



The £ for lb. Challenge: A lose – win – win scenario.

Results from a novel workplace-based, peer-led weight management programme in 2016

IPH Conference

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Obesity - public health priority

Excess weight increases risk

- Early death
- Disability
- Diabetes
- Heart disease
- Stroke
- Osteoarthritis
- Cancer
- Depression and social isolation

Workplace – health promoting setting

Programmes targeting diet + physical activity - change behaviours + improve outcomes (e.g. BMI, blood pressure etc.)

Organization benefits

- ↓ absenteeism
- ↑ productivity
- corporate image



**World Health
Organization**

Intervention

- Peer (not professional) led – Work champions
- Workplace based
- Incentivised - £1 pledge to charity for every lb. weight loss

Foundation – NHS Choices 12-week guide, Losing weight: Getting Started

Training of Champions – Two workshops (start and mid-point) - BHSCT dietitian + physical activity professional

Programme

Who? - Adults, BMI >25 kg/m², not pregnant

How?

- Healthy eating, physical activity + behaviour change advice
- Recommended daily 600 kcal deficit diet - most participants
- Practical strategies - ↓calorie intake and ↑ physical activity
- Weekly weigh ins



Organisations

- 35 organisations
- Across NI
- Private, public, third sector
- Wide variety of industries - Manufacturing, IT, Construction, Tourism, Academic, Public sector, Voluntary sector



Belfast Health and Social Care Trust



Analysis

Department of Health recommendations - *Developing a specification for lifestyle weight management services: Best practice guidance for tier 2 services*

Categories

Enrolled at baseline

Engaged - attended more than one session

Completed - attended any of last three sessions

Variables

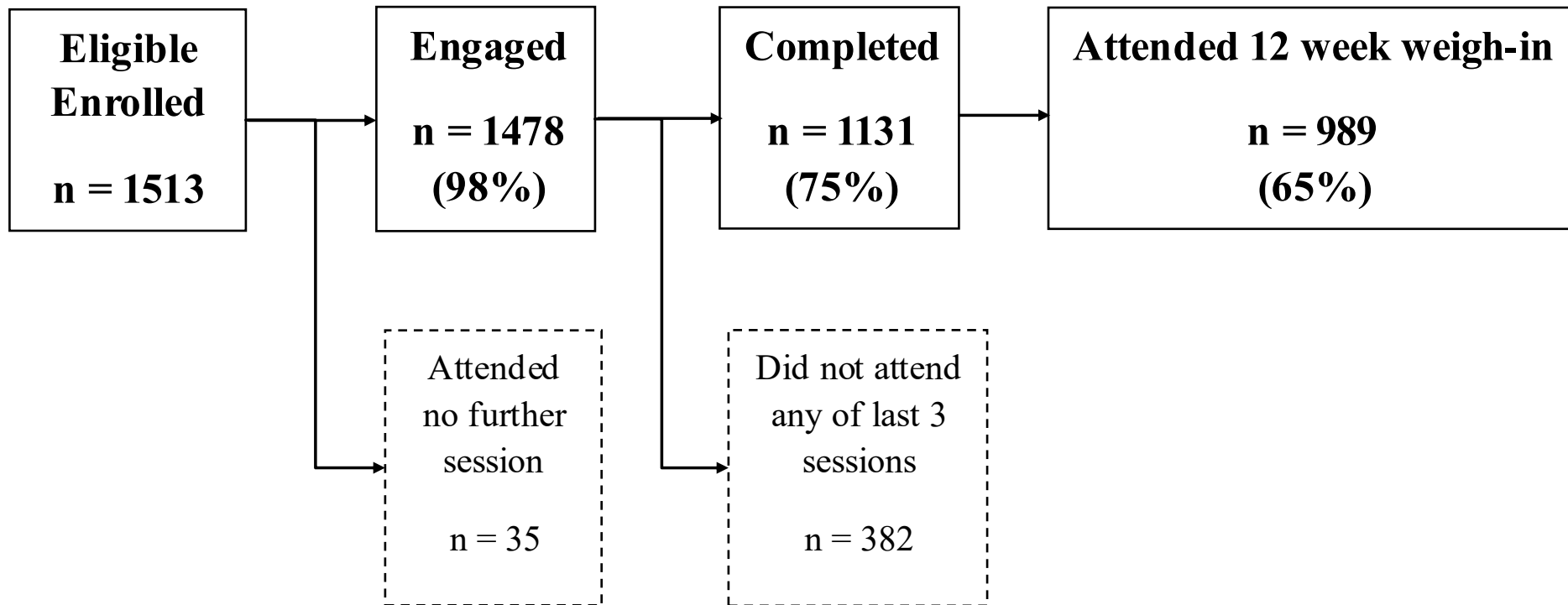
Weight, BMI, Waist circumference, % bodyweight

