

How can I Lose Weight and Keep it Off?

- ✓ **Recognize advantages** of losing weight and **disadvantages** of excess weight
- ✓ **Decide and commit** to healthy weight loss goals
- ✓ **Explore community resources** for weight management
- ✓ Follow **lifestyle adjustments** (diet, physical activity)
- ✓ Set **realistic, stepwise, and manageable goals**
- ✓ **Identify** and try to address any **foreseeable barriers** to weight loss
- ✓ **Monitor** weight over time
- ✓ **Rekindle motivation** by seeing the bigger picture and your original reasons to lose weight
- ✓ **Address potential obstacles** that could lead to weight regain



Resources in Ottawa for Weight Management¹²

- **Ottawa Hospital Weight Management Clinic**
 - **Tel:** 613-761-5101
 - www.weightclinic.ca
 - **Description:** a weight management program run by medical professionals in hospital setting. Offer private and group sessions with professionals. Offer one-year program to address diet, exercise and behaviour modification. Uses Optifast meal replacement system. May lead to Bariatric Surgery Program.
 - **Appropriate for:** individuals with BMI greater than 30 kg/m².
 - **Cost:** depends on program.
 - Physician referral required

- **EMERALD Clinic – Ottawa Cardiovascular Centre**
 - **Tel:** 613-738-1584
 - www.ottawacvcentre.com/occ_emereme.html
 - **Description:** Focusing in helping patients with metabolic syndrome, this medically supervised program helps patients lose weight safely and successfully.
 - **Appropriate for:** individuals with BMI greater than 27 kg/m² with metabolic syndrome.
 - **Cost:** \$400 (excluding pharmacotherapy)
 - Physician referral required
- **Weight Watchers**
 - **Tel:** 1-800-267-9939
 - www.slengora.ca
 - **Description:** Counselling on behaviour change, diet patterns, recipes, weekly weigh-ins.
 - **Appropriate for:** anyone who wants to lose weight through a program.
 - **Cost:** \$31 joining fee; \$17 weekly fee (other payment plans available).
 - Self-referral
- **Overeaters Anonymous**
 - **Tel:** 613-820-5669
 - www.oa-ottawa.ca
 - **Description:** designed for people who want to stop eating compulsively and help those who wish to continue recovery.
 - **Appropriate for:** anyone who suffers from an eating disorder (overeating, bulimia, anorexia).
 - **Cost:** None.
 - Self-referral
- **Mincavi**
 - **Tel:** 1-800-567-2761
 - www.mincavi.com
 - **Description:** offers a nutritional program based on Canada's Food Guide. Members can do private weigh-ins, listen to a motivational talk, receive education on healthy eating and recipes, and more.

- **Appropriate for:** anyone who wants to lose weight through a program.
- **Cost:** \$35 joining fee; \$9 weekly.
- Self-referral
- **Dr. Bishop Weight Management Clinic**
 - **Tel:** 613-761-8015
 - www.drbishop.ca
 - **Description:** helps patients integrate good nutrition, fitness, and motivation for a healthy lifestyle with weight loss as a primary focus. One-on-one with physician.
 - **Appropriate for:** anyone who wants to lose weight through a program.
 - **Cost:** Varies. Please contact office.
 - Physician referral or self-referral
- **Bariatric Medical Institute: Dr. Yoni Freedhoff**
 - **Tel:** 613-730-0264
 - www.bmimedical.ca
 - **Description:** Offers medically supervised treatment of obesity and related conditions: behavioural and dietary counselling, exercise for healthy weight loss and lifetime weight management.
 - **Appropriate for:** anyone who wants to lose weight through a program.
 - **Cost:** \$1850 plus HST for 22-week program.
 - Physician referral required

Online Resources and Books for Weight Management

- **Food and exercise tracking systems**
 - www.myfitnesspal.com
 - www.loseit.com
 - www.calorieking.com
- **The Diet Fix:** Why Diets Fail and How to Make Yours Work. Dr. Yoni Freedhoff.
- **The South Beach Diet.** Dr. Arthur Agatston
- **The Obesity Code:** Unlocking the Secrets of Weight Loss. Dr. Jason Fung.



What are the Benefits of Weight Loss?

- Studies have demonstrated health benefits with weight loss:



- ↓ blood pressure with 2 kg loss¹

- ↓ cardiovascular disease complications²



- ↑ prevention or delayed onset of type 2 diabetes³



- ↓ obstructive sleep apnea and its complications^{4,5}



- ↓ chronic kidney disease and gastro-esophageal reflux complications^{6,7}



- ↓ knee pain with 6 kg loss in adults with osteoarthritis⁸



- ↑ functional mobility and physical performance in older adults⁹



- ↑ quality of life, self-esteem, even with small weight loss^{10,11}

- Determine body mass index (BMI) using the following:

$$BMI = \frac{\text{weight in kilograms}}{\text{height in meters}^2}$$

- If BMI is greater than 30.0 kg/m², weight loss may be helpful for better health and wellness.

* Please consult health professional before starting any weight management program.



Weight Management Resources in Ottawa



References

[1] Groeneveld et al. 2010; [2] Shea et al. 2010; [3] Dale et al. 2008; [4] Foster et al. 2009; [5] Greenburg et al. 2009; [6] Afshinnia et al. 2010; [7] De Groot et al. 2009; [8] Christensen et al. 2007; [9] Manini et al. 2010; [10] Blaine et al. 2007; [11] Cooper et al. 2010 [12] Obesity and Weight management Champlain primary care cardiovascular disease prevention & management guideline: <https://ccpnetwork.ca/wp-content/uploads/2013/05/Obesity.pdf>