

PROFILE MEMBERS EXPERIENCE CLINICALLY SIGNIFICANT WEIGHT LOSS WITH HEALTH COACHING DRIVING RESULTS



Publication Summary: Kim H, Oh T, Papini NM, Lopez NV, Herrmann SD, Kang M. (2021). Patterns of Weight Change in a Commercial Weight Loss Program. *American Journal of Health Behavior*.

HIGHLIGHTS



83%
of Members Lost >5%
body weight



2.5
Health Coaching appts/month
led to greatest success



-18.8
Average pounds lost

Adults with overweight and obesity are at greater risk for developing adverse health conditions such as type 2 diabetes mellitus, cardiovascular disease, hypertension, and certain cancers (e.g., endometrial cancer, breast cancer, prostate cancer, and colon cancer). Research indicates that successful prevention and treatment of

obesity is likely to result in lower incidences of chronic diseases. The purpose of this study was to 1) examine compliance and progress factors associated with weight loss and maintenance, 2) individual patterns of weight trends following weight loss, and 3) impact of early weight loss on longer-term weight change.

METHODS

Data from Profile by Sanford members who joined between May 2017 and January 2019 were included. A total of 8,831 Profile members were included in analysis (age = 47.6 ± 13.8 years; women = 77.7%; starting weight = 213.8 ± 50.2 pounds; starting BMI = 34.1 ± 6.8).

ADDITIONAL KEY FINDINGS

- Participants completed an average of 15 appointments.
- Average weight loss was 18.8 ± 17.3 pounds.
 - -8.6% ± 7.6% of their starting body weight
- Early weight loss was linked to better long-term weight loss maintenance
- 5 weight change patterns were identified

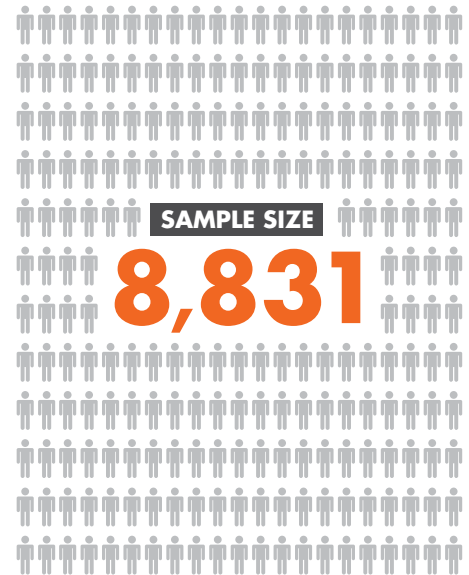


TABLE 1. Summary results of weight change patterns identified.

Group	Sample N (%)	Monthly Appointments (appts/month)	Weight Change (lbs.)	Weight Change (%)
Stable	2,054 (23.3%)	2.5	-22.8	-10.4%
Minimal Regain	3,789 (42.9%)	2.4	-22.5	-10.5%
Modest Regain	1,480 (16.8%)	2.2	-18.7	-8.8%
Large Regain	755 (8.6%)	2.1	-15.4	-7.3%
No Loss/Gain	753 (8.5%)	2.0	+7.8	+3.7%
<i>p</i>		<.001	<.001	<.001

FIGURE 1. Baseline Weight and Last Weight by Weight Change Group.

