

Supporting healthier behaviours and weight loss through a behavioural weight management programme after bariatric surgery

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Summary

Some adults who have had bariatric surgery look for additional support to adopt healthier long-term behaviours and to maintain weight loss. This study suggests behavioural support such as that provided by Slimming World encourages healthier eating, activity and drinking habits and helps this patient group to lose regained weight.

Methods

- Cross-sectional survey of members of Slimming World's behavioural weight management programme who'd had bariatric surgery.
- The survey collected data about surgery, satisfaction with surgery-related weight loss and follow-up care, self-reported weight pre-surgery, post-surgery and when joining Slimming World, and reasons for joining Slimming World and behaviour changes since joining.
- Electronic weight data were available for a subset (n=77) and analysed for changes at 12 months.

Results

Who responded?

 n=119
(14.8% response rate)
91.5% female

Surgery type:



45.2%

Gastric bypass



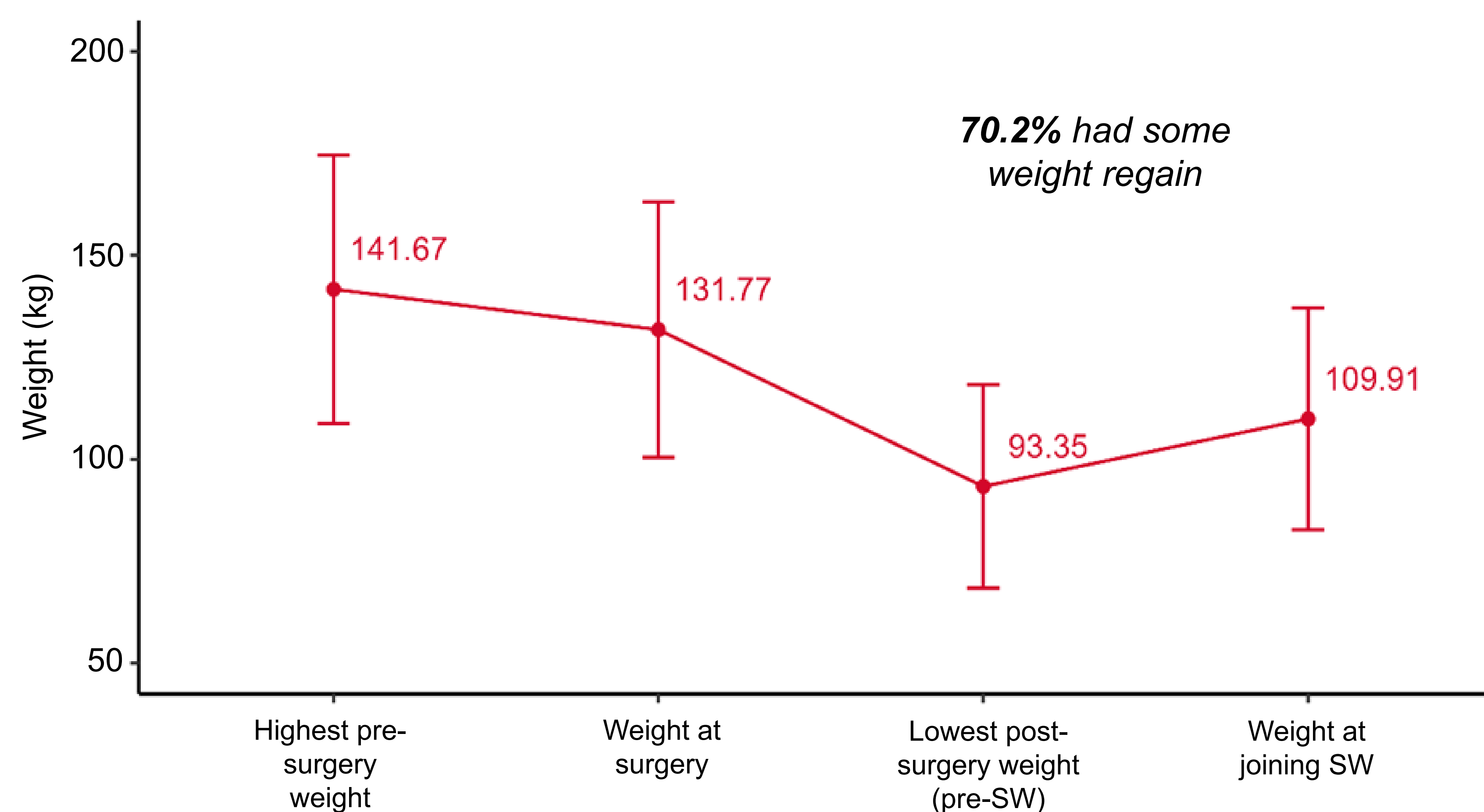
38.3%

Gastric sleeve

88.7% of
surgeries
performed in UK



Self-reported weight trajectory pre- and post-surgery (n=119)



