

TWO-YEAR OUTCOME FOR A COHORT OF 40 PATIENTS FOLLOWING THE LONG-TERM WEIGHT-MAINTENANCE ELEMENT OF THE LIGHTERLIFE PROGRAMME

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Introduction

It is recognised that obese individuals who lose weight using various approaches often regain weight over the ensuing few years. 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), as well as 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 to help patients implement and sustain further healthy lifestyle changes.

Aim

To determine weight-maintenance outcomes two years after weight loss in a cohort of 40 women.

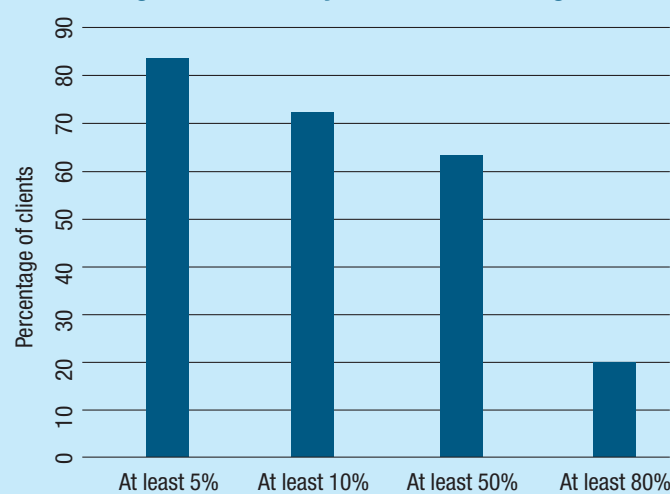
Method

Initial weight loss data was collected by LighterLife weight-management counsellors on a weekly basis and 2 years (±12 weeks) after weight loss.

Results

Two years after initial weight loss: maintained weight	
At least 5% below start weight	82.5%
At least 10%	72.5%
At least 50%	62.5%
At least 80%	20%

Weight maintained 2 years after initial weight loss



Conclusion

It is known that 5% sustained weight loss improves co-morbidities.

Two years after losing weight on the LighterLife Programme, 82.5% of patients maintain at least 5% of initial weight loss.

Further studies will be carried out to determine the outcome of patients who do and do not avail themselves of the long-term weight-maintenance support offered by LighterLife.

