



Create Your Weight Launches at University of Albany - Albany, NY

As part of an ambitious health and wellness plan for Fall 2014, UAlbany Dining introduced the *Create Your Weight* weight management program. Developed by Sodexo registered dietitians, the program is comprised of nutrition education, physical activity and the role of behavioral therapy in adult weight management.

Originally designed for corporate services, the University at Albany was the first higher education institution to introduce the program. “When we heard about *Create Your Weight*, we knew we had to make it happen at UAlbany. We are committed to introducing a variety of programs that educate our community on living a healthy, well- balanced lifestyle,” says Karen Kettlewell, Associate Executive Director of Operations for University Auxiliary Services at Albany, Inc.

Run by UAlbany Dining’s campus dietitian, Donna Duffy MS RDN, the program was seamlessly rolled out because its design is flexible enough to incorporate feedback and allow for modifications. The curriculum consists of 12 one-hour weekly modules. Students received a welcoming gift consisting of measuring cups and spoons to bring awareness to portion control. “It begins with what a recommended serving size looks like,” says Duffy. “Not everyone has that understanding.”

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