

# Health Extension Happenings



## *A Healthier Weigh in Eastern Colorado*

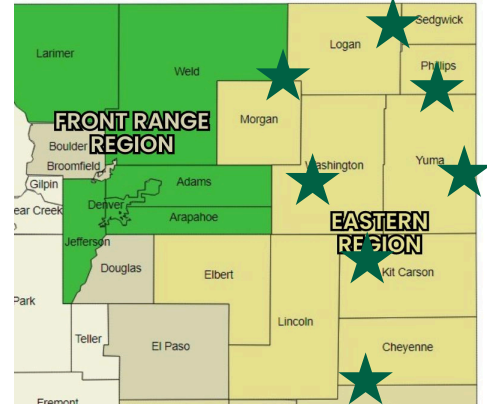
The *A Healthier Weigh* Program is gaining momentum and expanding every year in Eastern Colorado. In 2024, over 200 hundred individuals completed the program across seven counties (Yuma, Morgan, Washington, Phillips, Kit Carson, Logan, and Bent). Cumulatively, 716 pounds and 290 inches were lost among participants in just three months.

The 12-week educational program focuses on developing healthy lifestyle habits and providing support to sustain these habits beyond the program. Many participants return year after year, appreciating the motivation, education, and accountability the program offers.

There is a “challenge component” to the program, where participants can “compete” as individuals, partners, or teams, earning points in various ways across four key components:

- Skeletal muscle mass increase
- Waist circumference reduction
- Weight loss
- Step count accumulation

Participants use the InBody Scanner to measure and track their metrics at the beginning, middle, and end of the program. They also track their steps, complete assignments, and engage in group conversation about the weekly lessons. *A Healthier Weigh* not only helps participants track their progress with numbers and metrics but also fosters support systems and accountability with fellow members.



Participant using InBody Scanner

### **This year new developments for *A Healthier Weigh* included:**



**Language Justice:** *A Healthier Weigh* curriculum and materials have been translated to Spanish.



**Medical and Community Partnerships:** Clinicians and community-based support services have begun referring their patients to the program and hosting joint educational workshops.



**Accessible Education:** Through collaborations with a radio station, audio versions of all twelve lessons are available, making the material more accessible to those who prefer audio learning.

*“The InBody allowed me to see other more numbers than a typical scale which helped me focus on my need for skeletal muscle mass increase. As a mom in my late fifties, I want to be able to enjoy playing my grandkids in the future and building my muscle mass will help me do that.”*

*-Program Participant*