

【Practice Article】

**A Weight-Loss Program that Uses a Behavioral Approach and a Diet and Exercise Intervention (the Saku Control Obesity Program; SCOP):
JAEE Research Project “Evidence from Intervention Studies”**

Makiko Nakade¹⁾, Haruka Murakami²⁾, Motohiko Miyachi²⁾, Naomi Aiba³⁾,
Akemi Morita⁴⁾, Tetsuo Shimoda⁵⁾, Shaw Watanabe⁶⁾

Abstract

We developed a weight-loss program that uses a behavioral approach and a diet and exercise intervention (the Saku Control Obesity Program; SCOP) and demonstrated its effectiveness using a randomized controlled trial with a one-year follow-up. This article introduces our program and presents evaluation of its generalizability using the RE-AIM (reach, effectiveness/efficacy, adoption, implementation, maintenance) framework. This is part of the JAEE Research Project “Evidence from Intervention Studies.” In the SCOP, participants in the intervention group set monthly plans to modify their lifestyle habits (diet, dietary habits, and physical activity) with the support of doctors, registered dietitians, and exercise instructors. Participants were recruited from middle-aged overweight/obese people who visited the Saku Health dock center in Nagano prefecture. Out of those who visited the Saku Health dock center, 24.1% of people who agreed to participate in the program and met the eligibility criteria received the intervention. The intervention group lost significant weight through the program and maintained their weight loss during the follow-up period. The program is relatively easy to conduct because it does not require specific equipment. However, given that a total of 19 experts (most of them were our institute’s staff) and a significant amount of time were required for this intervention, it may be difficult to adopt this program directly as part of the community public health programs. We need further analysis to identify effective interventions and implement these interventions in the community public health programs based on the available funding.

Key words: obesity, weight loss, behavioral approach, randomized controlled trial

-
- 1) Faculty of Health and Welfare, Tokai Gakuin University, Kakamigahara, Japan
 - 2) Department of Health Promotion and Exercise Program, National Institute of Health and Nutrition, National Institutes of Biomedical Innovation, Health and Nutrition, Tokyo, Japan
 - 3) Department of Nutrition and Life Science, Kanagawa Institute of Technology, Atsugi, Japan
 - 4) Department of Nutrition, Koshien University, Takarazuka, Japan
 - 5) Dock Center, Saku Central Hospital Nagano Prefectural Federation of Agricultural Cooperatives for Health and Welfare, Saku, Japan
 - 6) Life Science Promotion Foundation, Tokyo, Japan