

STRUCTURE HOUSE FACT SHEET

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 integrates principles of nutrition and exercise with psychology in a treatment approach designed to transform the eating habits and lifestyles of overweight individuals. Founded in 1977, by clinical psychologist Gerard J. Musante, Ph.D., Structure House has helped more than 30,000 people from all 50 states and 35 nations battling overweight and obesity. The name Structure House underscores the critical role structure plays in achieving long-term weight loss.

March 2007 marks the 30th anniversary for Structure House. The program has helped people lose a total of 636,000 lbs. or 318 tons of weight!

Philosophy & Approach

The Structure House program helps participants understand and address their relationships with food. They learn why they have been making negative food choices, and how to take personal responsibility for their food choices and habits to maintain a healthier lifestyle.

Founder

Dr. Gerard J. Musante was the first person to adapt the principles of behavior modification to the eating habits of significantly overweight people and food abusers. He has focused the last 30 years on developing and teaching these principles, and is a strong proponent of personal responsibility in food consumption and weight loss. A respected source on obesity, he has voiced his insights at the national level, including testifying before a congressional subcommittee. Dr. Musante is the author of The Structure House Weight Loss Plan (2007). He has been quoted or featured by such media as CNN, the Associated Press, *Newsweek*, 60 Minutes, *The New York Times*, and *People* magazine.

Programs

The **New Participant Program** is a four-week, intensive program that includes a schedule of behavioral workshops, exercise, and nutrition classes. Emphasizing a medically sound approach to healthy eating, Structure House provides individual nutrition counseling, menu planning for home, private cooking lessons, restaurant outings, supermarket tours, and weekly cooking demonstrations.

In addition to the standard program, Structure House offers a **Diabetes Management Program**, which is the first program of its kind to provide a multi-faceted, integrated mix of medical and psychological approaches to treat and prevent diabetes. It is helping participants improve triglyceride and blood sugar levels, safely reduce or suspend diabetes management medications, and prevent health complications associated with diabetes. Participants meet weekly with a Duke University endocrinologist.

Structure House introduced the world's first **Post-Bariatric Surgery Program**, designed to combine specialized classes on nutrition, psychology and exercise to enhance the long-term effectiveness of obesity surgery. This program includes treatment options specifically designed for post-surgery patients, such as surgery-focused medical assessments and development of personalized eating and relapse prevention plans.

Structure House offers **Follow-Up Services** for additional support. The **Not Home Alone Program** includes a series of structured telephone sessions with a staff therapist.

Structure HouseCallsSM is an innovative cell phone program that allows participants the opportunity to stay in touch with clinicians and staff members after they return home.

Facilities

Structure House offers private, one- and two-bedroom apartments. A Georgia-style mansion serves as the central building and welcomes participants to the 21-acre campus, which also includes pools and a full fitness center.

More Information

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