



Best Practice Award 2011



ASO Depute Chair, Dr Susan Jebb, presenting Professor Paul Aveyard with the Award

Professor Paul Aveyard
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“A randomised controlled trial to compare a range of commercial or primary care led weight reduction programmes with a minimal intervention control for weight loss in obesity: the Lighten Up trial”

Objective: To assess the effectiveness of primary care weight management programmes.

Method: 740 men and women with obesity or overweight with a co-morbid disorder were randomised to 12-week weight loss programmes: (i) Weight Watchers, (ii) Slimming World, (iii) Rosemary Conley, (iv) a group-based dietetics-led programme, (v) general practice one-to-one counselling, (vi) pharmacy-led one-to-one counselling, (vii) choice of any programme. The comparator group received 12 vouchers for free entrance to a local leisure centre. The primary outcome was weight loss at programme end (12 weeks).

Results: We followed up 88.9% at programme end and 70.5% at one year. All programmes achieved weight-loss from at programme end (1.4kg [general practice] to 4.4kg [Weight Watchers]), and all except general practice and pharmacy achieved significant weight loss at one year. At one year, only Weight Watchers had 2.5kg [95%CI 0.8 to 4.3] greater weight loss than the comparator. Commercial programmes achieved 2.3 kg (95%CI 1.3 to 3.4) more weight loss

than the primary care programmes at programme end. Participants allocated to the choice arm did not lose more weight than those randomly allocated.

Conclusions: Commercially provided weight management services are more effective and cheaper than trained primary care services, which are ineffective.

A full version of the Trial is available to download at:

www.aso.org.uk/1137/what-makes-a-weight-loss-programme-successful/

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