



Vtrim at a Glance

- Vtrim is not a diet – it’s a lifestyle. It’s a 24-week research-based online behavioral weight loss program developed at the University of Vermont over 17 years by Dr. Jean Harvey-Berino.
- The Vtrim philosophy is simple – “eat less, move more” – but the program itself is so much more. What Vtrim participants get is a sustainable, educational and clinical program for successful long-term weight loss – and it’s all just a click and a keystroke away.

The Numbers*

- Average weight loss is 24 lbs.
- Average percentage weight loss is 10.8 percent.

A Virtual Coach in Your Corner

- Vtrim’s “virtual coaches” – a team of expert health facilitators who lead each group – differentiate Vtrim from all other programs, which are either peer-led or offer no professional feedback.
- Group facilitators have advanced degrees in nutrition and health and complete a rigorous forty-five hour training session.
- Small groups are at the heart of success for Vtrim participants – group members get expert support and peer-to-peer support over the course of the 24-week program, meeting weekly for a lesson and group discussion via live chat.

How Vtrim Online Works

- Each Vtrim participant is given a unique username and password for access to the online classroom. Only the 20 people in Vtrim group have access to that online group. Participants have access to weekly lessons, a bulletin board, personal blogs, and live chat.
- Most importantly, they have access to their online food journal, where they keep track of what they eat, look up food information data, store foods they eat often in a virtual pantry and track their exercise data. Facilitators provide feedback on the journal, reinforcing behavior change and providing encouragement.
- Vtrim also incorporates exercise goals, which are not typically the focal point of other weight loss programs.

Voices of Vtrim – Key Insights from Vtrim Participants

“I never really felt alone, it’s not self-help like a book you pick up off the shelf. It’s really a dialog, it’s a conversation, and it’s some reflection about behaviors, strategies.”

- Hollie Shaner-McRae, Coordinator of Nursing Practice, Fletcher Allen Health Care

“Nothing is forbidden. You don’t have to restrict yourself to certain food groups. It’s about portion size, moderation and exercise.”

- Pennie Beach, Co-Owner, Basin Harbor Club

“One thing I learned was having a consistent healthy breakfast. It made my life easier. I also found that I became better at packing my own lunch.”

- Marian Lawlor, Program Manager for Educational Outreach, IBM

“I tend to eat fast. One of the things I found that really worked for me was using smaller spoons. It slows me down.”

- Hollie Shaner-McRae, Coordinator of Nursing Practice, Fletcher Allen Health Care

The Woman Behind Vtrim

- Dr. Jean Harvey-Berino, is a Professor and Chair of the Department of Nutrition and Food Sciences and Professor in the Department of Medicine at the University of Vermont.
- Her research focuses on behavioral treatments for obesity in adults and obesity prevention in children. As lead researcher and founder of Vtrim, a behavioral weight loss program, she has conducted numerous clinical trials in obesity treatment over the past 17 years.

* Statistics as of September, 2008.