

Market Segment
<ul style="list-style-type: none"> • Corporate Wellness
Company/Facility
<ul style="list-style-type: none"> • Hewlett-Packard
Staff
<ul style="list-style-type: none"> • Aleta Amonson, BA, ACE Health Fitness Specialist • Eddie Thomas, MA, NIPM Program Manager • Kristen Hooks, MED, LPC, LMFT, CEAP, Behaviorist • Marietta Schmid, MS, RD, LD Registered Dietitian
Programs Offered
<ul style="list-style-type: none"> • Employee Weight Management
HealtheTech Tools/Products Used
<ul style="list-style-type: none"> • BodyGem® <ul style="list-style-type: none"> • Weight Management • Health Promotion • BalanceLog® & BalanceLog® Pro Software <ul style="list-style-type: none"> • Individual energy balance prescriptions • Self-monitoring prescriptions • Remote feedback and tracking of participants

Overview of hpHealth Fitness Center

The hpHealth Fitness Center, located at the Hewlett-Packard main campus in Houston, Texas, is dedicated to improving the health and well-being of their employees. Professionally managed by Health Fitness Corporation (HFC), the fitness center staff strives to provide high quality, comprehensive wellness programming. The hpHealth Fitness Center and HFC place a strong emphasis on the physical fitness, nutrition, and health issues facing the hp employee population.

Description of hpHealth Weight Management Program

The hpHealth Fitness Center staff recognized the need for a metabolism-based weight management program that was on-site, convenient, and available to their employees during their lunch break. Like many companies, the Hewlett-Packard employees struggle to maintain a healthy weight due to the inactive nature of their jobs and an ever increasing workload that keeps them at their desk. With Houston being one of the 'fattest' cities in the nation, combined with the deleterious effects of unnecessary weight gain, the staff believed the program would be a valuable benefit. Based on individual employee needs, the hp Fitness Center decided to use the latest technology from HealtheTech to determine the effectiveness of their tools in a "real world" setting. "Hp employees are all about new technology so using the HealtheTech tools was a win-win situation for us," added Eddie Thomas, Program Manager at the hpHealth Fitness Center.

The 10-week hpHealth weight management program was based on the fundamental concept of energy balance (managing calories in and calories out). The staff used resting metabolic rate (RMR) measurements (from the BodyGem® device by HealtheTech) to establish realistic weight loss goals and recommendations, while each participant used BalanceLog® software to track daily dietary intake and exercise. Each participant received feedback and motivation from the professional staff via BalanceLog® Pro (a professional web-based coaching tool that interacts with individual BalanceLog users).

hpHealth Weight Management Program Outcomes

Among the 23 participants who completed the 10-week program, the average weight loss was 5.3 lbs. or about 0.5lbs/week. Prior to participation, each individual set a personal weight loss goal. Over 17% percent achieved their weight loss goal, 35% came within a few pounds of their goal, and 52% lost at least half of their weight loss goal.

Measured metabolic rate ranged from 1250-2180 kcals/day among the participants. This large range of values reinforces the importance of personalizing a program to fit the needs of each unique individual. Most participants agreed that knowing their metabolism was key to their success, "the biggest thing I learned was what my metabolism was and why I can't eat so many calories - then to monitor how many calories I eat and how important exercise is to lose weight and feel better," said one participant.

When asked to provide feedback about the program, many participants referred to the benefits of using the HealtheTech Tools. One participant commented, "Tracking what I ate helped me stay focused. RMR really took the guesswork out of it."

Another individual commented, "The software is an amazing tool - it has made all the difference for me. This has been the easiest way I've ever lost weight! I love this program!"

The program also provided the knowledge and skills HP employees will need to maintain their weight loss long-term. All of the participants agreed the program increased their knowledge of healthy choices and 95% felt more confident in their ability to successfully manage their weight.