The Well Now programme: a service evaluation of a weight inclusive approaches to weight management

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Well Now$^1$
Public Health approach

Service evaluations

Social justice

Research evidence
poverty → stress → access

stigma → stress → racism
5% weight loss target

- 10% of 6715 at 12 weeks
- 21% of 1916 at 16 weeks
- 42% of 880 at 12 weeks
- 18% of 288 at 12 weeks
- 44% of 105 at 12 weeks
- 90%
- 79%
- 58%
- 82%
- 56%
<table>
<thead>
<tr>
<th>Improvements in:</th>
<th>Measure</th>
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<tbody>
<tr>
<td>Diet</td>
<td>Food frequency questionnaire</td>
</tr>
<tr>
<td>‘Intuitive eating’</td>
<td>Qualitative</td>
</tr>
<tr>
<td>‘Emotional eating’</td>
<td>Food preoccupation questionnaire(^7)</td>
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<tr>
<td>Social activity</td>
<td>Qualitative</td>
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<tr>
<td>Realistic fitness</td>
<td>Physical activity question(^8)</td>
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<tr>
<td>Mental wellbeing; Self Compassion</td>
<td>WEMWBS(^9)</td>
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<td></td>
<td>Qualitative</td>
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Warwick Edinburgh Mental Wellbeing Score (WEMWBS)

- I’ve been feeling optimistic about the future
- I’ve been feeling close to other people
- I’ve been feeling loved
Questionnaires:

• In the past week, on how many days did you eat oily fish, such as salmon, mackerel, herring, sardines, fresh tuna (or vegetarian sources of omega 3)?

• In the past week, on how many days did you do a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?
Food Preoccupation Questionnaire

• I often look forward to my next meal

• I often struggle with thoughts about food

• I often find myself thinking about food
Comparison before and after measurements: April 2015-2017

- 365 enrolled
- 50% ‘completers’ = 75% (9 hrs)
- Mean attendance = 8 hrs (sd1.8)
Change in Mental Wellbeing

Paired comparison of measurement tool mean scores: pre and post Well Now Programme for those attending courses between 1st April 2015 to 31st March 2017

WEMWBS (n=196)

<table>
<thead>
<tr>
<th>Mean Score</th>
<th>Pre Course</th>
<th>Post Course</th>
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<td>45.8</td>
<td>51.2</td>
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Change in Mental Wellbeing (p<0.01)
Well Now - diet quality (n=188)
Mean Score: 20.1 (Pre Course) vs. 23.3 (Post Course) (p<0.01)

Well Now - physical activity (n=198)
Mean Score: 2.6 (Pre Course) vs. 3.7 (Post Course) (p<0.01)

Paired comparison of measurement tool mean scores: pre and post Well Now Programme for those attending courses between 1st April 2015 to 31st March 2017.
Change in Food Preoccupation (p<0.01)

Paired comparison of measurement tool mean scores: pre and post Well Now Programme for those attending courses between 1st April 2015 to 31st March 2017

Pre-occupation with food - frequency of thoughts (n=172)
- Pre Course: 10.2
- Post Course: 9.3

Pre-occupation with food - positive thoughts (n=157)
- Pre Course: 26.9
- Post Course: 29.1

Pre-occupation with food - negative thoughts (n=164)
- Pre Course: 25.1
- Post Course: 22.2
Maintenance in BMI and Weight


Pre Course | Post Course
---|---
BMI (n=84) | Weight (n=84)
37.1 | 100.9
36.9 | 100.5
What do we learn?

An approach which validates peoples lived experiences has a significant impact on:

- food, activity and dieting behaviours
- mental wellbeing
- whilst weight remains stable
- And it’s difficult to gather data from people who leave
References

1. Well Now; http://lucyaphramor.com/dietitian/
Key Principles

- Social Justice
- Beneficence
- Non-maleficence
- Autonomy
Weight inclusive approach:

Views health and wellbeing as multifaceted; directs efforts at improving health; improving access to services and decreasing size stigma\(^6\)
Weight normative approaches:

The emphasis is on weight and weight loss when defining health and wellbeing.