Welcome

UCI Health

Department of Medicine Weight Management Program











Our Team UCI Health Weight Management Program

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Executive Director

Alpesh Amin, MD, MBA, MACP, SFHM, FACC

Medical Director

Chau Ngo, MD

Program Director

Katie Rankell, RD, CDE



Nurse Practitioner

Karen Deck, MSN, FNP-BC

Health Coaches

Natalia Ullrich, MS, RD Kelly Rubenstein, RD Suzan Varga, Exercise Physiologist

Administrative Staff

Gemma Watkins Shanelle Rini Laurie Skorheim

UCI Health Weight Management Program





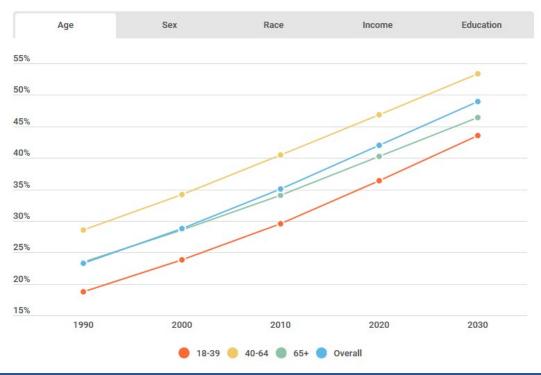
- Research-based
- Best program outcomes nationwide
- With the support of our program, we helped HMR obtain the #1 Best Fast Weight Loss with U.S. News & World Report for ~ 6 consecutive years



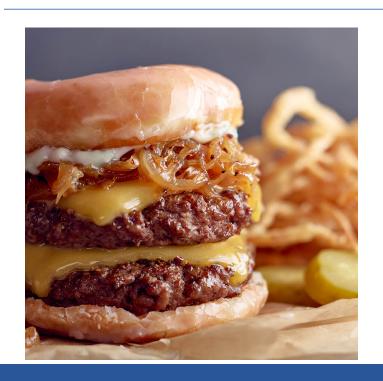
New England Journal of Medicine study developed a method to estimate the prevalence of obesity from 1990 through 2030 using data from CDC's BRFSS and the National Health and Nutrition Examination Survey.

The researchers found the number of adults who are projected to have obesity will rise over the next decade. Specifically, they estimated the share of U.S. adults with obesity is expected to reach to 48.9% in 2030—up from an estimated 42% in 2020.

According to the researchers, by 2030, no state will have an obesity rate below 35%—and the rate in some states will hit 60%:

