

Research Brief

— The Sisters in Step to Eat Right with Support Study —

What is the purpose of this study?

- To goal of this study was to find out if an intervention for weight loss through lifestyle change was feasible for Black women by comparing two groups: the standard lifestyle program versus group-based goals and mutual support lifestyle program.
- This study lasted 16 weeks from May-August 2024



What is the problem?

- Black women experience overweight or obesity at a high rate (82%)
- Lifestyle interventions for weight loss that teach adults how to eat healthfully and move more often do not produce 5-10% weight loss in Black women
- New ways to achieve weight loss are needed to better serve Black women

What happened in the study?



- Black women (16) were randomly placed into 1 of 2 groups for weight loss
- Based on the Diabetes Prevention Program, all women received 16-weeks of lessons on how to improve eating and move more via Zoom.
 - One group received a modified version of the program that integrated group-based goals for eating and physical activity. This group also created a defined identity (name, motto, song) and self-identified specific group roles with responsibilities to support achievement of the group-based goals.
 - One group received the Diabetes Prevention Program as a group via Zoom, but did not have the group-supportive elements.

What were the key findings?

- Average weight losses of the two groups:
 - Standard weight loss group: Lost 1.85kg = - 4.07lbs (-2.22%)
 - Group-based weight loss group: Lost 2.46kg = - 5.42lbs (-2.88%)
- More weight loss was observed in women who received the group-based program, but weight losses are somewhat typical of what we see in the field.



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Who should care the most?

- Black women interested in achieving a healthier weight
- Clinicians and other professionals in the behavioral weight loss field

How does this study benefit the community and science?

- Gives a signal that a true group-based approach to weight loss centered on developing togetherness and shared goals may be supportive of Black women who want to lose weight.
- Conduct of a larger study as a pilot trial will be important to gain more information about group-based weight loss among Black women.



Links

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Thank you!

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