

## HOPKINS/ADA/MEDIFAST STUDY SUMMARY

In a study conducted by researchers at the Johns Hopkins University Bloomberg School of Public Health, the Medifast Program outperformed the American Diabetes Association (ADA) recommended diet for patients with type 2 diabetes.

The study worked with 112 overweight or obese people with type 2 diabetes, and compared the results of two different (but equal-calorie) weight loss approaches, the Medifast Program and a traditional reduced-calorie diet based on the ADA recommended dietary guidelines.

According to the results:

- Participants randomly chosen to receive Medifast **lost twice as much weight** and were **twice as willing to stay with the program** as participants following the standard ADA diet.
- Approximately 40 percent of the Medifast participants **lost more than 5 percent of their initial weight**, compared with only 12 percent of those on the standard ADA diet.
- Additionally, 24 percent of the Medifast users **decreased or eliminated their diabetes medication**, compared to 0 percent on the standard ADA diet.

The study results suggest that meal replacements such as Medifast's may be as effective for weight loss in diabetics as bariatric surgery, and with less risk of illness, injury, or death.

The study has been published in the January/February 2008 issue of *The Diabetes Educator*, the peer-reviewed journal is the official journal of the American Association of Diabetes Educators.

For more than 25 years Medifast has been prescribed by practitioners as a safe and effective program that yields significant results and has been proven to provide significant weight loss of 2-5 pounds per week.