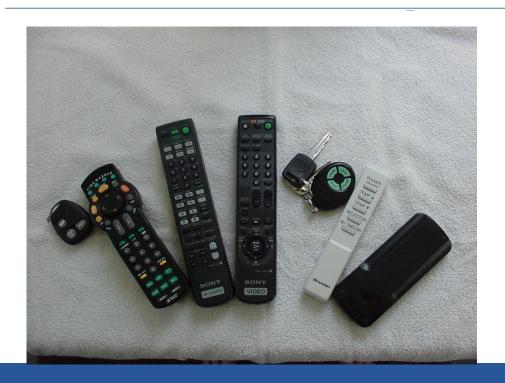


Environment & Food Culture





Technology & Physical Activity

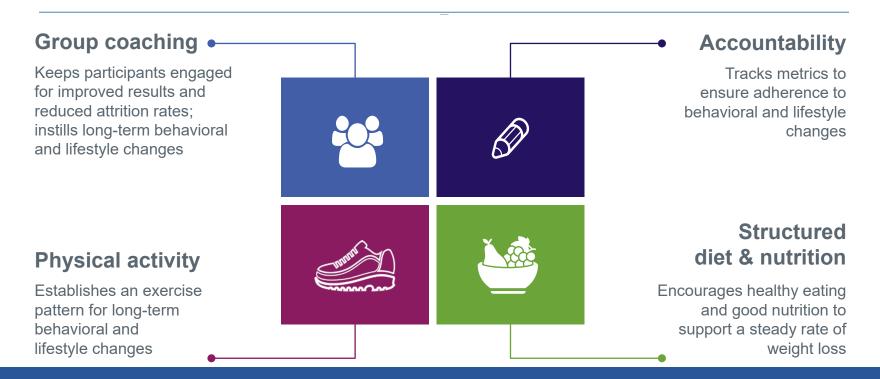




Ideal Patient

- Any patient looking to lose weight by utilizing a nonsurgical option. We have helped patients lose as much as 250 lbs.
- Patient has tried other programs and has been unsuccessful
- Patient looking for a structured program
- Patient looking for guaranteed weight loss
- Patient looking for a multi-disciplinary team

A Structured Program



Initial Evaluation

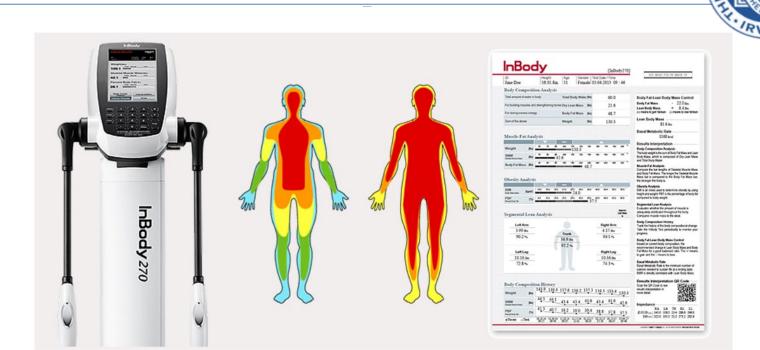
Physical exam to review medical history, labs, medications, EKG

Receive individualized meal prescription to start program

Treatment plan

Initial Body Composition testing

InBody Body Composition Analysis



Weight Management Program: Phase 1

Accountability:

two times per week to daily individual support with a health educator

Group Class:

weekly comradery and support from other members

Weigh-in:

weekly weight & blood pressure checks

Medical visit:

weekly medical visit, lab draws every 3 weeks



Fast Weight Loss Data



In person: HMR's premiere program offers the fastest weight loss and highest level of support.

Average weight loss: 43-66 pounds in 12-26 weeks¹

At home: If your schedule makes it difficult to attend weekly, lose weight at home with Healthy Solutions®plan

Average weight loss: 23 lbs. at 12 weeks, 28lbs. at 28 weeks²



HMR Meal Replacements





Take Simple into Variety



A Day on the Healthy Solutions® Diet







68yo Female. Down 75lbs in 10 months



Patient Outcome

- Patient DH. Age 68
- Type II DM on insulin pump, hypertension, hyperlipidemia, asthma/SOB, chronic pain, depression
- Referred by orthopedic surgeon Sept 2019 to lose 30lbs prior to hip surgery
- Completely inactive until lost 50 lbs and then built up to walking 4.5 miles per day.
- Hip surgery July 2020 down 75 lbs and off ALL insulin
- Update: Jan 2021 Down 100 lbs!

57yo Male. Down >100 lbs in 7 months





Patient Outcome

Patient TA. Age 57

Joined Feb 2020: Type II DM on insulin & multiple oral meds

A1C 10.1, BMI 40.2, Body fat: 40.1%

June 2020: A1C 5.9, BMI 29.8, off all insulin, glimepiride,

metformin, Januvia, HCTZ & metropolol.

Sept 2020: Lost 100 lbs, BMI 27.3, Body Fat 20.6%

Patient feels like new person!

55yo Female. Keeping off 75 lbs





Patient Outcomes

Patient DA. Age 55

Joined Feb 2020: Type II Diabetic, hx of gastric bypass, fatty liver, hyperlipidemia, hypothyroidism, depression.

BMI 44.7, Body Fat 52%, A1C 7.7

Referred by doctor due to out of control diabetes.

