

CLAHRC BITE

A bite-sized summary of a piece of research supported by CLAHRC for Birmingham and Black Country February 2012



A 12-week group based dedicated programme of weight management can result in clinically beneficial levels of weight loss

Lighten Up Trial

Background

- This research compared the effectiveness of the UK's biggest commercial slimming clubs with that of primary care led weight loss programmes via GPs and pharmacies in South Birmingham Primary Care Trust.
- 740 obese or overweight adults followed programmes from Slimming World, Weight Watchers, Rosemary Conley, a group based dietetics programme, one-to-one counselling with either GPs or pharmacists for 12 weeks or a choice of any of the six programmes.
- A control group was provided with 12 vouchers to access local leisure centres.

At the end of the 12 week study everyone had lost weight, but just how much weight loss varied greatly between programmes.

Turn over to find out more

Findings

Commercially provided weight management services are more effective and cheaper than primary-care based services.

- Weight loss was measured at 3 months and after 1 year.
- After three months all programmes achieved weight loss. Those using GP support lost an average of 3lbs, while Weight Watchers participants shed more than 9.5lbs.
- After 1 year, dieters using Weight Watchers were also most successful at keeping off the weight, compared to those in the primary care programmes. Other commercial slimming clubs also performed well.
- The primary care programmes were the most costly to provide.

References

Jolly,K., Lewis,A. and Beach, J. et al. (2011) Comparison of range of commercial or primary care led weight reduction programmes with minimal intervention control for weight loss in obesity: Lighten Up randomised controlled trial. **British Medical Journal**. 3;343:d6500

<http://www.bmj.com/content/343/bmj.d6500>



Recommendations for practice

“Instead of investing in own-grown weight management programmes, patients should be referred to established commercial programmes as these are more effective and less costly”

What is CLAHRC for Birmingham & Black Country?

The Collaborations for Leadership in Applied Health Research and Care (CLAHRC) is a partnership between the University of Birmingham and a number of NHS organisations in Birmingham and Black Country. We are funded by the National Institute for Health Research with a mission to undertake high-quality applied health research focused on the needs of patients to improve health services locally and beyond.

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