

# PROVEN EFFECTIVE

## IN THE FIGHT AGAINST OBESITY

**The TOPS Center for Obesity and Metabolic Research** was named in 1984 to recognize the significant research support TOPS has given to the Medical College of Wisconsin since 1965. To date, this partnership has resulted in more than 100 published studies and led to the discovery of seven genes related to obesity, the first of which was identified in 1996.

### TOPS SUPPORTS RESEARCH

The TOPS Obesity Genes Project, launched in 1994, is possible through the participation of thousands of TOPS members and their families, including three generations of participants ages 6-96. This unique collection of TOPS families represents one of the largest human studies of the genetics of obesity in the U.S., continues to be updated and is still in use by researchers today.



*Researchers at the TOPS Center conduct tests with blood samples donated by TOPS members.*

**The Center's director, Srividya Kidambi, MD, MS**, most recently published a study that appeared in *Scientific Reports* titled "Twenty-four-hour versus clinic blood pressure levels as predictors of long-term cardiovascular and renal disease outcomes among African Americans." This is the first study in African Americans that directly compared the predictive effects of outpatient blood pressure levels versus 24-hour BP phenotypes in predicting cardiovascular/renal disease. For details, please see <https://doi.org/10.1038/s41598-020-68466-5>.

**The TOPS Genome Registry**, a second research partnership reliant upon participation by TOPS members and their families, launched in June 2015. A joint initiative of Texas Biomedical Research Institute in San Antonio and the Center for Precision Medicine at Wake Forest University School of Medicine in Winston-Salem, this program is dedicated to studying the causes, health risks and treatment of obesity through genetic research.

**A multi-year grant from the National Institutes of Health** has been awarded to a researcher at Duke University, who is studying the efficacy of the TOPS program in a group of African-American cancer survivors.

### RESEARCH SUPPORTS THE TOPS APPROACH

**TOPS works as well as commercial programs but costs less. Participants experience a clinically significant weight loss.**

- Determining the Effectiveness of Take Off Pounds Sensibly (TOPS), a Nationally Available Nonprofit Weight-Loss Program. *Obesity Journal Intervention and Prevention*. Volume 19, Number 3, March 2011. Nia S. Mitchell, L. Miriam Dickinson, Allison Kempe, & Adam G. Tsai.

**A 7-year study shows people who stay in TOPS® keep their weight off and continue to lose.**

- Up to 7 Years of Sustained Weight Loss for Weight-Loss Program Completers. *American Journal of Preventive Medicine*. May 29, 2015. Nia S. Mitchell, MD, MPH, Sarit Polsky, MD, MPH, Victoria A. Catenacci, MD, Anna L. Furniss, MS, & Allan V. Prochazka, MD MSc.
- Reach of Effective, Nationally-Available, Low-Cost, Nonprofit Weight Loss Program in Medically Underserved Areas (MUAs). *Journal of Community Health*. First online: 14 June 2015, pp 1-6. Nia S. Mitchell, Ariann F. Nassel, & Deborah Thomas.

*Additional studies are available upon request by calling 800-932-8677.*