**INTRODUCTION**

Obesity is a global epidemic. In 2013, more than 1.5 billion (35%) adults, 1.55 million (14%) children and adolescents, and 38 million (5%) children under the age of five were overweight and 600 million (13%) of children and adolescents in the United States, 1.55 million (8%) adults, and 20 million (5%) children under the age of five were obese, with 76 million (9%) of them being classified as severely obese. In the United States, 76 million (15%) of adults, 1.55 million (14%) of children and adolescents, and 38 million (7%) of children under the age of five were classified as severe obesity. In the United States, 20 million (5%) of children and adolescents were classified as severe obesity. In the United States, 1.55 million (14%) of children and adolescents were classified as severe obesity. In the United States, 76 million (15%) of adults, 1.55 million (14%) of children and adolescents, and 38 million (7%) of children under the age of five were classified as severe obesity.

**DISCUSSION**

Commercial weight loss programs were found to be more effective for weight loss and weight loss maintenance in all the studies we examined. Weight Watchers specifically showed the greatest weight loss in all weight loss maintenance compared to primary care interventions. Jenny Craig also showed some evidence of longer term efficacy. Part of the success of these interventions is due to high intensity weekly counseling sessions and high attendance and compliance rates of participants maintained in the commercial weight loss programs compared to other interventions.

**REFERENCES**

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