

The WRAP Study Spring 2023 Newsletter



Weight loss Referrals for Adults in Primary Care

The WRAP Study is one of the largest trials of a commercial weight management programme in the world. It is also the first trial to measure the long-term impacts of these programmes.

We recently published the **5-year outcomes** of the WRAP trial in *Lancet Public Health*. You can read a summary of our findings on the next page.

WE COULDN'T HAVE DONE IT WITHOUT YOU

Thank you for taking part in this important trial. This work would not be possible without the input of the participants, GP practices, and CRN nurses. Together, over the last 10 years, we have:

Recruited &
randomised
1269 people

Followed
participants
for 5 years

Published
findings in
17 papers

Informed
international
guidance on
obesity

WHAT HAPPENS NEXT?

WRAP participants previously consented to us accessing data from their medical records and NHS bodies after the trial ends so that we can learn even more about the long term health impacts of the WRAP interventions. You can find details of the information we collect and how we look after your information in our privacy notice, available on our website:


www.mrc-epid.cam.ac.uk/wrap

If you have any questions we'd be happy to discuss these with you. You can withdraw your consent at any time.

YOU CAN CONTACT US AT...

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WHAT IS THE LONG-TERM IMPACT OF A COMMERCIAL WEIGHT MANAGEMENT PROGRAMME?

The WRAP study (Weight loss Referrals for Adults in Primary Care) examined the effectiveness of a group-based commercial weight management programme – in this case WeightWatchers® (WW) – over different durations. It compared the costs and potential future health benefits of these programmes.

The study

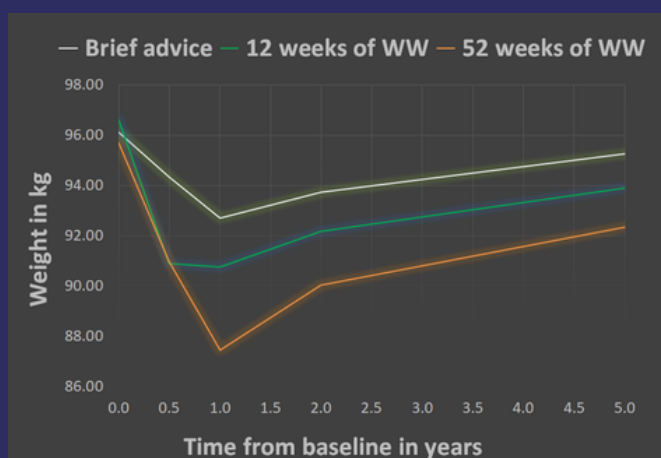
We randomised 1267 adults living with overweight or obesity to three groups.



We followed them for 5 years to measure changes in their weight.

We estimated the effect that this could have on weight-related disease incidence and health care costs over a lifetime.

Changes in weight over 5 years



After 2 years

Those referred to WW lost more weight than those given brief advice. Those given 52 weeks of WW lost more weight than those given 12 weeks of WW.

After 5 years

Some weight loss was maintained, but the difference between groups was no longer statistically significant.

Health and economic implications

Over 5 years, the 12 week programme demonstrated best value for money. However, the full impact on weight related diseases and health care costs are likely to occur later.

Over a lifetime, both programmes are likely to be cost saving.

The 52 week programme is likely to save the NHS more money over a lifetime because of greater reductions in diabetes, heart disease and other weight-related diseases.



Effectiveness and cost-effectiveness of referral to a commercial open group behavioural weight management programme in adults with overweight and obesity: 5-year follow-up of the WRAP trial. Ahern et al 2022. *Lancet Public Health*
[https://doi.org/10.1016/S2468-2667\(22\)00226-2](https://doi.org/10.1016/S2468-2667(22)00226-2)



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