



Lebanon VA
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News Release

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LEBANON VA MOVES THREE TONS TO HEALTHIER LIFESTYLES

Lebanon VA Medical Center Director, Robert W. Callahan Jr. is pleased to announce the MOVE! Program at the facility is responsible for more than 6,000 lbs. of weight loss among Veterans at the main facility and Community Based Outpatient Clinics in York and Camp Hill since its inception in 2006.

MOVE! is a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention to help Veterans lose weight, keep it off and improve their health. Of the six million Veterans VA serves, approximately 77 percent are overweight or obese.

The goal of the *MOVE!* Program is to place an emphasis on health and wellness through nutrition, physical activity and behavior change. This is mainly achieved by focusing on lifestyle changes by emphasizing personal responsibility and personal empowerment to improve health. The *MOVE!* Program also aims to decrease or delay the onset and/or occurrence of weight-related chronic diseases.

"We're so proud of our Veterans who have committed themselves to this program in an effort to improve their overall health and well-being. We hope to continue to see the kinds of successes we have through this program," said Lebanon VA Medical Center Director, Robert W. Callahan, Jr.

At the Lebanon VA Medical Center, 89 percent of all participants lost weight, with 11 pounds as the average weight loss and three inches as the average decrease in waist circumference. At the York Clinic, 83 percent of patients lost weight with an average weight loss of ten pounds. The Camp Hill Clinic saw a 90 percent weight loss among patients, with the average being 11 pounds.

To learn more about the MOVE! Program, visit:

<http://www1.va.gov/opa/feature/amervet/video/amvet2010-2-2.aspx>

For more information about how to participate in the MOVE! Program, contact Gina Bouchette, Dietitian/MOVE Program Manager, @ 717-272-6621, extention 4512.

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