

### LIGHTERLIFE PATIENTS' SELF-REPORTED RATINGS OF GENERAL HEALTH AND WELLBEING: EASE OF WALKING ONE MILE

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#### Introduction

It is well understood that obesity can have a significant impact on an individual's health and wellbeing, which can in turn impact on day-to-day life. LighterLife is a commercial weight-management programme for patients with BMI >29kg/m<sup>2</sup>, 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 to help patients implement and sustain further healthy lifestyle changes.

#### Aim

To determine changes in self-reported ability and ease of walking one mile during 2nd and 13th week of the LighterLife Programme.

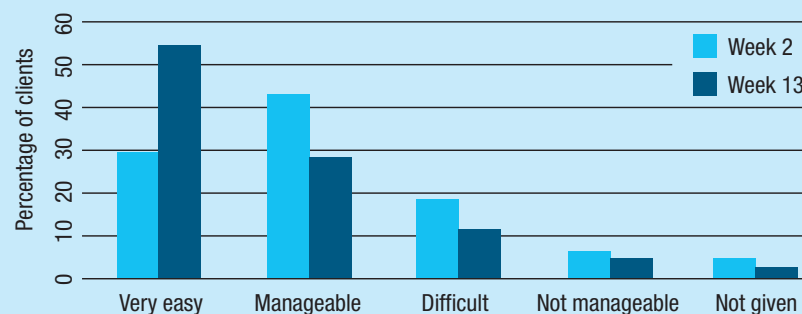
#### Method

A sample of 100 female LighterLife patients who completed the LighterLife Programme between March 2006 and June 2007 filled in questionnaires to rate basic markers of general health and wellbeing, including self-perceived difficulty in walking one mile, during the 2nd and 13th weeks on the LighterLife Programme. During that time their weight reduced by an average of 15kg.

#### Results

Walking 1 mile	Very easy	Manageable	Difficult	Not manageable	Not given
Week 2	29%	44%	18%	6%	4%
Week 13	54%	28%	12%	4%	2%

LighterLife clients' self-reported ability and ease of walking one mile at weeks 2 & 13



At week 2 of the LighterLife Programme, 18% of patients reported that walking one mile was 'difficult'. After just 11 weeks on the programme and an average weight loss of 15kg, this fell to 12%.

At week 2 of the programme, 29% of patients reported walking one mile as 'very easy'. After just 11 weeks on the programme and an average weight loss of 15kg, this rose to 54%.

The percentage of patients reporting that walking one mile was 'difficult' or 'not manageable' at week 13 compared to week 2 fell by a third.

#### Conclusion

Patients who lost weight with the LighterLife Programme quickly improved their perceived ease of walking one mile.

