

**RESEARCHERS AT JOHNS HOPKINS BLOOMBERG SCHOOL OF PUBLIC HEALTH FIND MEDIFAST MEAL REPLACEMENT MORE EFFECTIVE FOR WEIGHT LOSS AND REDUCTION IN DIABETIC MEDICATION THAN STANDARD FOOD DIET**

- *Participants using Medifast lost twice as much weight and were twice as likely to complete both phases of the study compared with those following a diet based on the American Diabetes Association dietary guidelines*
- *24% of Medifast users decreased diabetic medication after 34-week weight loss phase, compared to 0% of participants on the standard food diet*

**SUMMARY**

Researchers from Johns Hopkins Bloomberg School of Public Health released the results of an 86-week diabetic weight loss study that found participants using Medifast’s portion-controlled, meal replacement program lost twice as much weight and were twice as likely to complete the study as participants following a standard food diet based on the dietary guidelines of the American Diabetes Association (ADA). Additionally, 24 percent of the Medifast users decreased or eliminated their diabetes medication, compared to 0 percent on the standard food diet.

The study, “Long-Term Efficacy of 2 Diet Plans for Type 2 Diabetes on Weight Loss and Weight Maintenance,” was officially presented by Johns Hopkins Bloomberg School of Public Health Associate Professor Dr. Lawrence J. Cheskin, MD, during the American Diabetes Association’s 65th Annual Scientific Session in San Diego June 11, 2005.

**THE STUDY**

Dr. Cheskin’s study enlisted 112 overweight or obese people with type 2 diabetes using two weight loss approaches of equal caloric prescription – a portion-controlled, supplement-based diet (Medifast) and a traditional reduced-calorie diet based on the ADA’s recommended dietary guidelines. The study tracked the participants’ progress over 86 weeks (approximately a year and eight months), including an initial weight loss period of 34 weeks, followed by a 52-week maintenance phase.

“Weight loss is critical for controlling type 2 diabetes, but individuals with the disease are faced with health issues that make it significantly more difficult to lose weight than people without the disease,” explained Dr. Lawrence J. Cheskin, MD. “While type 2 diabetes cannot be cured, losing weight can significantly improve one’s quality of life by reducing or even eliminating the need for daily medication and/or frequent treatment. People with type 2 diabetes are in need of weight control options they can commit to long term.”

**RESULTS**

According to the results, the Medifast group lost twice as much weight and was twice as likely to complete the study as the group on the standard food diet. Of patients completing the initial weight loss phase (34 weeks), average weight loss was 16 pounds on Medifast and 8.1 pounds on the standard diet. After completing the additional 52-week maintenance period, average weight loss after 86 weeks was 13 pounds for those who received Medifast in Maintenance vs. 5.3 pounds on the standard diet. Also, 44 percent of the Medifast participants maintained more than a five percent body weight loss vs. only 14 percent on the standard diet.

	Medifast	ADA
Average weight loss after weight loss phase (week 34)	<b>16 lbs</b>	<b>8.1 lbs</b>
Average weight loss after weight loss and weight maintenance phases combined (week 86)	<b>13 lbs</b>	<b>5.3 lbs</b>
Percentage of participants maintaining at least a 5% weight loss (week 86)	<b>44%</b>	<b>14%</b>
Participants completing the program for the full 86 weeks	<b>16</b>	<b>7</b>
Percentage of participants that reduced their diabetes medication after 34 weeks	<b>24%</b>	<b>0%</b>

Dr. Lawrence J. Cheskin, M.D., F.A.C.P., is a board-certified internist and Associate Professor of Human Nutrition at Johns Hopkins Bloomberg School of Public Health. He is the director and founder of the Johns Hopkins Weight Management Center. He is also the principal investigator on a number of research grants and is a frequent contributor to research and popular articles on weight management.

Dr. Cheskin’s study, “Long-Term Efficacy of 2 Diet Plans for Type 2 Diabetes on Weight Loss and Weight Maintenance,” was funded by Medifast.