

To report on the weight loss achieved in 8 weeks by 950 obese male patients on the LighterLife Total for Men VLCD weight-loss programme in 2009; a retrospective study

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Average weight loss for 950 males was 19.5 kg (3st 1lb) in 8 weeks

Introduction

LighterLife Total is a commercial weight-management programme for patients with BMI \geq 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 950 male patients with BMI \geq 30 following 8 weeks' weight loss on the LighterLife Total for Men VLCD, from January to September 2009.

Method

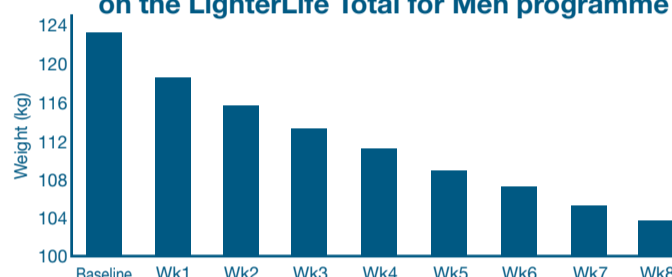
Following medical screening for suitability, patients commenced the LighterLife VLCD and participated in weekly group TCBT sessions to facilitate behavioural change for long-term weight management. Each week, patients were weighed and the ongoing presence of ketosis was confirmed using urinary Ketostix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

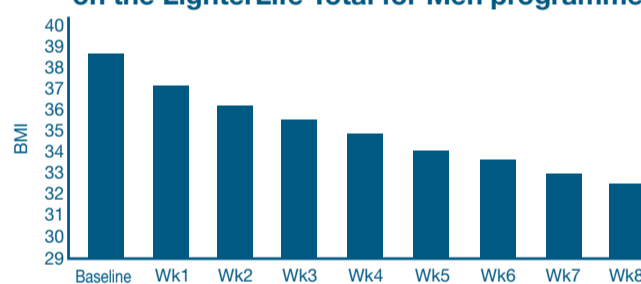
LighterLife Total VLCD	Amount per day
Energy	550 kcal (mean)
Protein	\geq 50g
Carbohydrate	\geq 50g
Fats	15.9g (mean)
Vitamins and minerals	\geq 100% (RDA)

Results

Average weight loss by week – 950 male clients on the LighterLife Total for Men programme



Average BMI reduction by week – 950 male clients on the LighterLife Total for Men programme



Mean start weight	123.2kg (19st 5lb)
Mean start BMI	38.6
Mean weight loss at 8 weeks	19.5kg (3st 1lb)
Mean % weight loss	15.8%
Mean BMI reduction	6.1

A mean weight loss of 19.5kg (3st 1lb) following 8 weeks on the LighterLife Total for Men VLCD and a mean BMI reduction of 6.1 were observed in male 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.
- The 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