57.1% reported
being satisfied with
their post-surgery
follow-up care

80% were satisfied
with the weight loss
achieved due to
surgery

20.5% were
dissatisfied with
their post-surgery
follow-up care

Time to joining Slimming World post-surgery

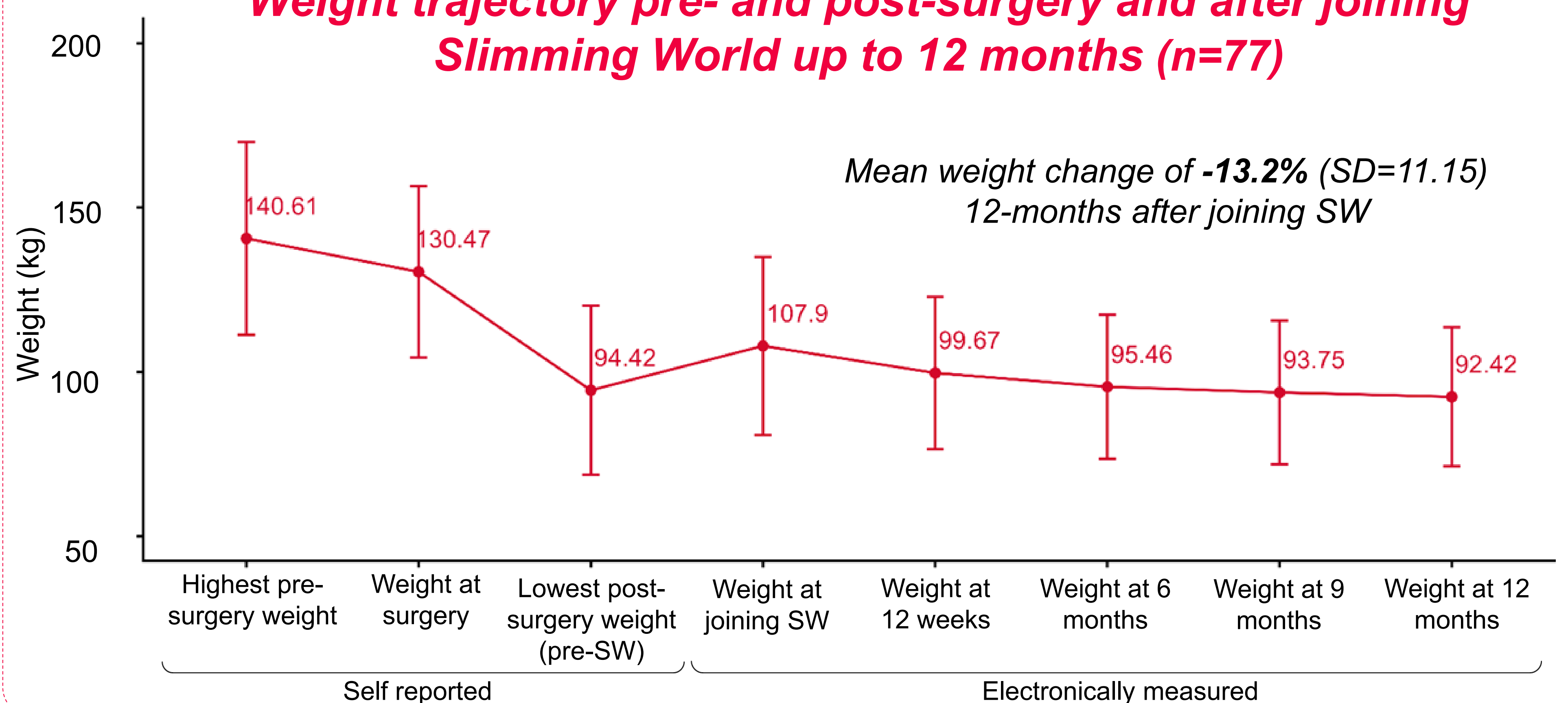


- Median time was **5+ years**
- **30.2%** joined within 2 years

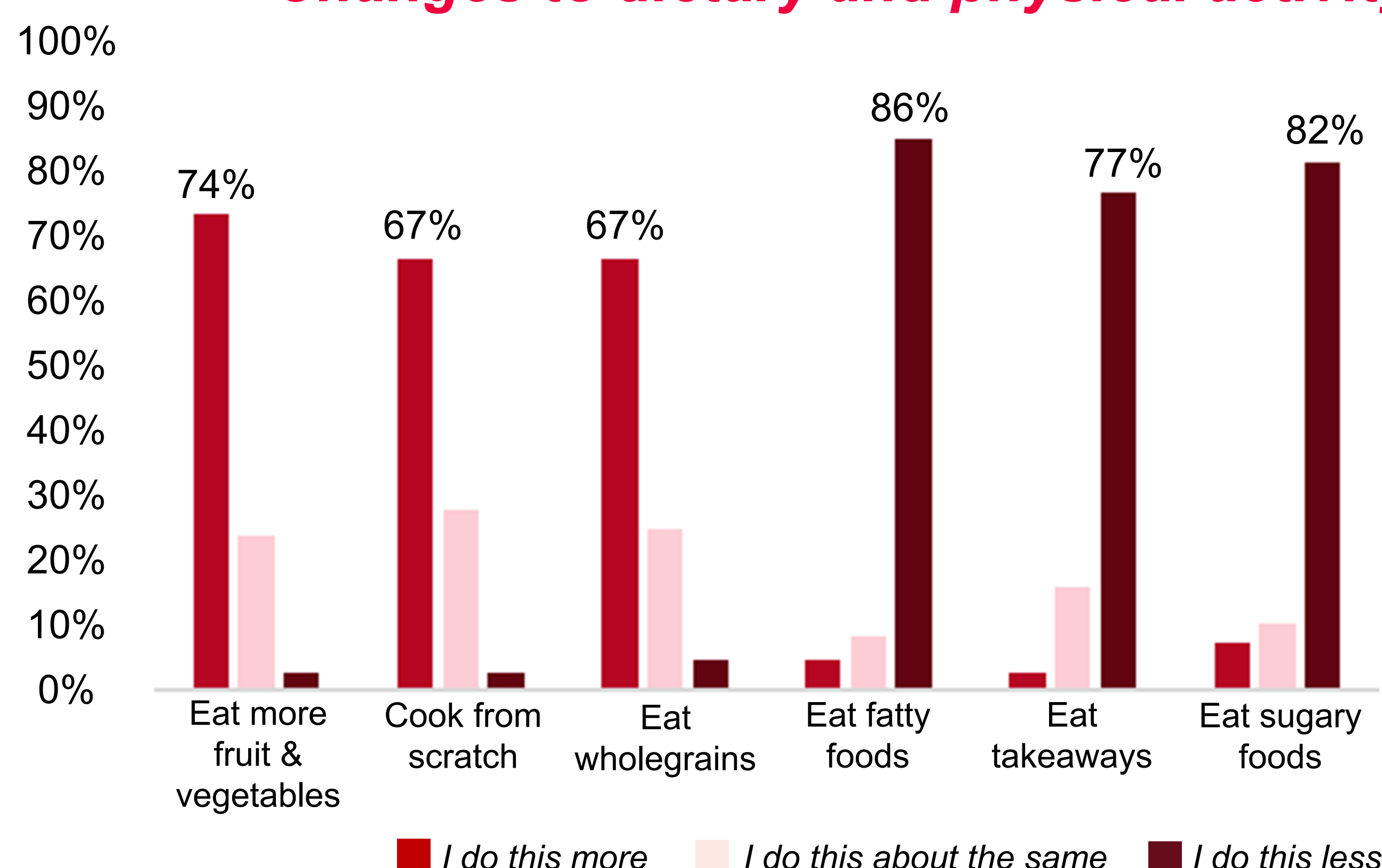
Reasons for joining

- **85.3%** for help to lose weight
- **52.3%** for information/support to make healthier food choices
- **51.4%** for support to navigate the ups and downs of weight loss
- **43.1%** to maintain weight loss

Weight trajectory pre- and post-surgery and after joining Slimming World up to 12 months (n=77)

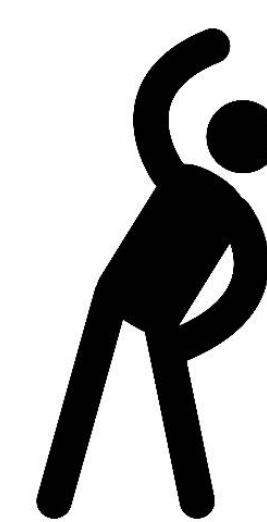


Changes to dietary and physical activity behaviours since joining Slimming World



Physical activity

Mean number of days per week engaging in ≥ 30 minutes of moderate activity increased by **1.5 days** (SD=2.34, $p<.001$)



Support

Support from the group facilitator (**81.5%**) and other members (**79.3%**) were rated as important



Eating plan

73.6% found the Slimming World eating plan flexible to dietary needs



Alcohol intake

53.7% reduced their alcohol intake

