

To report on the weight loss achieved in 12 weeks by 4306 obese female patients on the LighterLife Total VLCD weight-loss programme in 2009; a retrospective study

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Average weight loss for 4306 females was 18.9kg (3st) in 12 weeks

Introduction

LighterLife Total is a commercial weight-management programme for patients with BMI ≥ 30.

Weight loss is achieved with a nutritionally complete, very-low-calorie diet (VLCD), alongside a behavioural-modification programme developed for weight management. The programme uses transactional analysis and cognitive behavioural therapy techniques (TCBT) in small, single-sex, weekly groups.

The abstinence from conventional food, coupled with the group work, helps patients to create a reflective space in which they can explore the reasons for their overeating and develop new practical and psychological strategies for successful weight management in the future.

To support this, following weight loss, an ongoing weight-maintenance programme helps patients reintroduce a full range of conventional food and continue to implement healthy lifestyle changes to support successful weight management, thus reducing the risk of associated co-morbidities.

Aim

To determine mean weight loss and BMI reduction for 4306 female patients with BMI ≥ 30 following 12 weeks' weight loss on the LighterLife Total VLCD, from January to August 2009.

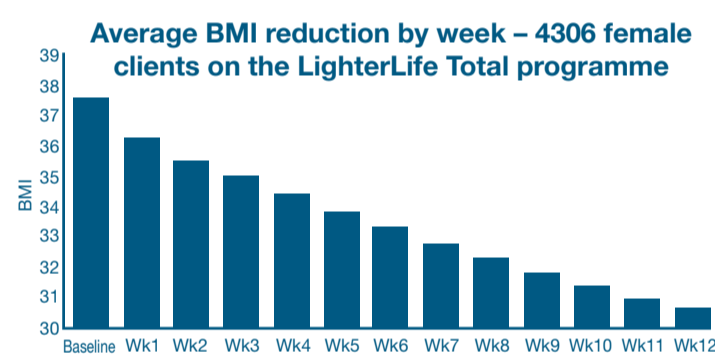
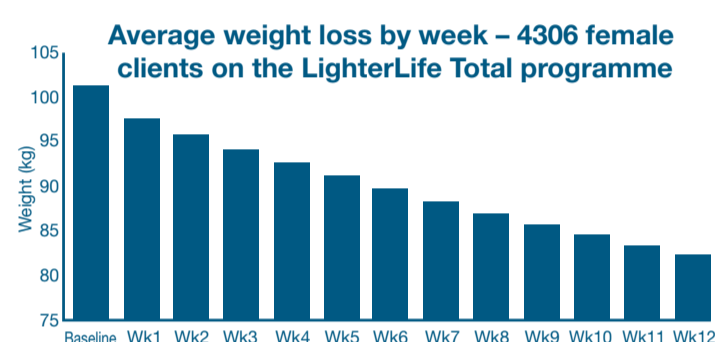
Method

Following medical screening for suitability, patients commenced the LighterLife VLCD and participated in weekly group TCBT sessions to facilitate behavioural change for long-term weight management. Each week, patients were weighed and the ongoing presence of ketosis was confirmed using urinary Ketostix by their LighterLife weight-management counsellors.

The VLCD supplied complete nutrition during weight loss and reduced the distractions of choice around food, providing the clarity of explicit boundaries.

LighterLife Total VLCD	Amount per day
Energy	550 kcal (mean)
Protein	≥50g
Carbohydrate	≥50g
Fats	15.9g (mean)
Vitamins and minerals	≥100% (RDA)

Results



Mean start weight	101.4kg (15st 13lb)
Mean start BMI	37.7
Mean weight loss at 12 weeks	18.9kg (3st)
Mean % weight loss	18.7%
Mean BMI reduction	7.0

A mean weight loss of 18.9kg (3st) following 12 weeks on the LighterLife Total VLCD and a mean BMI reduction of 7.0 were observed in female patients.

Conclusion

- The group support and behavioural modification work in the groups using transactional analysis/cognitive behavioural therapy techniques (TCBT) may be factors in compliance with the VLCD. Further research should be carried out to evaluate the benefit of small, closed-group support for weight loss.
- This significant weight loss will improve health outcomes by reducing the risk of weight-related co-morbidities.

Key words: significant weight loss, very-low-calorie diet (VLCD), behavioural modification, LighterLife