Tests

Categorical – chi squared

Continuous – t-tests, Multivariate and logistical regression analysis

Results – participation + engagement



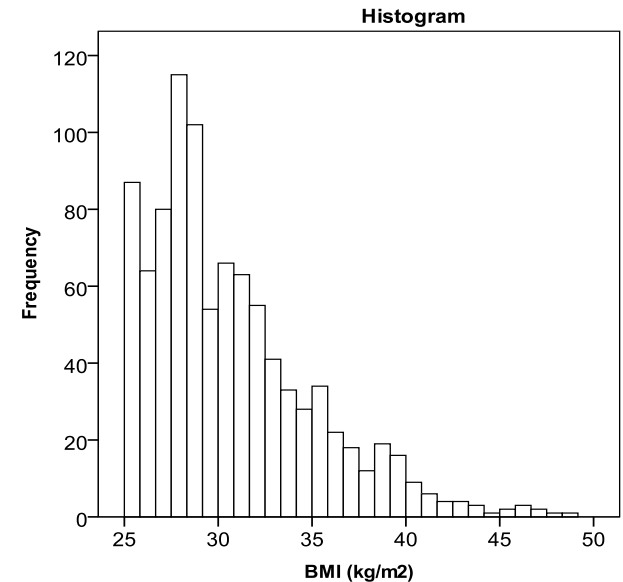
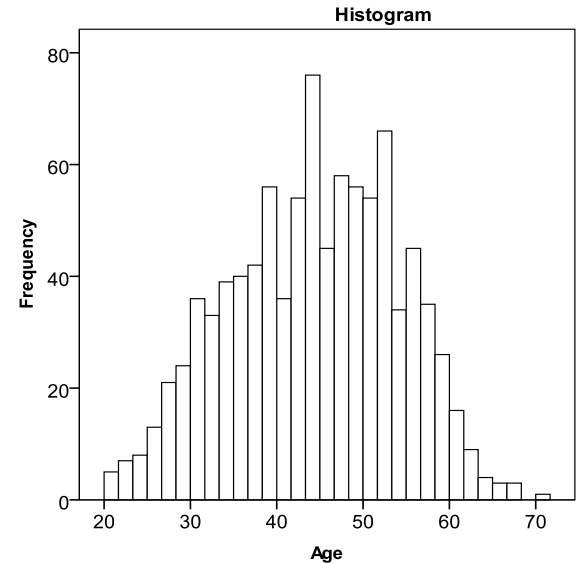
Results – baseline characteristics

Female : Male 55% : 45%

Mean age = 44yrs

Mean weight = 88kg

Mean BMI = 30.6kg/m²



BMI (kg/m²)	N (%)
25-29.9	797 (54)
30-34.9	461 (31)
35-39.9	164 (11)
40+	60 (4)

Results - effectiveness

65% attended last session

- Mean weight loss = 2.4kg (2.7%)
- Mean BMI loss = 0.8 kg/m² ()
- 24% lost \geq 5% baseline weight

