

# HOW CAN WE BEST HELP PEOPLE TO LOSE WEIGHT IN PRIMARY CARE?

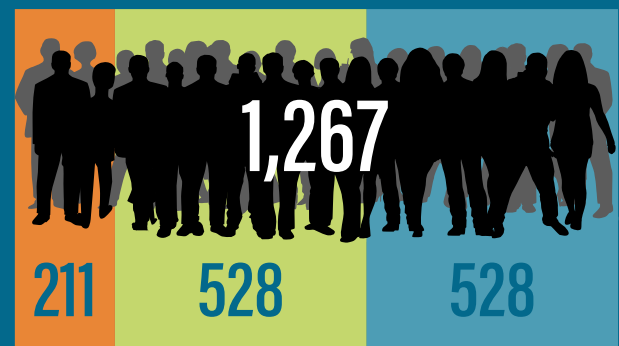
The WRAP study – Weight loss Referrals for Adults in Primary Care – examined if a behavioural weight loss programme, in this case WeightWatchers®, is better than brief advice, and how long a programme should last – 3 or 12 months?

It compared the costs and potential future health benefits of these programmes.

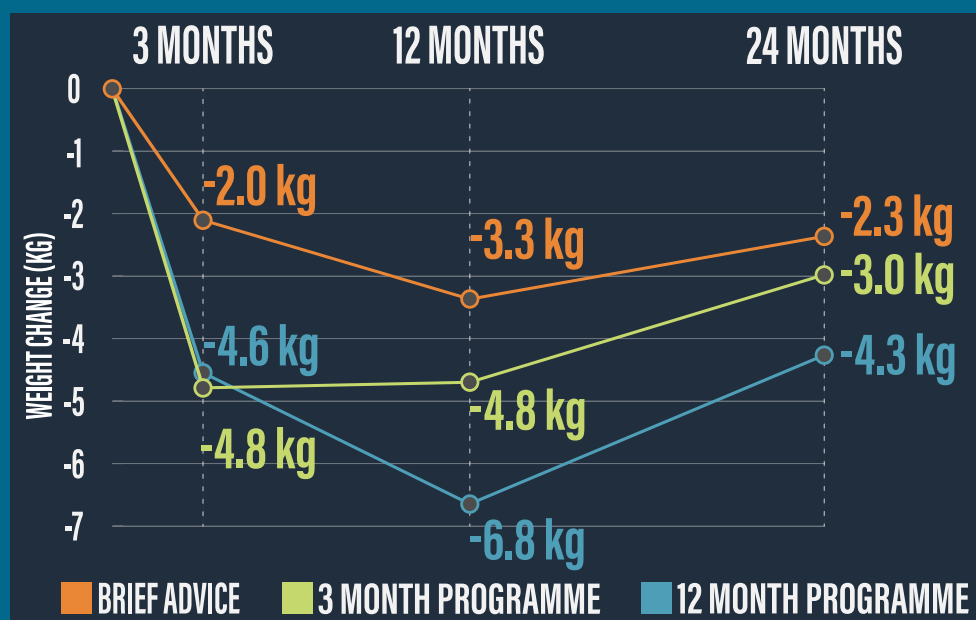
## THE STUDY

1,267 participants were randomly assigned to receive either brief advice, or a referral to a weight loss programme for either 3 or 12 months.

Their weight was measured at 3, 12 and 24 months.



