

Recruited via direct mailings, internet, email to list serves, TV, radio, and newspaper advertising

Prescreening via website for age and BMI

Prescreening via phone to review basic eligibility criteria

Orientation
Study information & consent
Height/weight confirmation

Screening Visit 1 Begin baseline assessments
Fasting blood work
Blood pressure
Provided with SenseWear arm band
Instructed to complete questionnaires online before next visit

Screening Visit 2 Complete baseline assessments
Baseline measures of height, weight, anthropometrics
Review questionnaires for completeness
Behavioral interview to assess willingness to be in any of 3 groups, plans to remain in vicinity, and appropriateness for trial

Call to confirm that they can attend groups and are not pregnant

Randomization - Attend first session of group

Control Group

Small Changes

Large Changes

Attend 1 face to face

Attend 10 face to face

Attend 10 face to face

4 month assessment

Newsletter

Report weight via website for rest of trial
2 refresher courses per year for rest of trial
Newsletter

12, 24, 36, 48 month assessments