



Eat **Smart** | Move **More**
Weigh Less®
Online



Eat **Smart** | Move **More**
Prevent Diabetes®
Online



Eat **Smart** | Move **More**
Weigh Less® **2**
Online

CONTACT US: administrator@esmmweighless.com

NC STATE UNIVERSITY



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

What is Eat Smart, Move More, Weigh Less?



Eat Smart, Move More, Weigh Less is a 15-week, online weight-management program delivered in real-time by a live Registered Dietitian Nutritionist (RDN).

Program Team



Carolyn Dunn,
PhD, RDN, LDN
PI



Cathy Thomas,
MAEd
Retired



Surabhi Aggarwal,
MHSc, MPH, RDN, LDN
Manager



Kelly Nordby,
MPH, RDN, LDN
Coordinator



Christine Lavelle,
DPP Administrative
Assistant



Erin McCallum, MPH
Data Manager



Program Team



Plan

+

Track

+

Live
Mindfully

.....

HEALTHY WEIGHT

What makes Eat Smart, Move More, Weigh Less **unique**?

.....

Live Online Delivery

One-on-One Support

Evidence-Based



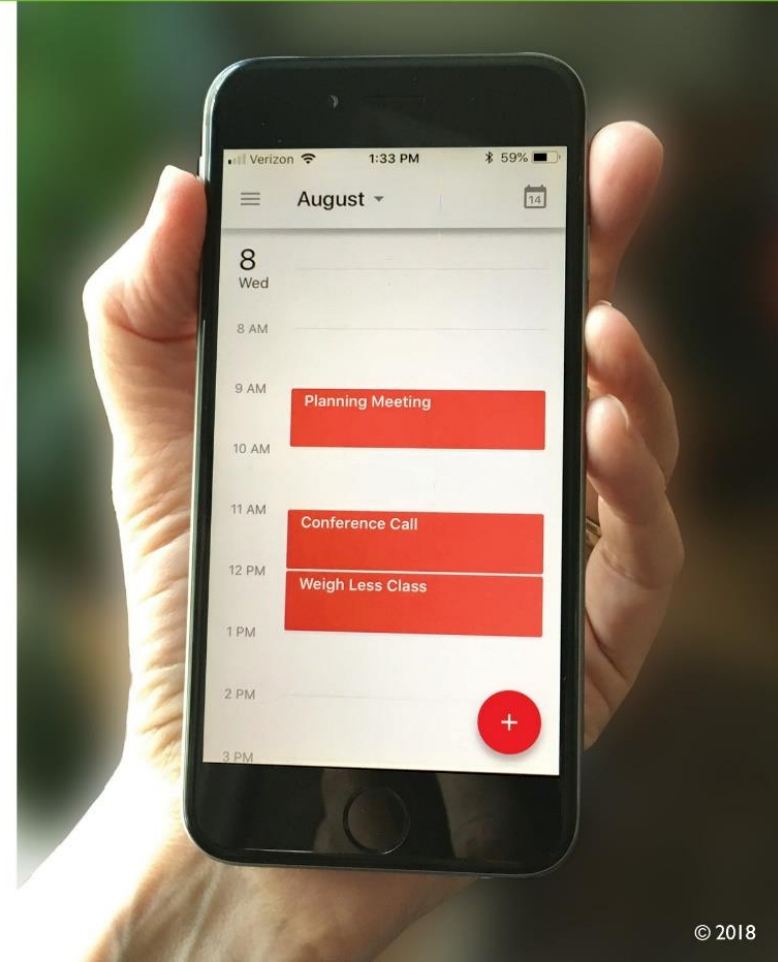
Live Online Delivery



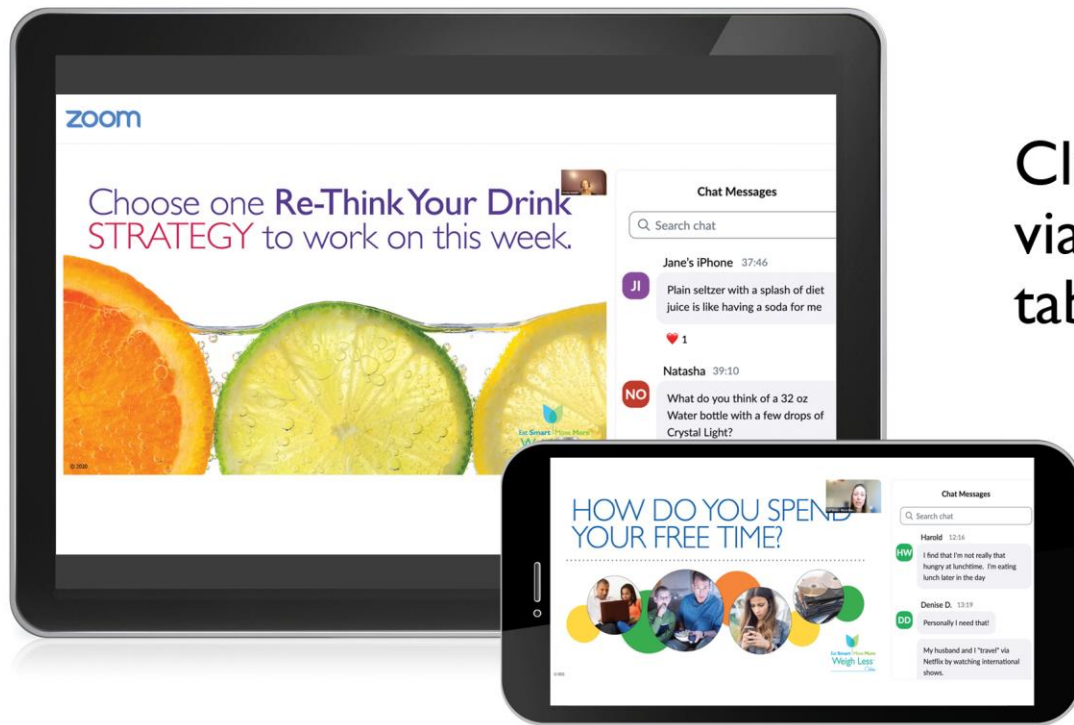
Registered Dietitian Nutritionist (RDN) instructor conducts *live* weekly sessions using real-time technology.