BRIEF ADVICE      3 MONTH PROGRAMME      12 MONTH PROGRAMME



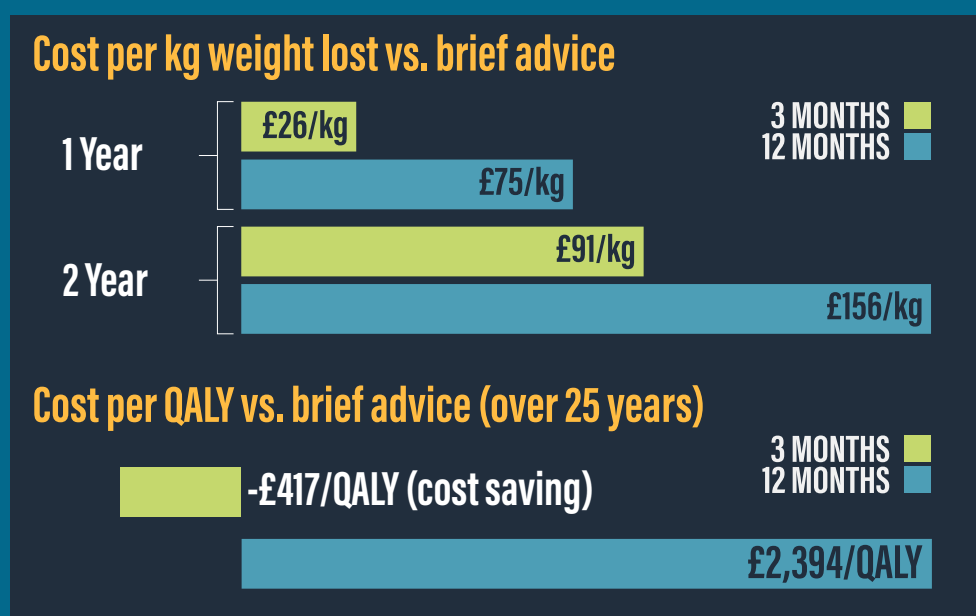
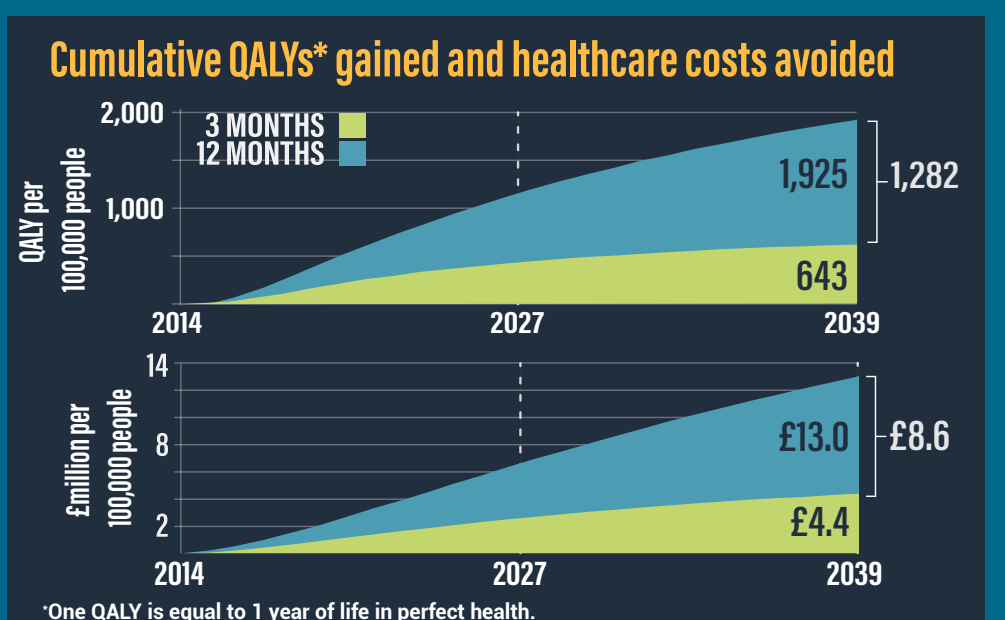
## HOW MUCH WEIGHT DID PEOPLE LOSE?

GP referral to a weight loss programme led to significantly more weight loss than brief advice.

The longer programme led to greater weight loss at 12 and 24 months.

## WHAT IS THE EFFECT ON FUTURE HEALTH?

We assumed people regained all the weight they lost by year 5. Despite this, modelling suggests the weight loss programmes lead to greater health benefits and lower NHS costs over the next 25 years compared to brief advice. The longer programme is predicted to have much greater benefits.



## ARE LONGER PROGRAMMES COST-EFFECTIVE?

The health economic analysis shows that a 3 month programme is likely to be *cost saving* relative to brief advice alone.

The 12 month programme is more expensive, but the greater health benefits mean it is very cost-effective by usual clinical standards\*.

\*NICE threshold for cost-effectiveness of £20,000/QALY

### Reference:

Extended and standard duration weight-loss programme referrals for adults in primary care (WRAP): a randomised controlled trial

Ahern et al. The Lancet, 2017. DOI: 10.1016/S0140-6736(17)30647-5