

## Reporting on 3-year outcome for weight maintenance in a cohort of 60 patients after a mean weight loss of 21.6kg (3st 5lb) on the LighterLife Total VLCD

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### Successful weight maintenance with LighterLife 3 years after weight loss

#### Introduction

Maintaining weight loss is highly challenging.

LighterLife is a commercial weight-management programme for patients with BMI $\geq$ 30. Patients achieve significant weight loss with the LighterLife Total nutritionally complete, very-low-calorie diet (VLCD), used alongside a behavioural-modification programme specifically developed for weight management. This incorporates techniques from transactional analysis and cognitive behavioural therapy (TCBT) in small, single-sex, weekly groups.

Subsequently, LighterLife offers an ongoing, free weight-maintenance programme called LighterLife Management. This continues the TCBT behavioural modification work in group meetings, as well as offering regular weigh-ins, information on healthy eating and physical activity, meal replacements, self-monitoring techniques and strategies to deal with lapses, all designed to support continued weight maintenance.

LighterLife Management is designed to sustain healthy lifestyle change and increase the likelihood of successful weight management, thus reducing the risk of associated co-morbidities.

#### Aim

To determine the mean amount of weight loss maintained in the LighterLife Management weight-maintenance programme after 1, 2 and 3 years, from a significant, mean, baseline weight loss of 21.6kg (3st 5lb) on VLCD. A 21.6kg mean weight loss equates to a 23.9% reduction from baseline.

#### Method

Patients who lost weight on the LighterLife Total VLCD joined LighterLife Management – an ongoing, free, weight-maintenance programme. This study reports on 60 patients who have continued to attend LighterLife Management meetings and have had their weight recorded with their weight-management counsellor for 3 years after initial, significant weight loss on VLCD.

#### Results

Percentage of clients maintaining weight loss 1, 2 and 3 years after completing VLCD

Reduction in start weight maintained	% maintaining reduction in start weight at 1 year	% maintaining reduction in start weight at 2 years	% maintaining reduction in start weight at 3 years
5%	90%	77%	80%
10%	82%	73%	65%
20%	47%	28%	25%

Three years after a mean 23.9% reduction in body weight on the LighterLife Total VLCD, 80% of patients participating in the LighterLife weight-maintenance programme were maintaining a 5% weight loss, 65% were maintaining a 10% weight loss and 25% were maintaining a 20% weight loss.



#### Conclusion

- These long-term weight-management results are an improvement on historic recidivism data and contradict the common belief that rapid weight loss, such as that reported on the LighterLife Total VLCD, leads to rapid weight regain.
- The combination of practical and psychological support, resulting from continued group attendance and participation in behavioural-modification work, is an important factor in these patients' continued weight maintenance.
- Work must be done to encourage more post-obese patients to participate in such a weight-management programme to enhance their long-term weight management success.

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