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### Weight-loss results for 7215 female patients with a BMI >29kg/m<sup>2</sup> following 12 weeks on the LighterLife Programme in 2008

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#### Introduction

A 10% reduction in weight reduces fasting glucose by up to 50% in newly diagnosed diabetic patients, leads to a 10% reduction in total cholesterol and a 40% reduction in related deaths<sup>1</sup>. LighterLife is a commercial weight-management programme using a nutritionally complete very-low-calorie diet (VLCD) in conjunction with transactional analysis and cognitive behavioural therapy techniques (TCBT) specifically developed for patients with a BMI >29kg/m<sup>2</sup>. Following weight loss, LighterLife offers a free weight-maintenance programme for ongoing patient support to help maintain lifestyle changes, thus reducing the risk of associated co-morbidities.

#### Aim

To determine mean average weight loss and BMI reduction for female patients during the weight-loss stage of the LighterLife Programme.

#### Method

A cohort of n=7215 women with a BMI >29kg/m<sup>2</sup> had weekly weight measurements carried out by their LighterLife weight-management counsellors while on the LighterLife Programme, following screening suitability for a VLCD with their general practitioner and LighterLife's medical department.

#### Results

After 12 weeks on the LighterLife Programme in 2008, a mean BMI reduction of 6.51kg/m<sup>2</sup> and a mean weight loss of 17.51kg in female patients were observed.

<b>Mean start weight</b>	99.16kg
<b>Mean start BMI</b>	36.87kg/m <sup>2</sup>
<b>Mean weight loss at 12 weeks</b>	17.51kg
<b>Mean % weight loss</b>	17.66%
<b>Mean BMI reduction</b>	6.51kg/m <sup>2</sup>

#### Conclusion

The LighterLife Programme can successfully assist obese women to reduce BMI by 6.51kg/m<sup>2</sup>, and to lose an average of 17.51kg, which is in excess of 15% of their body weight, in 12 weeks. This may improve health outcomes by reducing the risk of weight-related co-morbidities.

1. Conflict of interests: none
2. Funding: no funding

#### References

1. Jung RT. Obesity as a disease. British Medical Bulletin 53:307-321 (1997)

