

# Effectiveness of a community based weight management programme in North West England

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<b>Registration date</b> 05/09/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 21/05/2020	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

There is considerable research showing that being overweight or obese can lead to further health problems. In terms of helping people manage their weight, research also shows that local weight loss programmes, like Slimming World, can help people achieve their short and long-term weight loss goals. This study aims to identify whether the community weight loss programme in Wigan Borough is effective in helping people to lose weight.

### Who can participate?

People aged over 16 who are overweight and obese who either live in Wigan or are registered with a Wigan Borough GP

### What does the study involve?

Participants will be asked to attend a Slimming World class and an accompanying exercise lesson every week for 12 weeks. The programme is free of charge for participants for the 12 weeks and participants are expected to attend every session if they can, to help them achieve their weight loss goals. After 12 weeks, participants will be invited to continue with Slimming World classes (free of charge if they achieve their goal weight or £4 per session if not), along with attending the exercise support sessions at a reduced cost. Participants will have their weight measured before the study, at the end of the 12 week period, and 1 year following this.

### What are the possible benefits and risks of participating in this study?

The possible benefits to participants taking part in this study include weight loss, and the individual benefits of physical activity even if no weight loss occurs, including a reduction in blood pressure and improved blood cholesterol. The possible risks of participating in this study include potential psychological harm through being classified as obese and potential disappointment about not losing weight. Additionally, physical activity can lead to musculoskeletal injury and cardiac events, but this risk is minimal, as all participants with 'at risk' conditions will have had a GP approved exercise referral.

Where is the study run from?  
Inspiring Healthy Lifestyles, Wigan (UK)

When is the study starting and how long is it expected to run for?  
June 2008 to August 2018

Who is funding the study?  
University of Chester (UK)

Who is the main contact?  
Orla Flannery  
o.flannery@chester.ac.uk

## Contact information

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## **Additional identifiers**

## **Study information**

**Scientific Title**  
Three and twelve-month body mass outcomes after attendance at a community-based weight management intervention in North West England

**Acronym**  
N/A

**Study objectives**  
Null hypothesis : There is no change in weight loss in the short term (3 months) or long term (12 months) amongst completers of a 3 month community based weight management programme.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
Faculty of Medicine, Dentistry and Clinical Sciences Research Ethics Committee, University of Chester, 18/05/2016, Reference: 1166/16/NC/CSN

**Study design**  
Interventional non-randomised retrospective analysis

**Primary study design**  
Interventional

**Study type(s)**

## Treatment

### **Health condition(s) or problem(s) studied**

Overweight and obesity

### **Interventions**

This study was a retrospective analysis of a multi-component tier 2 community weight management (CWM) service for adults commissioned locally as part of care pathway (LWFG) between January 2009 and November 2013. The CWM service was commissioned to provide a free 2 hour multi-component evidence-based programme over twelve weeks in line with NICE guidance (2014) offering support and advice around healthy eating, physical activity and behaviour change, as well as a 45 minute exercise session. The service was provided by Wigan Council's leisure trust, Inspiring Healthy Lifestyles (formerly Wigan Leisure and Culture Trust) working in partnership with Slimming World.

Eligible participants were triaged to the service by the separately commissioned telephone access hub. The Wigan CWM service was operated as a rolling programme with 56 weekly community-based sessions throughout the borough, giving new participants the opportunity to immediately book a place on a programme that suited them best in terms of both time and location. Participants were requested to attend every session of the Slimming World class and exercise component (provided by Inspiring Healthy Lifestyles). Those participants that attended at least 9 out of the 12 combined sessions were identified as a completer (arrangements could be made, in the event of illness or a planned holiday, to 'authorise' agreed absences, and to attend later sessions).

After 12 weeks, participants were invited to continue with Slimming World classes (free of charge if goal weight was achieved, or £4 per session if not) and to attend the exercise support sessions with Inspiring healthy lifestyles at a reduced cost. Inspiring healthy lifestyles and Slimming World organised an annual fashion show event with previous successful participants to celebrate and inspire further success.

Participants were measured at baseline and followed up at 3 and 12 months to report on key outcomes. There was no control group as part of this study.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Body weight in kg, assessed using weighing scales at the baseline, after 12 weeks, and 1 year post-intervention completion

### **Key secondary outcome(s)**

Participants achieving 5% weight loss at 1 year post-intervention, assessed as per primary outcome measure

### **Completion date**

01/08/2018

## **Eligibility**

### **Key inclusion criteria**

1. Aged 17 years or older
2. Overweight or obese
3. Self-referred to an access hub

4. One of the following:

4.1. BMI 25-39.9 kg/m<sup>2</sup> with or without co-morbidities

4.2. BMI 40-44.9 kg/m<sup>2</sup> without co-morbidities

5. Any of the following:

5.1. Living in Wigan borough

5.2. Registered with a local GP in the Wigan borough

5.3. Working within the Wigan borough

**Participant type(s)**

Other

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Serious uncontrolled disease i.e. angina, diabetes, asthma, COPD, heart failure
2. Recent complicated myocardial infarction and/or awaiting further investigation
3. Uncontrolled arrhythmia that compromises cardiac function
4. Blood pressure at rest above 180 mg systolic and 100 mg diastolic
5. Neuromuscular or rheumatoid disorders that are exacerbated by exercise
6. Unstable psychiatric disorder
7. Acute infection
8. Not medically fit to take part in 12 weeks of physical activity in doctor's opinion
9. Chronic back pain for over 6 months without a previous physiotherapy assessment
10. Eating disorder

**Date of first enrolment**

01/01/2009

**Date of final enrolment**

30/11/2013

**Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Inspiring Healthy Lifestyles (previously Wigan Leisure and Culture Trust)**

Robin Park Sports Centre,  
Loire Drive,

WIGAN  
United Kingdom  
WN5 0UL

## Sponsor information

### Organisation

University of Chester

### ROR

<https://ror.org/01drpwb22>

## Funder(s)

### Funder type

Not defined

### Funder Name

University of Chester

### Alternative Name(s)

### Funding Body Type

Private sector organisation

### Funding Body Subtype

Universities (academic only)

### Location

United Kingdom

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated during and analysed during the current study will be available upon request from Orla Flannery, [o.flannery@chester.ac.uk](mailto:o.flannery@chester.ac.uk), data is available as an SPSS file on request subject to the approval of a data sharing agreement). All data is anonymised and ethical approval was obtained.

### IPD sharing plan summary

Available on request