563-6526.

The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information, and advocacy. Founded in 1940, the Association has offices in every region of the country, providing services to hundreds of communities. For more information about the Association and diabetes, please visit www.diabetes.org or call 1-800-DIABETES (1-800-342-2383).

Abstract #93-OR, 208-P, 91-OR, 40-OR

###