



1. INTRODUCTION

Obesity is a chronic condition which requires multi-level action across all sectors. Tier 2 lifestyle management programmes are part of a community-wide strategy to prevent obesity. WW® (the new Weight Watchers) have been providing services across England, Scotland and Wales since 2005, predominately commissioned to offer one short term programme via primary care to local populations. Cited by NICE¹ as proven to be effective for the long term, a recent randomized controlled trial published in the Lancet² demonstrated that WW referral programmes are cost saving for the NHS.

Glasgow and Clyde Weight Management Service (GCWMS) incorporates two arms, the Specialist Weight Management Service and the Community Weight Management Service (CWMS) provided in conjunction with WW. The CWMS was initiated in secondary care in August 2015, key clinical areas where reduction in weight would provide most health benefit for patients were targeted; including; liver, lipid, dermatology, cardiac rehab, cardiology, diabetes & hypertension. NHS Greater Glasgow and Clyde have taken an innovative approach illustrated in this abstract.

2. METHOD

Adults who are overweight and obese with a chronic health condition have access to the CWMS services. Referrals received from primary care, secondary care and self-referral for specific conditions. Participants attended 12 face-to-face group workshops combined with digital experience and were able to continue their journey onto additional course of 12 weeks dependent on specific criteria (attending 10/12 sessions and meeting weight loss criteria).

The programme encompassed healthy eating, physical activity and positive mindset. The digital experience encompassed app access, online coaches and a social member network community. Workshops were run by expert coaches who have successfully sustained healthier habits with WW. Outcomes of participants from 2018 (n=1301) were evaluated. (26% male; mean age 54 years (SD=12); mean - BMI 38.6 kg/m² (SD=5). The benefits of multiple referrals was assessed.

4. CONCLUSIONS

This analysis demonstrates that the weight management service, delivered in conjunction with a commercial weight management provider is achieving weight loss. 54% of participants accessing multiple courses lost ≥10% evidencing the benefits of longer programmes. These outcomes can support health and wellbeing priorities, in local communities. National priority aspires to challenge the current norm of being overweight or obese (65% of adults overweight / 29% obese), with a vision for a Scotland where everyone eats well and has a healthy weight. This evaluation can help to inform recently announced actions, one of which is for Scotland to ensure that people have access to effective weight management services.

5. REFERENCES

1. NICE (2014). Weight management: lifestyle services for overweight or obese adults. PH53.
2. Ahern, A.L. et al (2017). Extended and standard duration weight-loss programme referrals for adults in primary care (WRAP): a randomised controlled trial. The Lancet, 389(10085), pp.2214-2225
3. Ahern, A.L. et al (2011). WW on prescription: An observational study of weight change among adults referred to Weight Watchers by the NHS. BMC Public Health. 11, 434.

3. RESULTS

Of all participants, 47% (n=613) lost 5% or more of their initial weight, which is more favourable than published data³. 68% of completers (completed more than 10 sessions) lost ≥5% initial weight. For all participants who accessed the first course of 12 workshops only (n=918), average weight loss was 4.5kg (SD=3) representing 4.2% of initial weight (6.9kg, (SD=4) 6.5% for completers). For participants accessing more than one course of 12 workshops (n=385), average weight loss was 12.1kg (SD=7) representing 11.3% of initial weight (13.6kg, (SD=7) 12.8% for completers). 91% lost ≥5% initial weight with 54% losing ≥10%. 59% of participants were from the lowest three deciles of deprivation.

