

February 10th, 2010

Metabolic syndrome involves a cluster of risk factors for diabetes and cardiovascular disease. New research confirms the effectiveness of an Internet-based lifestyle change program in supporting weight loss and improvements in cardiovascular and metabolic health.

INTERNET-BASED PROGRAM IMPROVES BODY COMPOSITION AND MARKERS OF METABOLIC HEALTH

Metabolic syndrome involves a cluster of risk factors for diabetes and cardiovascular disease. These factors include abdominal obesity, elevated blood pressure, atherogenic dyslipidemia, and insulin resistance or glucose intolerance. Metabolic syndrome has become increasingly common as overweight and obesity rates have risen.

Research published in the August 2009 journal *Obesity and Weight Management* confirms the effectiveness of an Internet-based lifestyle change program in supporting weight loss and improvements in cardiovascular and metabolic health.

Sixty individuals with metabolic syndrome were studied before, during, and after a 12-week online lifestyle intervention program. The 12-week Healthy for Life program was delivered via the internet but involved using standard weight loss tools, including meal replacements, self-monitoring, behavioral change strategies, and low-glycemic diets.

The nutritional supplements, meal replacement shakes, and snack bars used in this study were supplied by USANA Health Sciences.

The intervention resulted in an average weight loss of 5.4%. Fasting insulin was reduced 32.3% while insulin sensitivity was increased by 31.6%. Triglycerides, total cholesterol, and blood pressure were also significantly improved. Nearly half the subjects no longer met the criteria for metabolic syndrome at the conclusion of the study.

The results of this study show that an Internet-based lifestyle change program can result in meaningful weight loss and improved cardiovascular health in overweight individuals with metabolic syndrome. The researchers noted that given the need for strategies to help large numbers of obese individuals achieve weight loss, these results are significant.

< Wyatt, et al. Successful internet-based lifestyle change program on body weight and markers of metabolic health. Obesity and Weight Management 2009 August; 5(4): 150-153. >