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**Baptist Health/Milestone Wellness Center**

**HMR Named a No. 1 “*Best Fast Weight-Loss Diet*” by *U.S. News and World Report***

Louisville, KY, January 5, 2017 -- A program offered by Baptist Health/Milestone and created by HMR Weight Management Services (HMR) has been named No. 1 “Best Fast Weight-Loss Diet” in the 2017 Best Diets rankings released today by U.S. News & World Report. It’s the second year in a row HMR earned the top spot in the category

Milestone has offered the HMR Program for 16 years and was named the Best Weight Loss Clinic in Louisville by Today’s Woman magazine in January of 2016.

“HMR’s highly structured diet and lifestyle change program is designed to help people lose weight quickly while learning the skills they need to keep it off,” said Chuck Bent, Program Director. “Fast weight loss without lifestyle change isn’t sustainable. Through the HMR Program at Baptist/Health Milestone, people learn realistic ways to incorporate new healthy behaviors into their everyday lives.” HMR programs excel at providing the jump start many people need when beginning a healthier lifestyle program. People can lose weight without feeling hungry. Fast weight loss is achieved in a livable way, by encouraging people to eat more and stay satisfied, making it easier to stick to the program in both the short- and long-term.

***Get There Faster!*** A common misconception is that losing weight quickly is not healthy or sustainable, and will just lead to future weight re-gain. Also, a common misconception is that losing weight quickly is not healthy, not sustainable, and will just lead to future weight re-gain. Results from a weight-loss study of more than 200 people published in [The Lancet Diabetes & Endocrinology](http://www.thelancet.com/journals/landia/article/PIIS2213-8587(14)70200-1/abstract) (2014) showed 81 percent of the rapid weight loss group achieved their target weight loss compared to 50 percent in the gradual weight-loss group, with no significant differences in weight regain. These results indicate that rapid weight-loss does not put individuals at risk for greater weight regain. Furthermore, more rapid weight loss may motivate some individuals to stick with their diet and achieve better results long term.

HMR programs achieve fast weight loss in a livable way by encouraging people to eat more and stay satisfied, which makes it easier to stick to the program in the short-term, and over the long haul. HMR focuses on three skill areas critical for weight-loss and weight maintenance: 1. How to make healthier food choices; 2. How to eat more fruits and vegetables; and, 3. How to increase physical activity. Research has shown that practicing these skills may also help reduce the risk factors for the development of heart disease, stroke, diabetes, some types of cancer, and other chronic diseases.

**Selected Health Outcomes from the HMR Program**

It is well reported that weight loss is associated with favorable changes in medical risk factors. Below are health risk reductions and medication changes for 721 HMR patients who participated in a clinic-based program (mean duration of participation 107.6 weeks):5

* Fasting Glucose (mg/dL): -9.4 percent
* Total Cholesterol / HDL ratio: -10.3 percent
* Diastolic / Systolic Blood Pressure: -7 mmHg / -4 mmHg
* Triglycerides (mg/dL): -26.7 percent
* Of 126 patients taking oral diabetes medications at baseline, 40.5 percent (n=51) had discontinued these medications at follow-up.
* Of 45 patients taking insulin at baseline, 35.5 percent (n=16) had discontinued their insulin at follow -up.
* Of 337 patients taking blood pressure medications at baseline, 36.2 percent (n=122) had discontinued these medications at follow-up.

***U.S. News & World Report* Ranking Process**

During the ranking process, reporters and editors from *U.S. News & World Report* created in-depth profiles of 38 diets. A panel of nationally recognized experts on diet, nutrition, obesity, food psychology, diabetes and heart disease rated the diets on their effectiveness.

***About Milestone***

Baptists Health/Milestone Wellness Center is a full-service “wellness” facility offering many services. Along with being a world class fitness/workout facility, it offers Physical Therapy for Baptist Health patients, and its Aqua Therapy program has been named tops in the country. Milestone also offers more fitness classes for all levels and age groups, on both land and water, including a multitude of Yoga and Pilates classes, than any other facility in Louisville. The facility also includes a Spa and a Café, and of course – the Best Weight Loss program in Louisville.

***About HMR Weight Management Services Corp. (HMR)***

HMR Weight Management Services (HMR), part of Merck’s Healthcare Services and Solutions business unit, specializes in improving the healthcare experience for patients, providers, and payers. HMR programs, available in person or at home, offer lifestyle education, a structured diet and an emphasis on long-term weight and health management. Since 1983, HMR programs have been available in hospitals, clinics, and medical centers across the country. For more information, visit www.hmrprogram.com.

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References

1Anderson JW, et al. Int J Obes. 2007;31:488-493, 2Donnelly JE, et al. Int J Obes. 2007;31:1270-1276,3St Jeor ST, et al. A classification system to evaluate weight maintainers, gainers, and losers. J Am Diet Assoc. 1997;97:481-8,4Donnelly JE, et al. Obes. 2013; 21:1951-1959,5Poster T-2083 presented at Obesity Week, 04Nov2014, Boston, MA; These data reflect mean weight loss and associated changes in health risk factors and changes in medication from patients who: enrolled in HMR’s clinic-based Decision-Free® or Healthy Solutions® programs at one of 43 U.S.-based HMR clinics, completed a baseline health risk assessment (HRA), and a follow-up HRA during the weight-maintenance phase of the program (July/August 2013). Patients were excluded if they did not have continuous enrollment in the HMR program between the time of initiation and completion of the HRA or if they did not have complete biometric values.