

PUBLIC HEALTH FACT SHEET



COUNTY MICHIGAN
HEALTH DIVISION

Department of Health & Human Services

oakgov.com/health

Finding a Safe Weight Loss Program

What should I look for in a weight loss program?

1. Eating foods from all food groups
2. Regular physical activity or exercise
3. Activities tailored to the individual
4. Staff that includes one or all of the following:
 - Doctor
 - Nurse
 - Psychologist
 - Registered Dietitian (RD)
 - Exercise physiologist
5. Slow weight loss of 1 to 2 pounds per week (more rapid loss may occur at beginning of program).
6. A plan to keep the weight off

What questions should I ask when looking for a weight loss program?

1. What does the program consist of?
2. What are the staff qualifications?
3. Do the products or program carry any risks?
4. How much does it cost?
5. What results do participants typically have?
6. Does the program work with your health care provider if you have a health condition or take prescription drugs?

Other things to look for:

1. Individual or group counseling
2. Encourages you to exercise, follows an activity plan or has exercise instruction
3. Gives information on how to make healthy changes in eating habits
4. Does not use drugs or supplements that put your health at risk

Avoid programs with:

- Claims that seem too good to be true; "30 pounds in 30 days"
- Limited time offers
- Advertising that uses before and after photos
- Limits on certain foods or food groups
- Biased scientific research – not found in health journals
- Claims that you do not have to do anything; "The fat just melts away"

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**For more information on Finding a Safe Weight Loss Program,
call (248) 858-1406 or toll free 1 (800) 848-5533.**

For additional copies, visit our website at www.oakgov.com/health.

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.