

<b>Level 1 service provider</b>	<b>Average baseline weight (kg)</b>	<b>Average weight loss (kg)</b>	<b>Average % of body weight lost</b>
<b>Morelife</b>	<b>103.7kg</b>	<b>4kg</b>	<b>3.8%</b>
<b>Second Nature</b>	<b>103.4kg</b>	<b>5.4kg</b>	<b>5.2%</b>
<b>Slimming World</b>	<b>103kg</b>	<b>4.3kg</b>	<b>4.2%</b>
<b>Xyla H &amp; W</b>	<b>101kg</b>	<b>3.3kg</b>	<b>3.3%</b>

# Weight Management Comparison Guide

**British Standards Institution**

## Weight Management Comparison Guide:

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Dietz,2002 This volume reviews recent findings on the physiological genetic environmental and behavioural factors that predispose children and adolescents to obesity and explores clinical and public health strategies for treatment and prevention Written by an international group of experts the book provides a global perspective on the epidemic of childhood obesity and includes studies of children and adolescents in both industrialized and developing countries A major focus of the book is on environmental factors such as high energy density fast food inadequate physical activity and excessive television viewing that contribute to paediatric obesity

**A K-12 Resource Guide for Food and Nutrition** Florida. Home Economics Education Section,1976

School Food Service Journal ,1979

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