Live Online Delivery

Participants choose the class time that works best for their schedule—lunchtime and evening options available.



Live Online Delivery



Classes are accessible via computer, laptop, tablet, or smartphone.

One-on-One Support



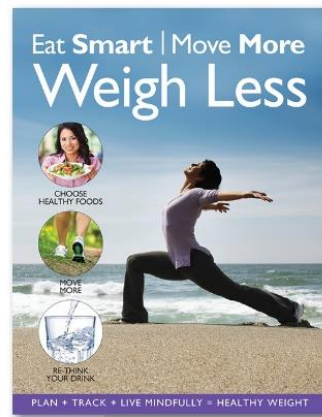
- *My Dashboard* is a secure portal for participants to track their progress throughout the program.
- The instructor sees the participants' goals and weekly progress, and provides one-on-one support.



Participant Resources

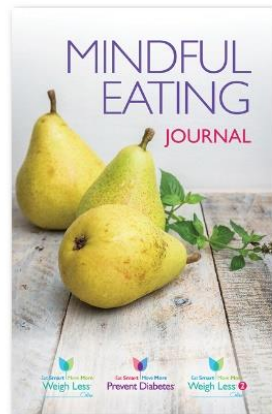
EACH
PARTICIPANT
RECEIVES:

T-shirt
for perfect
attendance

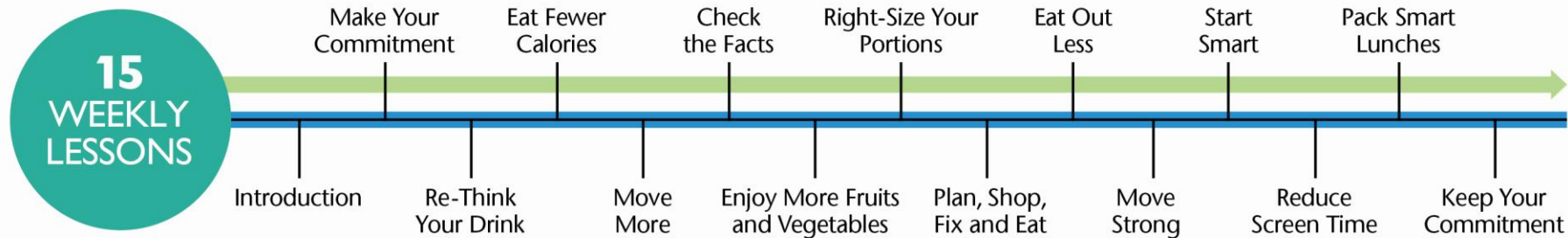


Workbook

Journal



Evidence-Based



Each lesson includes:

- Evidence to support the strategy
- Practical steps for adopting the behavior
- 3-5 minute physical activity break
- Ways concepts can be adopted by the whole family
- Opportunity for sharing and celebrating
- Suggestions for living mindfully
- Guided discussion of strategy for the week

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PARTICIPANTS:



LOSE
WEIGHT:

Average weight loss of **7.5** pounds.

