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Structure House, a residential weight loss facility in Durham, N.C., offers a unique, behavioral approach to weight loss and healthy lifestyle change. The facility integrates principles of nutrition and exercise with psychology in a treatment approach designed to transform the eating habits and lifestyles of overweight individuals. Founded by clinical psychologist Dr. Gerard J. Musante in 1977, Structure House has helped more than 30,000 people from all 50 states and 35 nations battling overweight and obesity. The name Structure House underscores the critical role structure plays in achieving long-term weight loss.

Philosophy & Approach

At Structure House, the behavioral etiology of food abuse is probed in a deep, uniquely successful way. Structure House helps participants to understand and address their relationships with food. They learn why they have been making negative food choices, and how to take personal responsibility for their food choices and habits to maintain a healthier lifestyle. Participants learn to identify and understand the antecedents of eating for non-nutritional reasons, developing personal resources and coping strategies to make successful changes at home.

Founder

Dr. Gerard Musante was the first person to adapt the principles of behavior modification to the eating habits of significantly overweight people and food abusers. He has focused the last 30 years of his career on developing and teaching these principles, and is a strong proponent of personal responsibility in food consumption and weight loss. A respected source on obesity, he has voiced his insights at the national level, including testifying before a congressional subcommittee, and being quoted or featured by such media as *Good Morning America*, *Newsweek*, *60 Minutes*, the *Atlanta Journal-Constitution*, and *People*.

Programs

The **New Participant Program** is a four-week, intensive program that includes a schedule of behavioral workshops and group, exercise, and nutrition classes as well as individual sessions with a psychologist that empower participants to probe the root causes of their weight management challenges and learn strategies for overcoming them. Emphasizing a medically sound approach to healthy eating, Structure House provides individual nutrition counseling, menu planning for home, private cooking lessons, restaurant outings, supermarket tours, and weekly cooking demonstrations to teach participants how to integrate healthy eating principles into their daily lives. The treatment staff develops individual exercise plans that help participants work toward their goals and can be maintained after they return home. Medical staff evaluate participants' health to ensure they are losing weight safely.

The **Diabetes Management Program** is layered on top of Structure House's standard program and is the first program of its kind to provide a multi-faceted, integrated mix of medical and psychological approaches to treat and prevent diabetes. It is helping participants to improve triglyceride and blood sugar levels, safely reduce or suspend diabetes management medications, and prevent health complications associated with diabetes. The four-week program offers a specialized curriculum that teaches participants how to manage diabetes symptoms through expert therapy and counseling, including an innovative stress management component, following a stringent diet, and participating in exercise. Participants meet weekly with a Duke University endocrinologist.

Structure House offers **Follow Up Services** for additional support. The Not Home Alone program includes a series of structured telephone sessions with a staff therapist to assess progress and establish short-term goals toward long-term success. Participants also can mail in daily food diaries for feedback, join support groups across the country led by participants, utilize the online graduate message board and Web site with tips, and enjoy discounted return visits for further reinforcement.

Facilities

Structure House offers private, one-bedroom apartments as well as two-bedroom apartments for those accompanied by a support person. A Georgian-style mansion serves as the central building and welcomes participants to the self-contained campus, which also includes a pool and full fitness center. For more information, visit www.structurehouse.com.

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