

Frequently Asked Questions

Today, the United States is facing a serious epidemic. Results of a recent nationwide survey revealed that 65% of adults have a Body Mass Index (BMI) of 25 or greater, classifying them as “overweight.” In addition, 22 % of adults in America have a BMI of 30 or greater, which indicates they may be “obese.” Unfortunately, this epidemic is not only targeting adults. We are now seeing increasing numbers of overweight children and teens.

As the weight of Americans rise, so do the secondary risks associated with obesity. These risks include cardiovascular disease, high blood pressure and type 2 diabetes. The number one goal of the health care professionals at the Johns Hopkins Weight Management Center is to help you improve your health. Contacting us today will enable us to start you on the right foot for tomorrow, on a journey that will last a lifetime.



How effective is your program? How many pounds can I expect to lose?

How well you do depends to a great extent on how closely you follow the plan you are given. We will calculate a theoretical maximum weekly rate of weight loss you can expect (via measurement of your resting metabolic rate) during your initial assessment visit. Typical rates of weight loss are 2 to 4 pounds per week during the initial weight loss phase. Follow-up surveys of people who have completed our comprehensive program show an average weight loss of 50.8 pounds in 19 weeks during the initial rapid weight loss phase and an additional 9.4 pounds during the subsequent 12 weeks of weight stabilization for an average total of over 60 pounds! Weight fluctuations are natural and regain of at least some weight is to be expected. It is important to stay in a monitored weight maintenance program after the initial weight loss, and reenter active treatment should substantial weight regain occur.

How are pre-packaged, proportioned food products used in your program?

The Johns Hopkins Weight Management Center offers both food-based and product-based programs. Pre-packaged foods or meal replacements have been shown in clinical trials to enhance weight loss. This is at least in part because they are portion-controlled, satiating and convenient to use. Many of our clients choose meal replacement product-based programs for the initial weight loss phase, transitioning fully or partially to a regular food-based program later. The choice of a program is up to you and will be discussed with one of our clinicians in detail during the initial consultation.

What is the best way to diet?

Losing weight is a process and there are multiple ways to achieve the needed results. Research supports making lifestyle changes as the most effective way to lose weight and maintain weight loss. This “best” way includes developing a personal plan that incorporates increased activity, dietary changes, and behavioral strategies that will work for each individual.



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Weight Management Center

Successful long-term weight management achieved through diet, exercise, and behavior modification.



When it comes to your health... it's all about you!

What makes the Johns Hopkins Weight Management Center unique?

Individualized care.

People gain weight for different reasons. The programs at the Johns Hopkins Weight Management Center take into account the differences among individuals. Each weight management program starts with careful, individualized assessments performed by the clinicians of our multi-disciplinary team.

Multi-disciplinary treatment.

Successful weight loss and long-term weight maintenance is achieved through diet, exercise, and behavior modification. Our team of physicians, dietitians, psychology/behavioral staff and exercise physiologist will tailor a program to meet your individual weight loss goals.



What services are available?

- Medical assessment and medical supervision of weight loss
- Prescribed medications for weight control
- A variety of nutritional plans including meal replacement options
- Measurements of metabolism
- Metabolism stimulants
- Measurements of body composition
- Individualized exercise programs
- Personal training
- Weekly support groups
- Individual psychotherapy
- Long-term weight maintenance and relapse prevention program
- Pediatric obesity treatment

How do I get started?

1. **Call (410) 502- 0145** to request an appointment for an introductory consultation to discuss treatment options.
2. **Once a treatment** option has been chosen, assessments will be scheduled with each clinician of the multi-disciplinary team for a thorough evaluation.



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Driving directions & additional information can be found on our website: www.jhsph.edu/weight