



## EVIDENCE-BASED OUTCOMES

### Positive Patient Results

#### Quality of Life

The most significant improvements in weight-related quality of life were observed in the areas of physical function and self-esteem. Participants also reported improved sexual activity and work engagement along with less public distress.

#### Weight Loss

After program completion, participants lost an average of 15.2 pounds. Compared with initial body weight, males lost an average of 6.1%, while females lost 5.4%. Body mass index also decreased from 45.6 to 42.9 in males and from 42.2 to 39.8 in females. Waist sizes decreased an average of 3.5 inches in males and 2.7 inches in females.

#### Long-Term Outcomes

One year later, males had lost an average of 48 pounds and females had lost an average of 38 pounds. Approximately 86% of JumpStart participants maintained their weight loss two years later.

#### Our Unique Approach

Structure House uses a mix of behavioral, nutritional, medical, and fitness approaches to help individuals who have a variety of needs achieve lasting weight loss.



## Specialized Diabetes Track

### Evidence-Based Care

Our four-week diabetes track offers weekly educational sessions focused on nutrition, health education, and the impact of stress on diabetes, along with exercise and weekly endocrinologist visits to help adults effectively manage symptoms.

### Medication Changes

After the program, 41% of participants discontinued at least one medication, and 66% of participants discontinued or significantly reduced the dosage of at least one medication. About 8% of participants who were taking diabetes medication discontinued all use. Of the 37% of participants who took thiazolidinedione, 23% discontinued use of the drug.

### Insulin Usage

Before the program, 30% of participants regularly used insulin. After the program, 19% of participants discontinued use of insulin, and another 48% reduced their dosage by at least half.

### Lower Diabetes Risk Scores

Participants demonstrated improved diabetes risk scores and blood pressure, cholesterol, glucose, hemoglobin, and triglyceride levels.



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