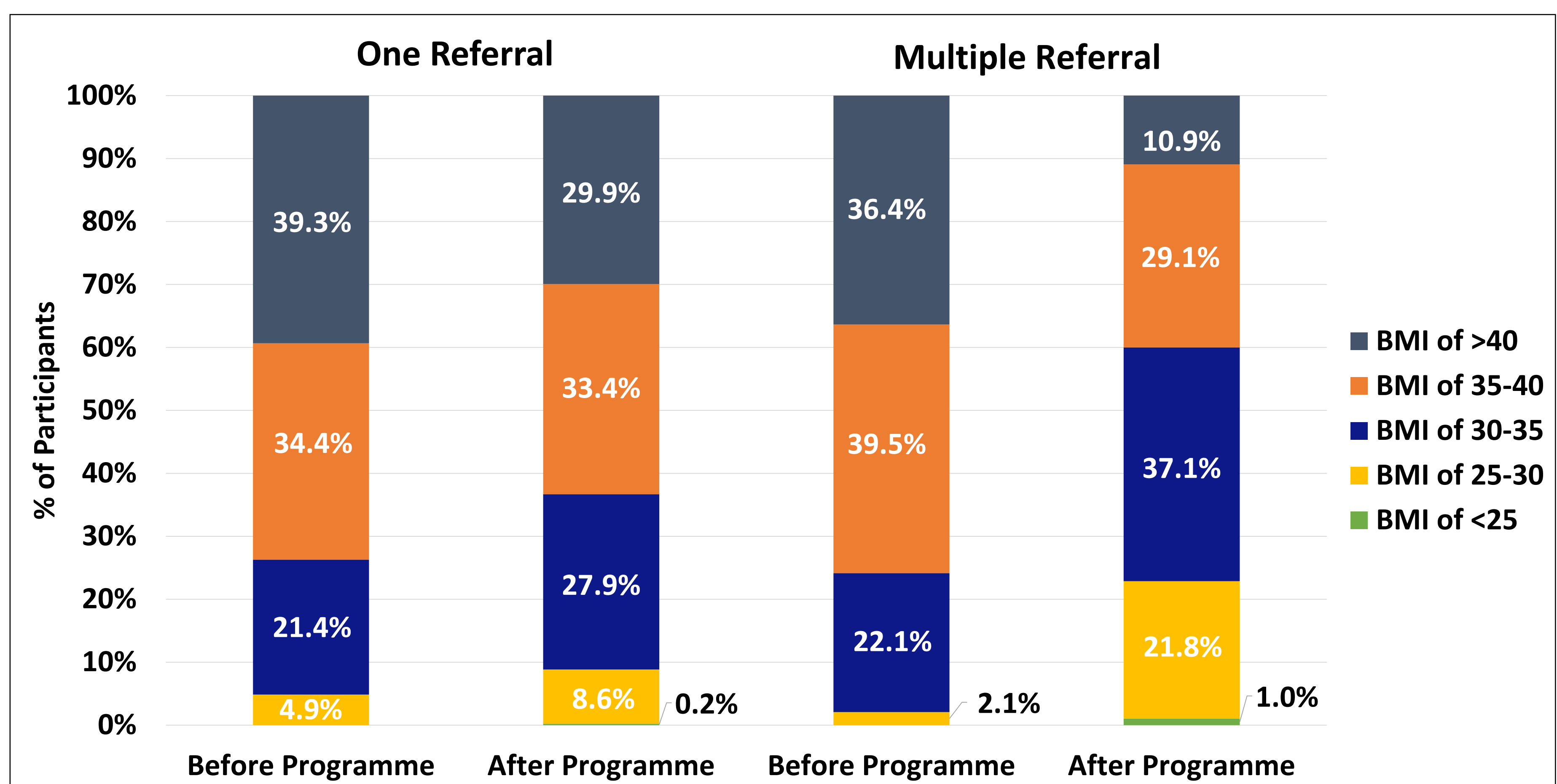


Figure 1 - Population BMI Shifts for Referral Type

Results	One Course	Multiple Courses
Average Weight Loss	4.5 kg	12.1 kg
% Weight Change	4.20%	11.3%
Average BMI Change	-1.4kg/m ²	-4.4kg/m ²
3% Weight Change	49%	96%
5% Weight Change	29%	91%
10% Weight Change	6%	54%

