
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
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/m$^2$, 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
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

Eligible Enrolled
n = 1513

Engaged
n = 1478 (98%)

Completed
n = 1131 (75%)

Attended 12 week weigh-in
n = 989 (65%)

Attended no further session
n = 35

Did not attend any of last 3 sessions
n = 382
Results – baseline characteristics

Female : Male  55% : 45%
Mean age = 44yrs

Mean weight = 88kg
Mean BMI = 30.6kg/m²

<table>
<thead>
<tr>
<th>BMI (kg/m²)</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>25-29.9</td>
<td>797 (54)</td>
</tr>
<tr>
<td>30-34.9</td>
<td>461 (31)</td>
</tr>
<tr>
<td>35-39.9</td>
<td>164 (11)</td>
</tr>
<tr>
<td>40+</td>
<td>60 (4)</td>
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</tbody>
</table>
Results - effectiveness

65% attended last session
- Mean weight loss = 2.4kg (2.7%)
- Mean BMI loss = 0.8 kg/m²
- 24% lost ≥ 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 ≥ 5% baseline weight

Recommended targets (DoH “Developing a specification for lifestyle weight management service)
- Average weight loss = 3%
- 30% achieve ≥ 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)

<table>
<thead>
<tr>
<th>Gender</th>
<th>Participants</th>
<th>Mean Weight Change (kg)</th>
<th>Mean Bodyweight Change (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>707</td>
<td>-1.6</td>
<td>-1.9</td>
</tr>
<tr>
<td>Male</td>
<td>579</td>
<td>-3.3</td>
<td>-3.4</td>
</tr>
<tr>
<td>Gender unknown</td>
<td>227</td>
<td>-2.5</td>
<td>-2.8</td>
</tr>
</tbody>
</table>
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
Results – factors associated with ≥ 5% weight loss

**Gender**

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

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<th>Gender</th>
<th>Participants</th>
<th>Lost 5% Bodyweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>707</td>
<td>113 (16%)</td>
</tr>
<tr>
<td>Male</td>
<td>579</td>
<td>191 (33%)</td>
</tr>
<tr>
<td>Gender unknown</td>
<td>227</td>
<td>52 (23%)</td>
</tr>
</tbody>
</table>

- Age and deprivation NOT significantly associated with ≥ 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 |

### BOUNDS

- Male participants:
  - over twice as likely to complete
  - three times more likely to lose ≥ 5% weight
- Participants from more deprived areas lost greater % weight
The End