



Working
together
for healthier
communities

Weight Watchers® health solutions has been designed in close consultation with healthcare professionals to deliver effective, sustainable and cost effective weight management programmes for local communities.

Weight Watchers **works**

Weight Watchers 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 Weight Watchers meetings in over 30 countries around the world. In Britain, 1,300 expert Leaders run meetings 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 Weight Watchers 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 Weight Watchers 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 Weight Watchers

Independent research¹ showed that **Weight Watchers outscored all major commercial and NHS providers on all five tests** for patient outcomes:

	Weight Watchers	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 Weight Watchers 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 respectively².

Patients who attended Weight Watchers 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 Weight Watchers³.

Two independent trials^{1, 3} both showed Weight Watchers to be the best value for money of any of the NHS or commercial weight management providers under evaluation.

We are the health solutions provider of choice.

Independent research showed¹, within a range of interventions evaluated, Weight Watchers to be the provider of choice for referral patients.

Patient Choice

When patients were offered a choice of six different interventions, Weight Watchers was the most popular choice, 29% chose Weight Watchers vs 14% for the next most popular¹.

Patient Commitment

Out of 6 different interventions, patients referred to Weight Watchers had the highest attendance rates; with 70% attending 50% or more sessions¹.

Patient Satisfaction

86% of people referred to Weight Watchers would recommended the service to a family or friends⁴.



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 Weight Watchers referrals satisfaction survey Q1 2015.

Get in touch

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