



Bright Line Eating: Boot Camp

Psychosocial Outcomes of a Commercial Weight Loss Program During the COVID-19 Pandemic

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Study Purpose: This study assesses the impact of the Bright Line Eating: Boot Camp (BLE:BC) program on psychosocial outcomes during the COVID-19 pandemic



Study Methods

- The BLC:BC program is an eight-week commercial telehealth weight loss program founded on the processed food addiction paradigm.
- Prospective case series evaluation design
- N=751 Participants with Valid Data
 - ✦ September 1, 2019 to September 1, 2020
 - ✦ 92.4% White
 - ✦ 89.7% Female
 - ✦ 75.2% College or higher



Results

Percent Improved from Baseline to End of BLE:BC

