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

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Slimming World

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Aims & methods

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.

- 6299 individuals in Derbyshire/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: Respondent characteristics

378 people responded; responses of 356 females were analysed

<table>
<thead>
<tr>
<th></th>
<th>Current SW members</th>
<th>No longer attending SW</th>
<th>All participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>180 (50.6%)</td>
<td>176 (49.4%)</td>
<td>356</td>
</tr>
<tr>
<td>Age</td>
<td>49.1</td>
<td>48.3</td>
<td>48.7</td>
</tr>
<tr>
<td>Start weight</td>
<td>93.3</td>
<td>86.9</td>
<td>90.1</td>
</tr>
<tr>
<td>Start BMI</td>
<td>33.9</td>
<td>32.6</td>
<td>33.3</td>
</tr>
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At the time of survey, 87.2% were trying to lose weight.

Weight change

Current members:
-9.6%
-9.2kg
-2.7kg/m²

No longer attending:
-4.4%
-4kg
-1.8kg/m²

Reasons for joining SW:
• Due to appearance (83.4%)
• To improve health (80.6%)
• To improve fitness (56.2%)
• To gain confidence (32.9%)
Results: Weight loss and maintenance

Behaviours reported as helping with weight loss and maintenance of loss

- Eating more fruit/vegetables
  - Losing weight: 24.2%
  - Maintaining weight loss: 26.7%
- Using Slimming World recipes
  - Losing weight: 28.4%
  - Maintaining weight loss: 29.8%
- Changing the way I cook
  - Losing weight: 33.8%
  - Maintaining weight loss: 34.0%
- Monitoring my weight regularly
  - Losing weight: 38.5%
  - Maintaining weight loss: 46.3%
- Changing my shopping habits
  - Losing weight: 41.7%
  - Maintaining weight loss: 43.3%
- Eating fewer takeaways/fast food
  - Losing weight: 48.6%
  - Maintaining weight loss: 53.9%
- Increasing my activity levels
  - Losing weight: 59.8%
  - Maintaining weight loss: 55.6%

26.0% felt their partner’s support helped them lose weight
17.1% felt family support helped
17.7% felt their partner’s support helped them maintain their weight loss
12.1% felt family support helped
Results: Challenges of weight management

Behaviours reported as hindering weight loss and maintenance of loss

- Eating out and socialising
- Complacency about food optimising
- Being too busy to cook
- Unhealthy snacking at work
- Eating takeaways/fast food
- Being too busy to be active

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.