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Certified Health Coach affiliated with Take Shape For Life

Oregon State House Health Care Committee

Presiding Co-Chair: Rep. Mitch Greenlick

Written testimony in support of:

Informational Meeting – Take Shape for Life: A Model for Reducing Health Expenditures While Improving Health Outcomes for Oregonians

Thank you for the opportunity to testify in favor of **Take Shape For Life** as an endorsed option for State employees with regard to health and weight management.

I have been affiliated as a Certified Health Coach with Take Shape For Life since July, 2006. In the 5-1/2 years since then, I have assisted hundreds of clients lose weight and create better health in their lives. Allow me to share an example, Patricia Kelley of Beaverton, pictured on Page 2 of this document:

Before Take Shape For Life

Total cholesterol: 219 – medicated

Triglycerides: 268 – medicated

Fasting glucose: 221 – medicated

HbA1c: 9.9 – on three diabetic medications; doctor was threatening to add insulin to the mix

Blood pressure: 170/90 – medicated

After losing 50 pounds in four months on Take Shape For Life

Total cholesterol: 137 – without meds

Triglycerides: 67 – without meds

Fasting glucose: 87 – without meds

HbA1c: 5.9 – off all diabetic medications

Blood pressure: 128/60 – without meds

Her doctor had discontinued 80% of her medications, which previously were costing her upwards of \$150 per month.

After these four months on the program, Patricia went on a ten day hike in the Himalayas, then came back and proceeded to lose another 100 pounds with Take Shape For Life. It is now nearly five years later and she is still practicing the Habits of Health she learned in Take Shape For Life.

In contrast to people who are on “diets,” which statistics show are 80-85% unsuccessful long-term, Take Shape For Life is a comprehensive “program” which includes unlimited coaching and support – all at no cost to the participant – through the weight loss phase, transition, and life-long maintenance. We have early data showing that clients who stay in touch with their Health Coaches – who come at no cost to the clients whatsoever – are approximately 80% likely to be successful long-term.

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Take Shape For Life can be endorsed by the State in a similar way as Weight Watchers® for State employees and Oregon Medical Insurance Pool participants, but at lower cost. Since there are no required meetings with Take Shape For Life, and since any voluntary meetings a client might choose to attend are always offered at no charge, any amount for which the State pays or reimburses participants in this regard would be zero.

Further, the cost of food with Take Shape For Life – which is the only cost involved – is cost-neutral in comparison to how much people generally spend on food per day. We can feed a person for an entire day on the program for less than the cost of two trips to Starbucks for lattes and pastries.

In summary, I encourage the Committee to consider recommending Take Shape For Life as an alternative to Weight Watchers in order to save both the State and the participants money while improving the health of those involved.

Thank you again for the opportunity to provide this testimony.

Respectfully Submitted,

Philip Mandel



Take Shape For Life client Patricia Kelley after losing half of her 150 pounds