National Weight Control Registry

The National Weight Control Registry (NWCR) was described in Session 3: Nutrition Principles for Weight Management. For research publications that provide insightful findings from this cohort of “successful losers” (from 1997 to date) go to: www.nwcr.ws.

Below is a summary of facts about the people who have enrolled in the registry:

- 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 pounds.
  - 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.
- Researchers 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.