

WEIGHT-LOSS RESULTS FOR 1000 MALES FOLLOWING A MALE-SPECIFIC WEIGHT MANAGEMENT PROGRAMME IN 2007

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Introduction

Maintained weight loss of just 5-10% can reduce the risk of co-morbidities for obese individuals. Uptake onto weight management programmes is typically lower for men LighterLife is a commercial weight-management programme for patients with BMI >29kg/m² initiating weight loss via a nutritionally complete very-low-calorie diet (VLCD), alongside Transactional Analysis and Cognitive Behavioural Therapy techniques (TCBT) specifically developed for behavioural modification in weight management. Following weight loss, there is an ongoing weight-maintenance programme with continued support helping patients to implement and sustain further healthy lifestyle changes. In 2007, LighterLife launched a programme tailored specifically for male patients, which considers motivating factors and barriers for men.

Aim

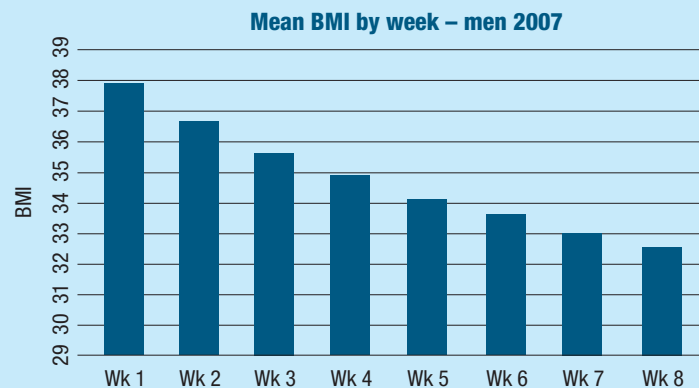
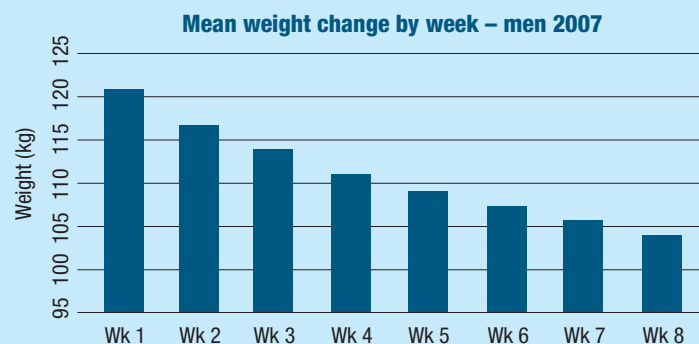
To determine mean average weight loss results for men following the LighterLife Programme in 2007 since the launch of a male-specific programme.

Method

Weekly weights are recorded by LighterLife weight-management counsellors onto a central database. Data was collated for a random sample of 1000 patients who started and completed at least 8 weeks of the LighterLife for Men Programme in 2007.

Results

Mean start weight	121.3kg
Mean start BMI	38.0kg/m ²
Mean weight loss after 8 weeks	17.5kg
Mean % weight loss	14.5%
Mean BMI reduction	5.5kg/m ²



Average weight loss for men on the LighterLife Programme at 8 weeks was 17.5kg, 14.4% of start weight lost.

This corresponds to an average BMI reduction of 5.5 points in this group.

Conclusion

The LighterLife for Men Programme can successfully assist obese men to lose in excess of 10% of their body weight in just 8 weeks. This in turn may lead to improvements in co-morbidities.

