

## **Program: WEIGHT LOSS**

### **Choose to Lose!**

#### **Rockland Teens and Adults Go for the “Positive Image”**

Rockland County, NY, January 2008— It is now four years since Steps to a HealthierNY (Steps), spearheaded by the Rockland County Department of Health (DOH) has “weighed in” on the endemic problem of overweight and obesity in our county. It is an indictment on our society that almost 60% of adults and 25% of adolescents are overweight.

To assist overweight teens, Steps offered several 12-week body image/weight management programs for Rockland teenagers and their parents. One excited mother stated: *“This program is great. It made my daughter more aware of healthy choices, how to exercise, and how you have to love yourself first to make your dreams come true!”*

In addition to 62 adolescents losing a combined total of 280 pounds, the teens are better able to plan healthier meals and make healthier choices when eating out. As a result of the program, many teens eat fruit and salad everyday and have switched to fat free or 1% milk. Parents improved their ability to positively reinforce their child’s efforts with regard to healthy eating and exercise –such as reading food labels, and beginning to exercise with their child. One parent said: *“Thank you for the program – this knowledge has been felt by the whole family. I’d like to thank the county and the state for the great job that they have done. Thank you so much.”*

To assist overweight adults, the “Lose-to-Win Weight Loss Program,” a community-based weight loss initiative was created. The program, developed and managed by Nyack Hospital, is based on a train-the-trainer model in which community leaders and advocates are taught about weight management and healthy lifestyles. *Lose-to-Win* classes have been conducted all around Rockland County with over 380 adults completing the program losing nearly one ton, that’s 2,000 lbs! One participant said: *“The program works because it’s simple, gradual and forgiving.”*

Another satisfied participant states: *“I am proud that I can now tuck in my shirt and wear a belt. I no longer take my family to all-you-can-eat buffets. Now I walk Rockland Lake daily.”* One doubtful 45-year old female participant started out by saying: *“I’ll never do it, diets don’t work for me”*. She attended the group every week, was very successful and now continues to lose weight.

For more information call the Rockland County DOH at 845-364-2500  
or visit the STEPS website at [www.rocklandsteps.org](http://www.rocklandsteps.org)