

UCLA Weight-loss Program Named One of Top 15 in Nation



UCLA's Risk Factor Obesity (RFO) Program was named as one of 15 top programs in the country in the January/February 2014 issue of *Health* magazine. RFO, a medically-supervised multidisciplinary program, offers personalized weight-loss plans for patients who are obese or moderately overweight.

Weekly clinics with medical staff at UCLA offices in Westwood and Thousand Oaks provide:



- Three low-calorie dietary plans
- Medical monitoring
- Counseling
- Medication adjustments

After completing the initial program, participants can enroll in a six-month maintenance program, which is designed to facilitate sustainable lifestyle changes.

To read the article online in *Health* magazine, go to: health.com

For more information about UCLA's Risk Factor Obesity (RFO) Program, go to: rfoweightloss.med.ucla.edu
