

FOR IMMEDIATE RELEASE

Structure House Launches Parent Education Program to Combat Childhood Obesity

8-week course focuses on healthy eating at home

DURHAM, N.C. (August 29, 2007) — As obesity rates continue to tip the scales in North Carolina, a local expert on weight loss has decided to take action with a focus on childhood obesity. Dr. Gerard J. Musante, founder of the residential weight loss facility Structure House, launched *Healthy Starts at Home*, an 8-week parent education program to provide parents with the tools they need to cultivate healthy lifestyles for their children.

"With the constant rise in childhood obesity, it is important to educate parents on how to create a healthy environment at home," said Dr. Musante. "Studies show that parent interventions can be highly effective in weight loss management for children, and we believe this program will help parents take necessary action to ensure the health of their children."

Children who are overweight or obese are more likely to experience mood and self-esteem problems than those with healthy body weights. If not addressed early, weight problems are likely to follow children into adulthood and cause a variety of health-related problems later in life.

Healthy Starts at Home will be led by a clinical psychologist and a registered dietician with extensive experience in family-based weight management for children and adolescents. The sessions will focus on topics such as meal planning, nutrition, self-esteem and body image, increasing physical activity, smart snacking habits, and maintaining healthy habits, among others. The program will teach behavioral principles that are proven as the most effective ways to help children achieve and maintain healthy body weight.

Each class will consist of 10-15 parents and will be held one evening per week for 75 minutes at Structure House. *Healthy Starts at Home* is open to parents who have a child between the ages of 6-16 and welcomes both parents to attend classes together. The first session will begin September 19.

Parents interested in enrolling in *Healthy Starts at Home* should contact the program coordinator at (919) 313-3135 or email HealthyatHome@structurehouse.com. Cost for the 8-week program is \$400 and includes materials and handouts provided in each class. Space in classes is limited. Early registration discounts are available for parents who enroll before December 31, 2007.

About Structure House

Structure House[®], a residential weight loss facility in Durham, N.C., offers a unique, behavioral approach to weight loss and healthy lifestyle change. The facility, which celebrated its 30th anniversary in 2007, integrates principles of nutrition and exercise with psychology in a treatment approach designed to transform the eating habits and lifestyles of overweight individuals. Since 1977, Structure House has helped more than 30,000 people from all 50 states and 35 nations battling obesity. The name Structure House underscores the critical role structure plays in achieving long-term weight loss.

Gerard J. Musante, Ph.D., one of the nation's leading experts on obesity and weight loss, is the founder and director of Structure House. A renowned clinical psychologist, Dr. Musante was the first person to adapt the principles of behavior modification to the eating habits of significantly overweight people and food abusers. He serves on the N.C. Health and Wellness Trust Fund Commission's Study Committee for the Prevention and Treatment of Childhood Overweight/Obesity. Dr. Musante is the author of [The Structure House Weight Loss Plan](#). For more information, visit www.structurehouse.com.

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