Figure 2 - Comparison of one course against multiple courses

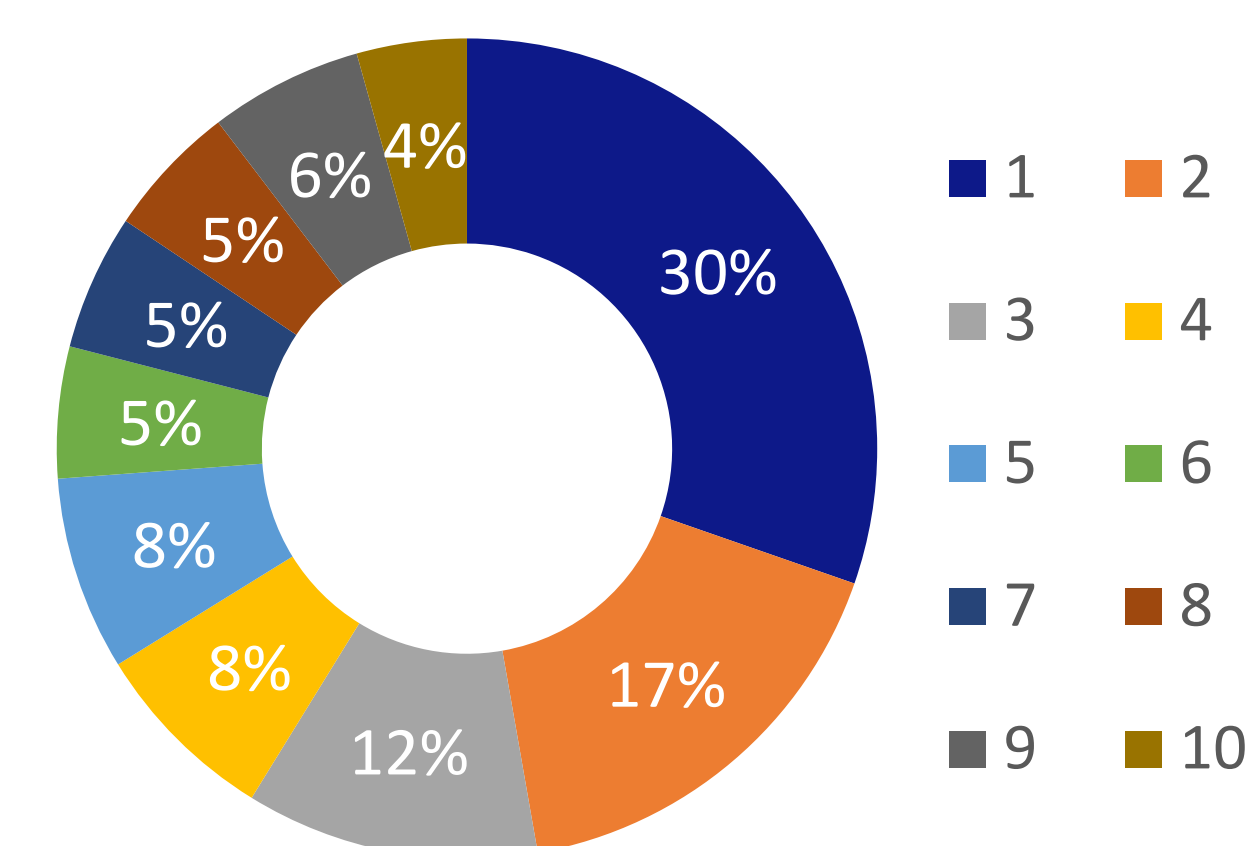


Figure 3 - Deciles of Deprivation (1 indicating most deprived area, 10 indicating least deprived area)



Figure 4 - Local WW Members



6. CONTACT INFORMATION

NHS Greater Glasgow and Clyde's purpose is to: Deliver effective and high quality health services, to act to improve the health of our population and to do everything we can to address the wider social determinants of health which cause health inequalities. For more information, please contact gwms@ggc.scot.nhs.uk

WW works with Public Health and the NHS to tackle unhealthy lifestyles and weight in local communities; offering a range of services that deliver to local priorities, including tier 2 weight management, diabetes prevention and diabetes structured education programmes. Get in touch with the team: referral@weight-watchers.co.uk