

# Do people attending Slimming World keep their weight off in the longer term?

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## Introduction

Originally a pilot study, the aim of the research was to investigate the feasibility of contacting previous members of Slimming World (SW), to assess longer term weight outcomes and explore strategies for weight control.

This presentation summarises the weight outcomes and weight control strategies used by past and current members

## Methods

6299 individuals in Derbyshire and Nottinghamshire who had joined SW in the preceding 2.5 - 3 years were invited to participate in a survey via email or post.

Completed surveys were matched with a SW membership record and responses were analysed using descriptive statistics

## Results

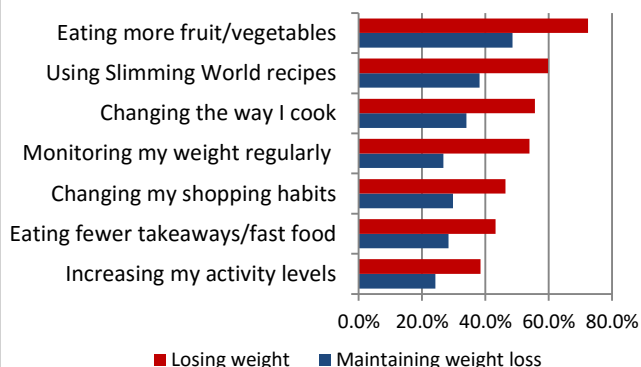
- 378 people responded; responses of 356 females were analysed.

**Table 1. Respondent characteristics**

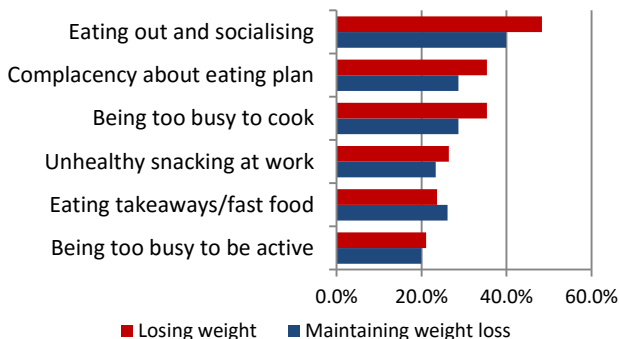
	Current SW members	No longer attending SW	All participants
N	180 (50.6%)	176 (49.4%)	356
Age	49.1	48.3	48.7
Start weight	93.3	86.9	90.1
Start BMI	33.9	32.6	33.3

- 87.2% of respondents were currently trying to lose weight.
- At the time of survey, current SW members had lost on average 9.6% / 9.2kg / 2.7kg/m<sup>2</sup>.
- Those no longer attending were currently 4.4% / 4kg / 1.8kg/m<sup>2</sup> lighter compared to when they joined SW.
- Reasons for joining SW included appearance (83.4%), to improve health (80.6%), to improve fitness (56.2%) and to gain confidence (32.9%)
- Figures 1 and 2 present the behaviours that helped and hindered weight loss and maintenance of loss
- 26.% felt their partner's support helped them lose weight, while 17.1% felt family support helped

**Figure 1. Behaviours reported as helping with weight loss and maintenance of loss**



**Figure 2. Behaviours reported as hindering weight loss and maintenance of loss**



## Conclusion

The findings demonstrate that Slimming World is effective for long-term weight control. Those no longer attending maintained some weight loss, whilst those still engaged achieved greater weight loss outcomes. Changing eating/cooking habits, increasing physical activity and regular weighing were all reported to assist weight control