October 2020: Off diabetic medication, lower cholesterol and blood pressure. Feeling better ©

BMI 33.4, Body fat 39%, A1C 5.8

63 yo Male. Down 148 lbs in 8 months



Side profile





Patient Outcomes

Patient RB. Age 63

Joined July 2020: Type II Diabetic, Hypertension,

Hyperlipidemia, Neuropathy, GERD

BMI 53.0 A1C 7.8 BP: 165/98

March 2020: Off metformin, off all insulin, off atenolol & lasik, off Prilosec.

BMI 31 (148 lbs lost) A1C: 6.0 BP: 102/67

63yo Male. Down 100 lbs





Patient Outcomes

Patient PE. Age 63

Joined Feb 2020

Pre-diabetic, hypertension, sleep apnea.

BMI 42.1 Percent Body Fat: 45.2%

Dec 2020

Off all diabetic and blood pressure medication.

BMI 26.0 Percent Body Fat: 19.2%

Extremely Active & just got a new puppy to walk ©

55yo Female. Down >100 lbs in 9 months



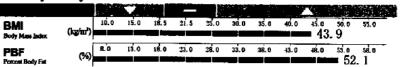


Body Composition Outcome Measures

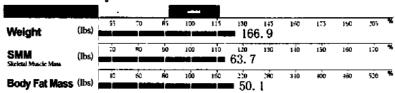
Muscle-Fat Analysis

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Weight	(lbs)	.S.5	70	8	100	115	130	145	160	175	190	²⁶⁶ ** 272. 0
SMM Skelen) Muscle Mass	(lbs)	70	90	90	190	110	120	130	2. 5	150	160	170 %
Body Fat Mass	(lbs)	+G	60	80	100	160	230	280	340	400	460	(6\$6.2)% 141.7

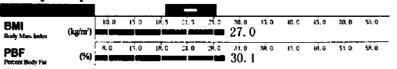
Obesity Analysis



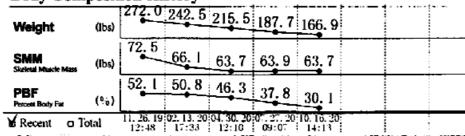
Muscle-Fat Analysis



Obesity Analysis



Body Composition History



UCI Clinic Phase 2 Lifestyle

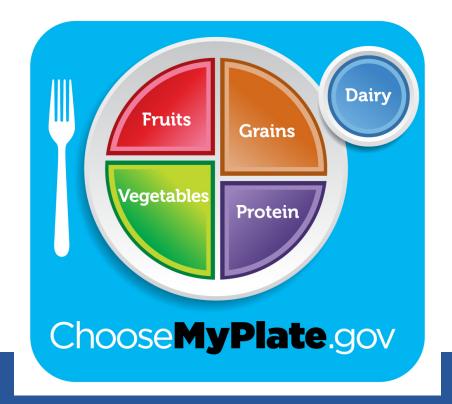
Lifestyle Weight Loss

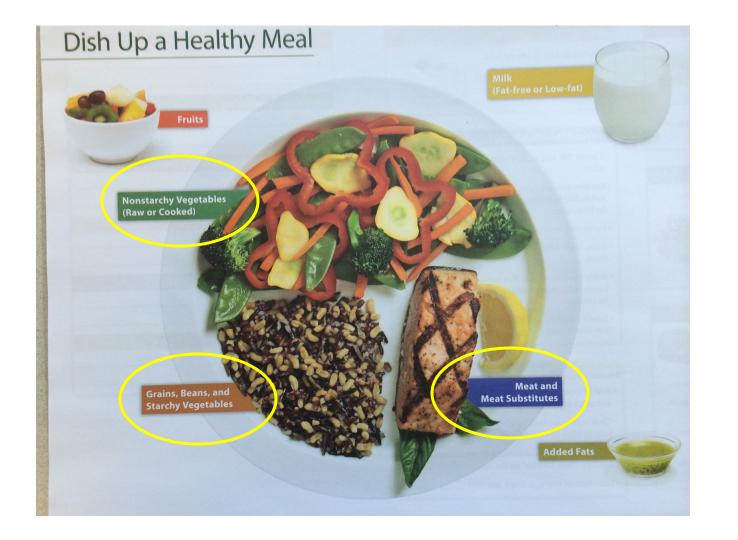
- Maintain and protect weight loss
- Custom meal plans with Mediterranean Diet focus
- Long-term healthy lifestyle habits
- Weekly accountability



Our UCI 2020 data shows 85% of our Lifestyle Weight Loss patients are Keeping the Weight OFF!

