Weight outcomes in longer-term participants of the Slimming World programme

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1 – Introduction

There is currently a lack of long-term outcome data for community lifestyle programmes. This study examined weight trajectories in 609 Slimming World members who attended group for at least 12-months. The members formed a commercial weight management cohort studied in the Diogenes programme¹.

2 – Methods

Weight was recorded on joining Slimming World, 6 months prior to measurement 1 (measurement 0), at measurement 1 and 6 months later (measurement 2). At measurement 1 and 2 a battery of psychological measures were also made (reported elsewhere)¹. Figure 1 shows the times of weight record points and completion of questionnaires.

3 – Results

Mean (SD) joining age was 47.5 (11.6) years, height 1.65 (0.07) m, BMI 36.1 (7.6) kg/m². Table 1 shows weight changes at each time point for those who had attended the programme less than or longer than 12 months before the start of the study.

Weight loss increased with increasing duration of membership. Weight changes at measurements 0, 1 and 2 were all significantly different from zero (p<0.004).

4 – Conclusion

This data shows longer-term membership of Slimming World leads to continued, steady weight loss within current guidelines. In this data set members who continued to engage with the programme for at least 12 months achieve weight loss exceeding 15% of initial body weight.

References

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