PARTICIPANTS:



ARE SATISFIED WITH
THE PROGRAM:

93% of participants are either satisfied or very satisfied with the real-time, online delivery of the program.

95% indicate that they would recommend the real-time, online classes to others.

Evidence-Based

“Having a heart attack put it all into glaring perspective. Going into the program, my goal was to lose 10 pounds. I surpassed that goal and **lost a total of 15 pounds and have greatly improved my overall health.** My initial blood pressure before starting the class **was 185/78, now it is 117/69.** My waist circumference was 42, it is now 38. I passed my goal for this class, but I am confident I can continue to incorporate all I learned to take off an additional 10 pounds. Keep up the good work, Eat Smart, Move More, Weigh Less, and keep motivating and encouraging everyone to eat healthy and move more! **It may save their life like it did mine.**”

—Rick, Employer-Sponsored Participant



BEFORE



AFTER



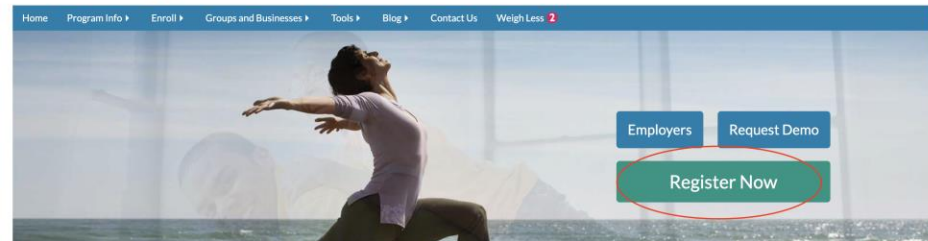
71%

Of program completers
either maintain
or lose additional weight
at six-month follow-up.

2025 Class Series Dates

ESMMWL – 2025 Class Series Schedule	Jan 2025	Feb 2025	March 2025	Apr 2025	May 2025	June 2025	Aug 2025	Sept 2025	Oct 2025*
Starting Week	01/05/25	02/02/25	03/02/25	04/20/25	05/18/25	06/15/25	08/03/25	09/07/25	10/12/25
Ending Week	04/13/25	05/11/25	06/08/25	07/27/25	08/24/25	09/21/25	11/09/25	12/14/25	02/01/26
Deadline for Registration	01/03/25	1/31/25	02/28/25	04/18/25	05/16/25	06/13/25	08/01/25	09/05/25	10/10/25

*2-week break over the holidays



Enroll — Choose a Class

The Eat Smart, Move More, Weigh Less 15-week program holds classes ONLINE, using Zoom. The program is accessible on a desktop, laptop, smartphone, iPad, and tablets.

Classes will meet on the same day and time for the full 15 weeks.

[Class Series Schedule](#)

The general enrollment cost of the program is \$260.

Your cost will be adjusted if you enter a Voucher/Coupon code below.

Please note that we do not offer refunds once registration is complete. We cannot transfer you to another class after week 2 of your 15-week series.

Available Classes for Registration (start date of 15-week series)

All class times are EST or EDT.

- ☒ Monday, March 3rd, 2025, 12:00 PM to 1:00 PM ET
Online
- ☐ Monday, March 3rd, 2025, 8:15 PM to 9:15 PM ET
Online
- ☐ Tuesday, March 4th, 2025, 7:00 PM to 8:00 PM ET
Online
- ☐ Thursday, March 6th, 2025, 6:00 PM to 7:00 PM ET
Online
- ☐ Friday, March 7th, 2025, 1:15 PM to 2:15 PM ET
Online

Voucher/Coupon code (optional)

[Continue](#)

TO REGISTER:

- Go to **esmmweighless.com** and click on **Register Now**.
- Select your class day/time – *same timeslot for 15-week program*.
- Enter the code **GNC2025** and click **Continue**. These classes are a covered benefit for \$0 for active members with the State Health Plan as their primary insurance coverage.
- Enter your subscriber ID# from your Aetna insurance card.
- Complete registration and receive confirmation email.



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