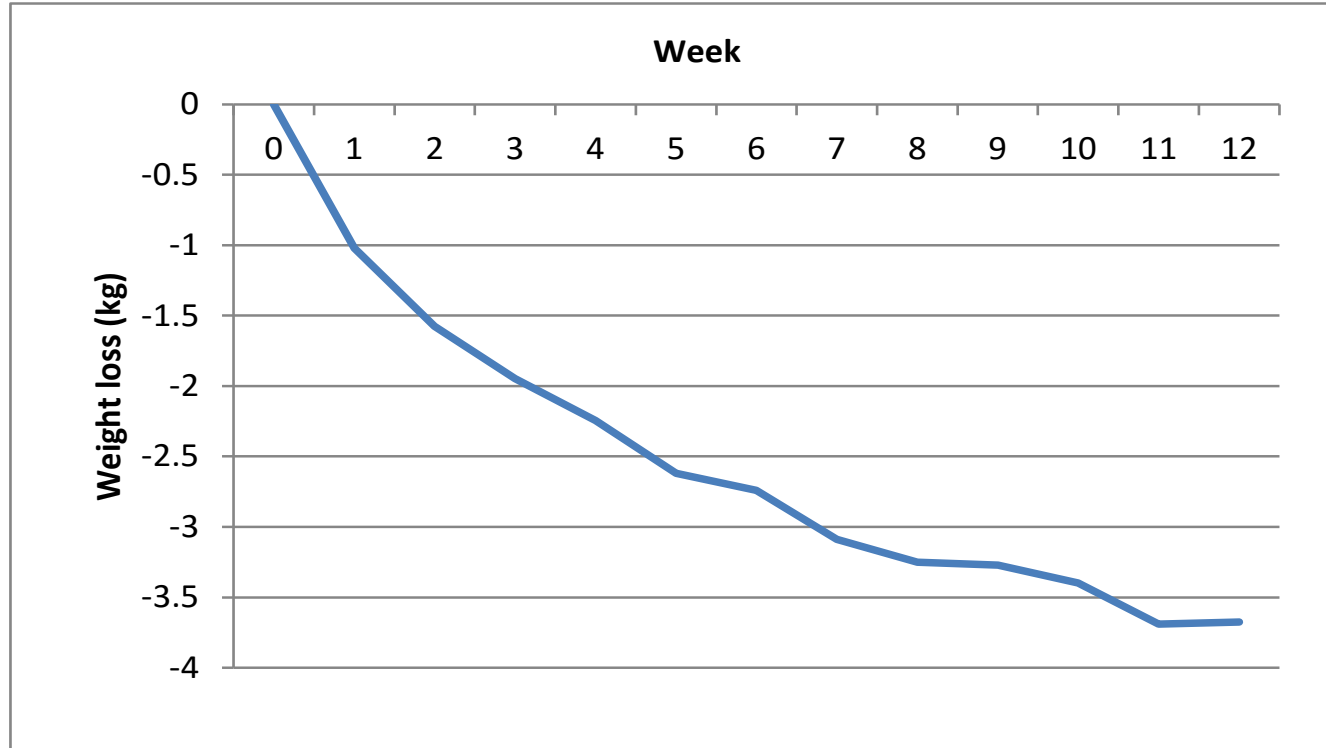
75% completed (i.e. attended at least one of last 3 sessions)

- Mean weight loss = 3.4kg (3.9%)
- Mean BMI loss = 1.2 kg/m² (3.9%)
- 33% lost \geq 5% baseline weight

Recommended targets (DoH “Developing a specification for lifestyle weight management service)

