

NWCR Facts

You may find it interesting to know about the people who have enrolled in the registry thus far.

- 80% of persons in the registry are women and 20% are men.
- The "average" woman is 45 years of age and currently weighs 145 lbs, while the "average" man is 49 years of age and currently weighs 190 lbs.
- Registry members have lost an average of 66 lbs and kept it off for 5.5 years.
- These averages, however, hide a lot of diversity:
 - Weight losses have ranged from 30 to 300 lbs.
 - Duration of successful weight loss has ranged from 1 year to 66 years!
 - Some have lost the weight rapidly, while others have lost weight very slowly-over as many as 14 years.
- We have also started to learn about how the weight loss was accomplished: 45% of registry participants lost the weight on their own and the other 55% lost weight with the help of some type of program.
- 98% of Registry participants report that they modified their food intake in some way to lose weight.
- 94% increased their physical activity, with the most frequently reported form of activity being walking.
- There is variety in how NWCR members keep the weight off. Most report continuing to maintain a low calorie, low fat diet and doing high levels of activity.
 - 78% eat breakfast every day.
 - 75% weigh themselves at least once a week.
 - 62% watch less than 10 hours of TV per week.
 - 90% exercise, on average, about 1 hour per day.

The National Weight Control Registry
Brown Medical School/The Miriam Hospital
Weight Control & Diabetes Research Center
196 Richmond Street, Providence, RI 02903
Phone: 1-401-793-8940
E-Mail: aalmeida1@lifespan.org