

What next for Well Now?

A group based Weight Management intervention which prioritises health gain over weight loss.



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Introduction

Well Now is a weight management course for groups. It has been offered as a mainstream service in North NHS Highland since October 2014. 139 people enrolled during 2014/15; of the 60 (43%) who attended 75% of the course (over 9 hours) 47 were female and 12 male with 50% living in areas of deprivation (Scottish Indices of Multiple Deprivation 1 and 2).

Results

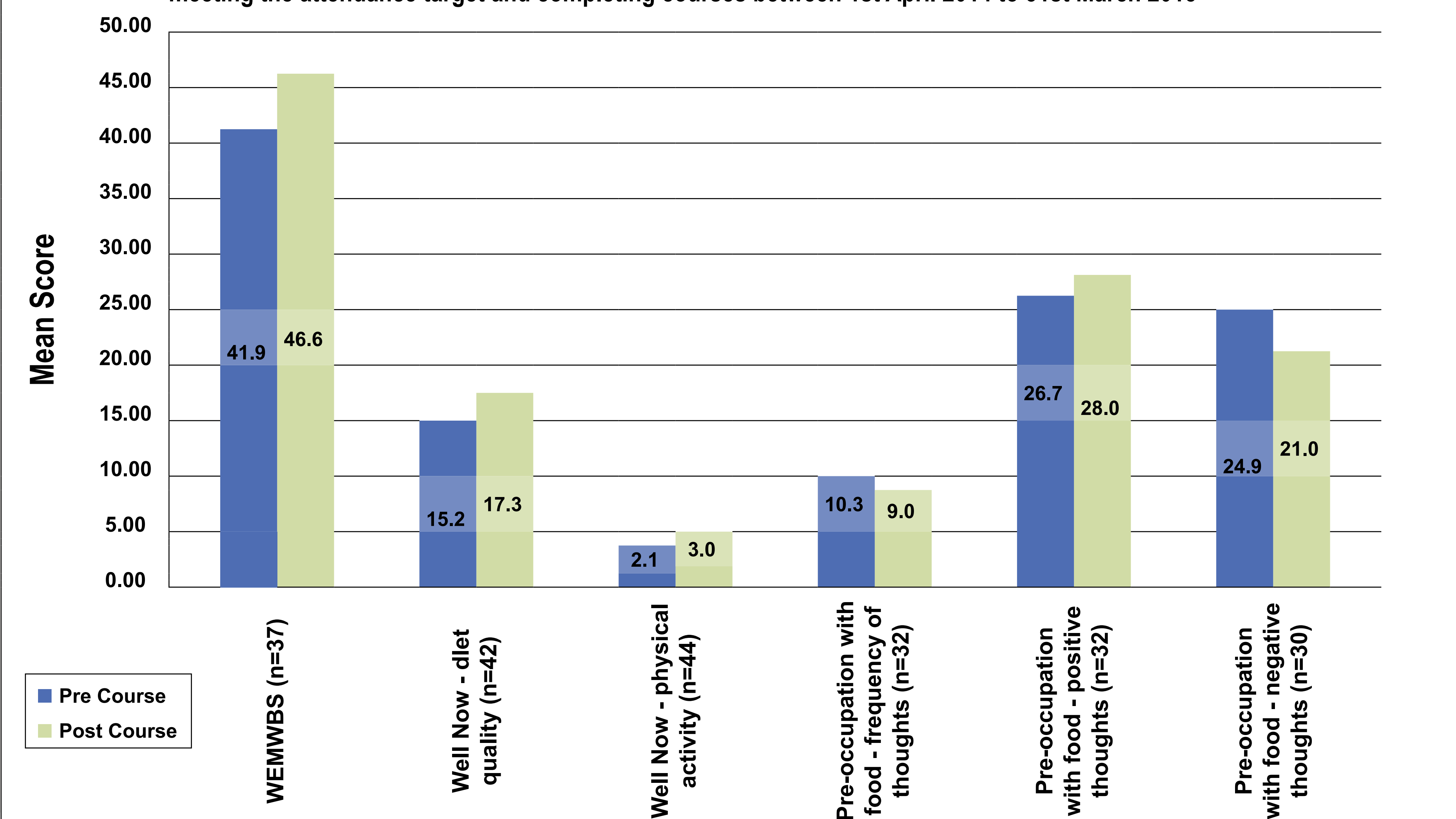
Results are presented for completers (Figure 1). They show statistically significant improvements in diet quality, physical activity and mental wellbeing scores. Participants were less preoccupied with food, with less negative thoughts about food (Table 1). BMI was also collected but the numbers were too low to interpret (23 pre and 15 post course measurements).

Table 1
Statistical testing using paired t-test

Measure	Number Participants	Difference in Score (Pre vs. Post)			t-value	p-value ¹
		Mean	Lower CI (95%)	Upper CI (95%)		
WEMWBS	37	4.7	2.0	7.4	3.476	<0.01
Well Now - diet quality	42	2.05	0.7	3.4	3.016	<0.01
Well Now - physical activity	44	0.95	0.2	1.7	2.703	<0.01
Pre-occupation with food - frequency of thoughts	32	-1.22	-2.1	-0.3	-2.834	<0.01
Pre-occupation with food - positive thoughts	32	1.34	-1.3	4.0	1.020	NS
Pre-occupation with food - negative thoughts	30	-3.87	-6.1	-1.7	-3.608	<0.01

¹NS = not significantly different; <0.05 = significantly different at 5% level; <0.01 = significantly different at 1% level

Figure 1 Paired comparison of measurement tool mean scores: pre and post Well Now Programme for those meeting the attendance target and completing courses between 1st April 2014 to 31st March 2015



Methods

The evaluation uses various tools to measure change against the course outcomes:

Course Outcome	Measures
Improving the quality, variety and quantity of the food intake.	Well Now questionnaire
Eating in response to hunger and fullness	Qualitative*
Recognition of emotional eating	Food preoccupation questionnaire
Increased social interaction to support well being	Qualitative*
Physical activity	Well Now questionnaire
Build good self worth and self care	Warwick Edinburgh Mental Wellbeing Score (WEMWBS). ¹ Qualitative*

*Post course interviews (not reported here)



Summary

Well Now supports people to self manage their health and weight through intuitive eating, self care and social justice. It offers a viable alternative to traditional dieting approaches which are ineffective in the long term,² and are associated with decreases in self efficacy and self care.^{3, 4}

Those people who completed the Well Now course showed significant improvements in mental wellbeing, health behaviours associated with food and physical activity, and less preoccupation with negative thoughts about food.

Consideration should be given to improve the attendance rate, and the completion of the evaluation measures, including weight. Work has already begun on this.

References

¹Tennant R, Hiller L, et al (2007) The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): development and validation. Health & Quality of Life Outcomes, 5 (63), doi: 10.1186/1477-7525-5-63

²Mann T, Tomiyama J, et al (2007) Medicare's search for effective obesity treatments: diets are not the answer. American Psychologist, 62 (30), 220-233

³Aphramor, L. (2010) Validity of claims in weight management: a review of dietetic literature. Nutrition Journal, 9:30.doi: 10.1186/1475-2891-9-30. <http://www.nutritionj.com/content/9/1/30>

⁴Schafer JT, Magnuson AB. (2014) A review of interventions that promote eating by internal cues. Journal of the Academy of Nutrition and Dietetics, 14 (5) 734-60