



Cornelius Dekle

A Georgia Southern University Grant Study

Adult Male on the Healthy **FOOD SPIRAL**[®] Program

Before



Age: 43

Occupation:
Truck Driver

Program Duration:
12 weeks

Dietary Challenges:
High Blood
Pressure, Obesity,
Poor Self-Esteem
and Depression.



Thank you to Padmini Shankar, RDN, PHD and Gulzar Shah, PhD, MStat, MS in association with Candler County Hospital's Physical Therapy Department, headed by Damien Scott, RPT, MS, OCS.

After



HgbA1C:

-3.6%

Start: 5.5 - End: 5.3

BMI:

-11.6%

Start: 36.9 (Class III Obesity)
End: 32.6 (Class II Obesity)

Total Cholesterol:

-20.4%

Start: 245 - End: 195

Weight:

-29 lbs.

Start: 250lbs. - End: 221lbs.

Blood Pressure:

-15.4% / -12%

Start: 142/100 - End: 120/88

LDL Cholesterol:

-26.2%

Start: 160 - End: 118

Waist:

-6in.

Start: 44" - End: 38"

Heart Rate:

-24.2%

Start: 95 - End: 72

HDL Cholesterol:

+15.6%

Start: 38.9 - End: 45

Hips:

-6in.

Start: 48" - End: 42"

Blood Glucose:

-9%

Start: 110 - End: 100

Triglycerides:

-26%

Start: 176 - End: 130



“When I joined the diet program, I was overweight and out of shape. My blood pressure was sky high and uncontrollable. Once I started eating healthy and exercising regularly my blood pressure began to stabilize and it was very controllable. I was eating with the green, yellow, and red chart that was provided by the program. It was easy to follow because following the program never let you become hungry. I began to lose weight and started to feel good about myself. People were complimenting the weight loss often, which lifted my emotional spirits.

My lifestyle got better all around as I started enjoying life by getting out in public more and participating in activities with family and friends. My health was great and it became a natural habit to eat healthy and exercise regularly. The program was very much a success.” — Cornelius Dekle