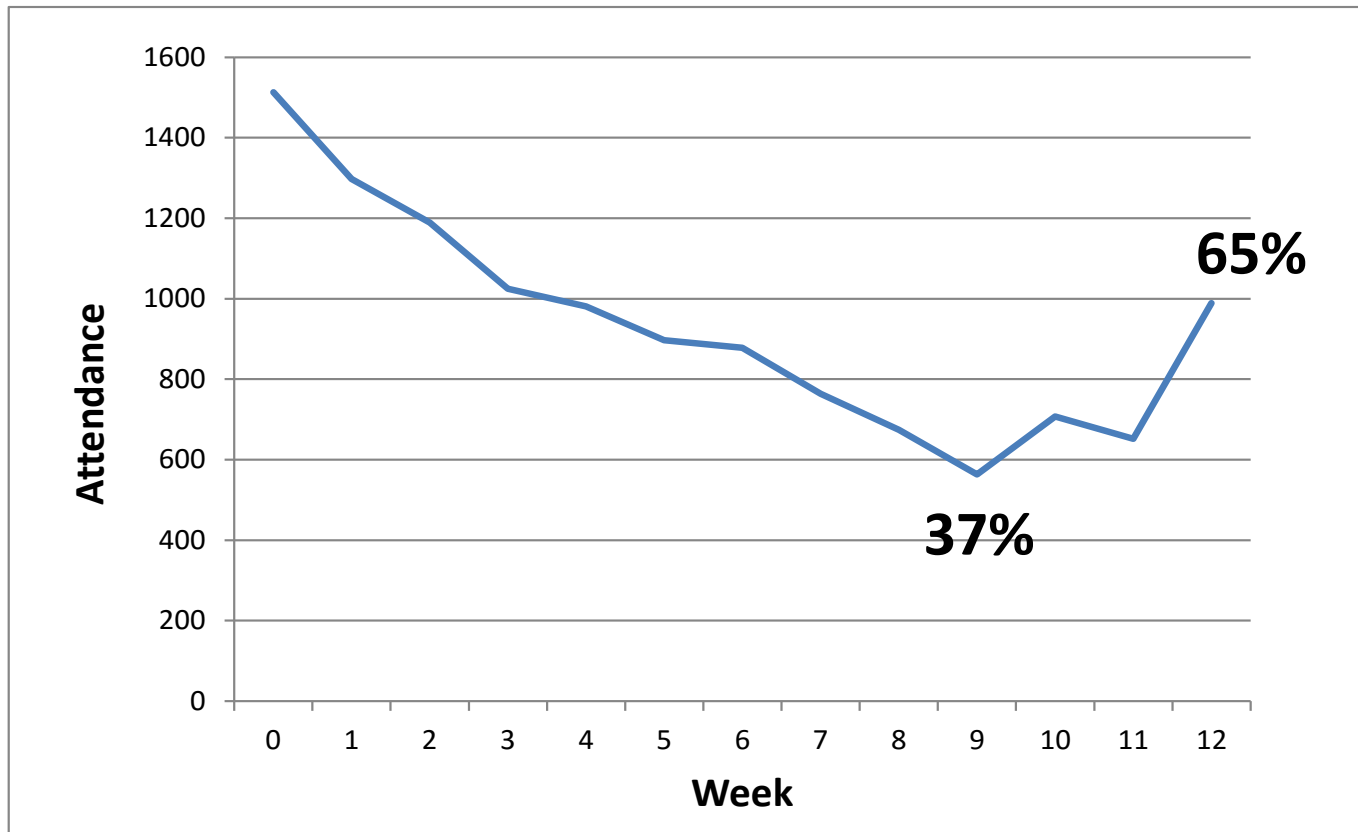
- Average weight loss = 3%
- 30% achieve \geq 5% weight loss

Results - Weight change over programme duration



- Highest in first week
- Greater in first half
- Slower in second half

Results - Weekly attendance



- Declined uniformly until week 9 – 37%
- Increased to finish at 65%

Results – factors associated with weight loss

Gender

Men lost significantly more weight than women

(Average 3.3kg v 1.6kg, 3.4% v 1.9% bodyweight)

