



## We are the health solutions provider of choice

Independent research showed<sup>1</sup>, within a range of interventions evaluated, WW to be the provider of choice for referral patients.

### Patient choice

When patients were offered a choice of six different interventions, WW was the most popular choice, 29% chose WW vs 14% for the next most popular<sup>1</sup>.

### Patient commitment

Out of six different interventions, patients referred to WW had the highest attendance rates; with 70% attending 50% or more sessions<sup>1</sup>.

### Patient satisfaction

94% of people referred to WW would recommend the service to a family or friends<sup>4</sup>.

#### References:

- 1 Jolly K et al (2011) Comparison of range of commercial or primary care led weight reduction programmes with minimal intervention control for weight loss in obesity: Lighten up randomised controlled trial. BMJ. Nov 3;343.
- 2 Ahern A et al (2011) WW on prescription: An observational study of weight change among adults referred to WW by the NHS. BMC Public Health, 11, 434.
- 3 Dixon K et al (2011) Evaluation of weight loss outcomes for obese adults referred to a choice of three commercial weight management providers. South West Public Health Scientific Conference.
- 4 WW referrals satisfaction survey Q3 2018.

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### Get in touch

To speak to our team call **01628 415 287**  
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SKU 123179

# Working together for healthier communities

WW Health Solutions™ has been designed in close consultation with healthcare professionals to deliver effective, sustainable and cost effective weight management programmes for local communities.



# WW works

WW International, Inc. is the world's leading provider of weight management services. Since 1963, we've helped millions of people achieve healthy, sustained weight loss. Every week, approximately 1.3 million members attend almost 50,000 WW Studios in over 30 countries around the world. In Britain, 1,300 expert Wellness Coaches run Studios in over 5,000 locations.

Our approach is based on the latest scientific thinking, has robust governance and a comprehensive evidence base, including independent randomised controlled trials run in Britain. In addition, we've made a significant contribution to the science and evidence base for healthy weight management.

## A holistic approach

We know that healthy living success for our members goes beyond just a number on the scales. It's a combination of how they feel, their confidence, health and happiness. Our approach encompasses the elements that empower our members to adopt a healthier lifestyle; healthy eating, fitness and positive psychology. Through this new multilayered approach, we make sure that an individual's programme is tailored to their unique needs, transforming not only the way they eat but also the way they move and – most powerfully – their holistic wellbeing.

## Effective health solutions

Since 2005 WW has provided weight management programmes to over 100 health organisations, integrating a range of local referral and recruitment methods, including health professional referral and self-referral. This partnership model has been proven to be a cost effective, safe, scalable and sustainable solution that delivers medically significant weight loss.

The unrivalled strength and reach of the WW brand, coupled with a strong evidence base that solutions work across a range of demographics, gives a unique advantage in helping health organisations to reduce inequalities by enabling them to better attract and treat their hard-to-reach and lower socio-economic groups.

## Why choose WW

Independent research<sup>1</sup> showed that WW outscored all major commercial and NHS providers on all five tests for patient outcomes:

	WW	Slimming World	NHS group	General practice	Pharmacy	Free leisure vouchers/comparator
Weight loss at 12 weeks (kg)	4.43**	3.56**	2.38**	1.37*	2.11**	2.01**
Weight loss at 1 year (kg)	3.46**	1.89**	2.45**	0.83	0.66	1.08*
Proportion of group who achieved >5% initial weight loss at 12 weeks	46%	35%	18%	15.7%	21.4%	22%
Proportion of group who sustained >5% initial weight loss at 1 year	31%	21%	21%	15.7%	14.3%	17%
BMI reduction at 1 year	1.17**	0.71**	0.67**	0.32	0.31	0.45*

\*p<0.05, \*\*p<=0.001. All data analysed as intention to treat.

An independent, national audit of almost 30,000 patients who were referred to WW by 74 different organisations demonstrated consistent outcomes when the intervention was used in routine health practices at scale; delivering an average weight loss of 3.3% and 5.5% of initial weight, for all referrals and completers respectively<sup>2</sup>.

Patients who attended WW were significantly more likely to lose weight and to achieve 5kg or 5% weight loss than those attending Slimming World. In addition, all cost measures were lower for WW<sup>3</sup>.

Two independent trials<sup>1,3</sup> both showed WW to be the best value for money of any of the NHS or commercial weight management providers under evaluation.