

Weight-loss outcomes from a digital behaviour change programme in overweight or type 2 diabetes populations: a service evaluation of real-world data after 24-months

SECOND NATURE

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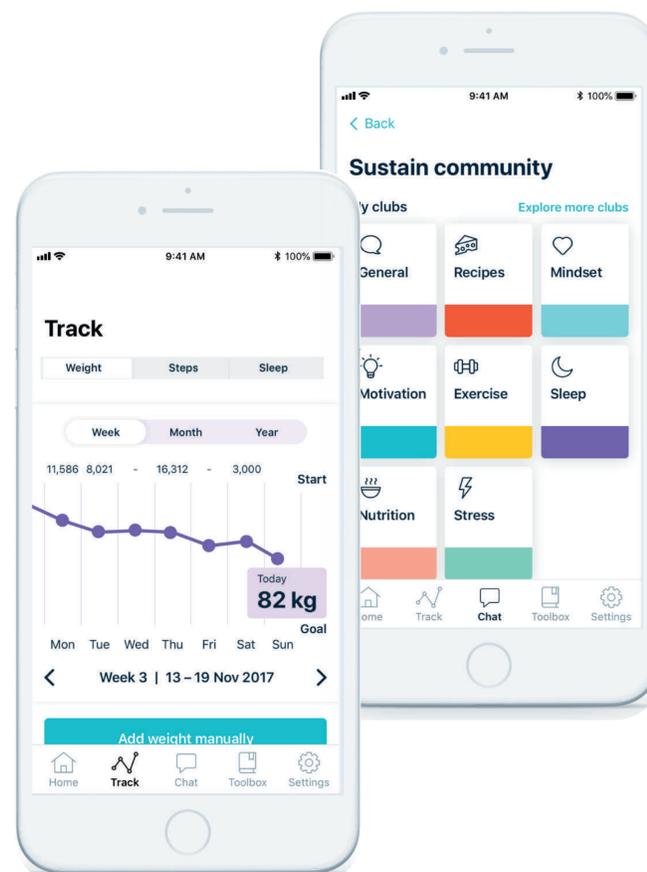
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Aims

Second Nature is a digital behaviour-change programme that helps people build healthier habits and change their lifestyles. The purpose of this service evaluation was to analyse the 24-month weight change for people who participated in this programme.

Methods

Participants either signed up to take part in the programme privately (self-funded participants) or were referred via their NHS General Practitioner (GP). All participants referred by their GP were living with type 2 diabetes. The programme consisted of a 3-month core behaviour change programme with 3-months of additional follow-up support to help maintain the lifestyle changes. The analysis included data from participants who submitted weight readings at baseline and 24-months after starting the programme.



24-month weight change

Total	-5.7kg (-6.0%)
Self-funded	-5.4kg (-5.0%)
NHS T2DM	-7.5kg (-7.9%)
Male	-6.8kg (-6.8%)
Female	-5.1kg (-5.7%)

T2DM = type 2 diabetes mellitus

Results

The weight loss for the total of 304 participants who registered readings at 24 months was 5.7kg (6.0%; SD 8.3; $P < 0.001$). Of the total, 203 were self-funded participants who registered weight loss of 4.8kg (5.0%; SD 7.8; $P < 0.001$), and 101 were people living with type 2 diabetes, who registered weight loss of 7.5kg (7.9%; SD 9.0; $P < 0.001$). There was a small variation between men and women, with men ($n=78$) achieving a weight loss of 6.8kg (6.8%; SD 9.7; $P < 0.001$) and women ($n=226$) achieving a weight loss of 5.1kg (5.7%; SD 8.1; $P < 0.001$).

Conclusions

Participants who registered weight readings 24 months after starting the programme achieved significant weight loss. This suggests that digital lifestyle change programmes could be a useful tool for supporting people to maintain long-term behaviour change.