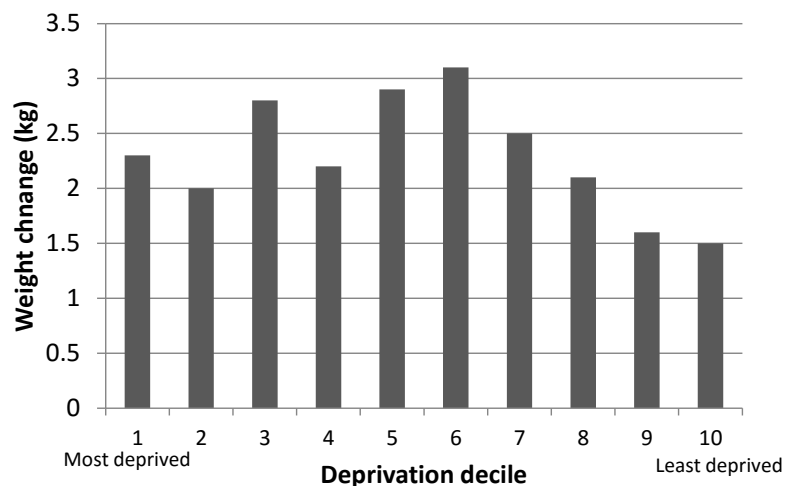
Gender	Participants	Mean Weight Change (kg)	Mean Bodyweight Change (%)
Female	707	-1.6	-1.9
Male	579	-3.3	-3.4
Gender unknown	227	-2.5	-2.8

Results – factors associated with weight loss

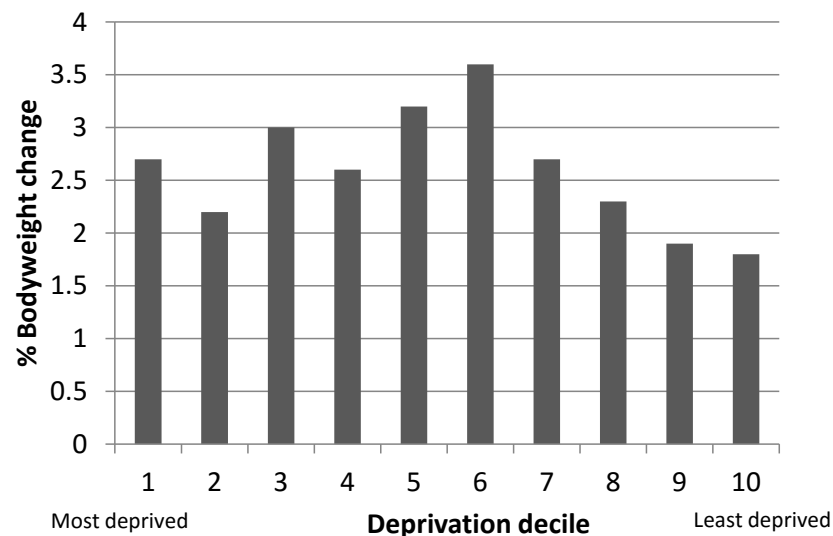
Deprivation

- Those from more deprived areas lost more weight
- 2.7% vs 1.8% between most and least deprived areas

Mean Weight Change (kg)



Mean Bodyweight Change (%)



Results – factors associated with $\geq 5\%$ weight loss

Gender

- 33% of males vs 16% of females lost $\geq 5\%$ weight ($p < 0.0001$)
- Males over 3 times as likely to lose $\geq 5\%$ weight (Logistical regression)

Gender	Participants	Lost 5% Bodyweight
Female	707	113 (16%)
Male	579	191 (33%)
Gender unknown	227	52 (23%)

- Age and deprivation NOT significantly associated with $\geq 5\%$ weight loss

Lose – win – win

- LOSE – Av 2.4kg loss, 24% > 5% weight loss
- WIN – physical + mental health benefits
- WIN – productivity boost
- WIN – positive corporate image
- WIN - £17,000 - NI charities



BOUNS

➤ Male participants:

- over twice as likely to complete
- three times more likely to lose $\geq 5\%$ weight

➤ Participants from more deprived areas lost greater % weight



The End



Public Health
Agency

