

Weight Watchers is an effective lifestyle weight management programme used in the NHS in the UK

Since 2005 Weight Watchers has been a service provider to the NHS; delivering lifestyle weight management programmes.

An independent, national audit* of almost 30,000 men and women who were referred to Weight Watchers by 74 different NHS organisations demonstrated consistent outcomes.

- 54% of people referred attended every single session of a 12 session programme
- 58% completed ≥ 10 sessions

	Median weight loss	% weight loss at the end of the programme	% of the participants losing $\geq 5\%$ of their initial weight
All Referrals	2.8kg	3.1%	33%
Those who completed 100% of programme (12/12 sessions)	5.4kg	5.6%	57%

NHS Somerset Service Evaluation

1440 referrals to a 12 session programme from a range of community based lifestyle weight management were evaluated: Weight Watchers, Slimming World and Rosemary Conley**

This independent evaluation concluded that referral can be effective. Weight Watchers patients lost more weight [-1.15 kg (95% confidence interval, CI: 21.25, 21.04), $P < 0.001$] and were more likely to lose $\geq 5\%$ [odds ratio: 1.81 (95% CI: 1.78, 1.83), $P = 0.001$] than those attending the provider with the least weight loss (Slimming World). Patients attending Weight Watchers were most likely to lose weight than those attending the other providers.

*Ahern A et al (2011) Weight Watchers on prescription: An observational study of weight change among adults referred to Weight Watchers by the NHS, BMC Public Health, 11, 434. (n=29,326)

**Dixon K et al (2012) Weight Loss from Three Commercial Providers of NHS Primary Care Slimming on Referral in North Somerset: Service Evaluation. J Public Health [Epub ahead of print]