Figure 1. Flowchart of participants.

Enrolled in the DEWLP (n= 55)

Excluded (n=15)

a) BMI < 25 (n= 3)

b)  Opted out because of low interest (n= 7)

c)  Other reasons (n= 5)

Enrolled in the DEWL pilot study (n= 40)

Excluded (n=11)

1. Pregnancy (n=1)
2. No baseline (anthropometric data) or follow up data (n= 10)

22 participants completed data collection at all time points

(baseline, 4 weeks, 6-12 months post-program)

Participants with baseline and 12 month post program data (n=29)

Figure 2. Weight change in kilograms by time point. (N= 22)

\*weight (SD). N includes only participants with data at all time points.