ChooseMyPlate.gov





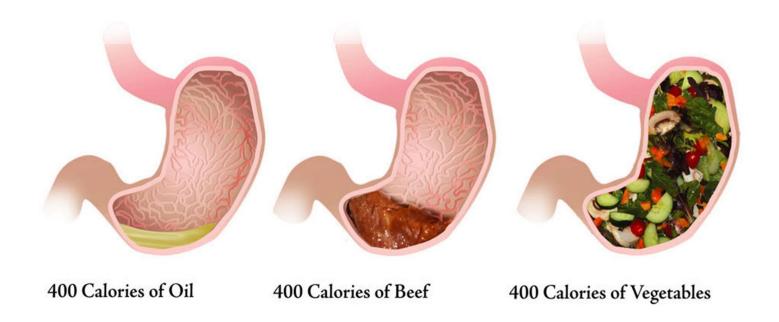
Aware of Choices



Apple + Banana + Grapes + Strawberries + Cuties + Raw Veggies = 600 calories

1 Muffin = 600-900 calories

Caloric Density

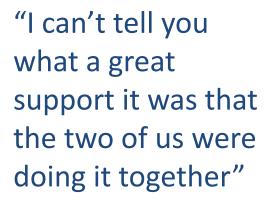


Michael Lost 240 lbs. and Lorna Lost 40 lbs.

Keeping it off over 6 years later!









UCI Lifestyle Weight Loss Data 2018

N=78 patients, 7 year average follow-up

- ✓ 9.4 % cholesterol medications eliminated
- ✓ 16.0% blood pressure medications eliminated

✓ 36.4% diabetes medications eliminated

✓ 16.2% of medications reported initially were *eliminated* at follow-up.

√78 patients are *keeping off an* average of 37 lbs. (13.53% of initial body weight).

Dietitian Consultations

- A patient will meet with a Registered Dietitian
 Nutritionists for a tailored program that fits their needs.
 - Any age & any diagnosis
 - Individual plan to meet nutritional needs and goals
- The state of the s

- Additional phone/email support
- Bill insurance or discounted cash rate



Refer Patients

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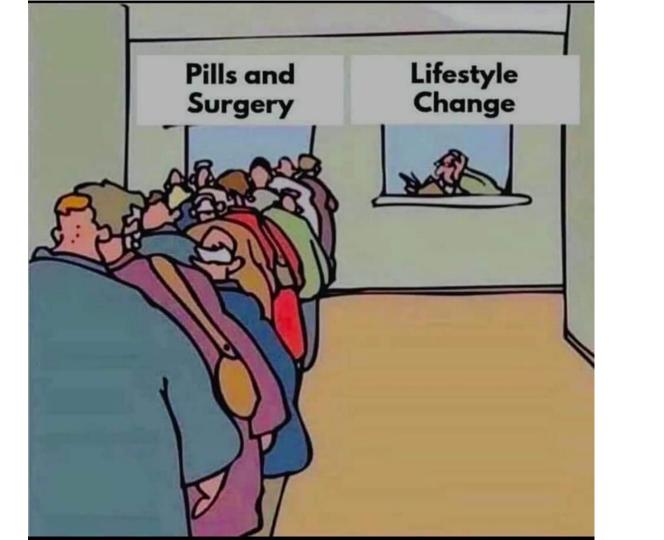
Refer in EPIC for

Weight Management Program or Dietitian services.

Enter "weight" and select

UCI CNTPNT WEIGHT MGMNT





Thank you

UCI Health

Department of Medicine Weight Management Program

