

Feel Great IU!

5% Weight Loss or Maintenance Challenge

Summary Report

Unless otherwise noted, results include only those who completed the 12-week challenge and evaluation survey.

TOTAL POUNDS LOST: 10,031

(includes all who participated, whether or not they completed the Challenge)

DEMOGRAPHICS

Overall, there were a total of **1262 participants** in the Challenge. Their basic information is reported in the table below. The right column shows comparisons to the FSPH survey for similar items.

	Mean/percent	
Age	43.05 years	
Race	FSPH*	
White	85.7%	88.8%
Asian/Pacific Islander	5.3%	3.2%
African American/Black	4.1%	5.6%
Hispanic/Latino	1.9%	2.7%
Other	3.0%	2.4%
Gender		
Female	68%	
Male	32%	
Role within IU		
Professional Staff	39.1%	
Bi-weekly Staff	21.7%	
Spouse of Employee	21.2%	
Faculty or Librarian	17.4%	
Health status	FSPH*	
Excellent	13.1%	12.2%
Very good	50.0%	39.2%
Good	31.6%	37.9%
Fair	4.4%	9.5%
Poor	0.6%	1.2%

*denotes comparisons to the Fairbanks School of Public Health (FSPH) survey 2013-2015 where appropriate

<i>Program (number of participants)</i>	<i>Average total weight loss per participant</i>
Weight Watchers at work (73)	14.2 lbs
Weight Watchers vouchers (85)	12.5 lbs vs national study 12.4 lbs @6mo
DPP (8)	10.4 lbs vs DPP 13.2 lbs /DEPLOY 12.5 lbs @6mo
Group lifestyle coaching (13)	9.9 lbs
No formal program (689)	6.8 lbs
Weight talk (33)	6.8 lbs
Other (61)	6.5 lbs
One on one lifestyle coaching (28)	5.6 lbs

WEIGHT LOSS STATISTICS

Mean weight loss by program for those whose goal was **weight loss** (n=986)

Mean weight loss by campus for those whose goal was **weight loss** (n=986)

<i>Campus (number of participants)</i>	<i>Average total weight loss per participant</i>
East (28)	9.9 lbs
Columbus (28)	9.8 lbs
Southeast (29)	9.2 lbs
Kokomo (27)	8.9 lbs
Northwest (14)	8.4 lbs
IUPUI (420)	7.9 lbs
Bloomington (401)	7.4 lbs
South Bend (38)	7.0 lbs

Regardless of what each participant selected as a weight loss goal entering the challenge, **62%** exceeded their weight loss goal; **10%** achieved it exactly; and **28%** gained weight. 78% of challenge participants reported weight loss as a goal and 22% reported weight maintenance as a goal.

The average weight loss for participants in the challenge who had *weight loss* as a goal was **7.8 lbs** (range from lost 52 lbs to gained 9 lbs). The average weight loss for participants who selected *maintenance* as a goal was **1.9 lbs** (range from lost 29 lbs to gained 11 lbs).

Actionable weight loss: A **5%** reduction in weight leads to a **58%** reduction in risk. Each **2.2 lbs** of weight lost leads to approximately a cumulative **11%** reduction in risk. These

programs effectively reduced the risk for IU employees. The FSPH survey found **64.5%** of IU employees reported a BMI of *overweight* or *obese* status.

CHALLENGE ENGAGEMENT AND ATTITUDES

Participants' attitudes towards their selected **multi-session program** (n=343)

Item	% who agree or strongly agree
Highly engaged in the program	82%
Attended more than 50% of sessions	80%
Program helped achieve weight goal	73%
Program was effective	85%
Resulted in a lifestyle change	81%
Would recommend program to others	92%

Participants' attitudes towards the overall **Feel Great IU Challenge** (n=1257)

Item	% who agree or strongly agree
Would recommend the Challenge to others	93%
Registration was easy	98%
Enjoyed using the tracker	79%

Overall, **62%** of participants reported that their energy level *increased* after the Challenge and **37%** reported a *decrease* in stress level. Less than **1%** reported a decrease in energy and only **9%** reported an increase in stress level.

The average baseline (*out of 5 stars*) reports for **mind, body, and social support** all increased during the 12-week challenge. **Mind** (3.58) increased to 3.89 at week 12. **Body** (3.24) increased to 3.63 at week 12. And perceived **social support** (3.81) increased to 4.02 by the end of the challenge.

65% of participants reported that their co-workers support their efforts to be healthy and **65%** reported that their management considers workplace health and safety to be important. **58%** believe that employees and supervisors work cooperatively to allow participation in positive lifestyle programs. Overall, participants rated Indiana University's level of support of their personal health to be **7.75/10**.

Summary of written feedback:

Open-ended comments about specific programs

Overall, there were themes that were universally endorsed regardless of the program. The major themes throughout were the benefits of tracking/logging food and goal setting. Secondary themes included accountability, group support, and stress management.

We also identified themes specific to each program, broken down below.

DPP

- Benefits of tracking/logging food
- Positive relationship with facilitators

1-1 Lifestyle coaching

- Benefits of tracking/logging food
- Importance of setting and achieving goals
- Importance of total lifestyle wellness independent of weight loss

Group Lifestyle coaching

- Goal setting and achieving
- Benefits of stress management

Weight Talk

- Goal setting and achieving
- Stress management
- Tracking and logging food
- Accountability
- Exercise
- Negative theme: Not personal enough/tailored to individual

Weight Watchers at work

- Tracking and logging food
- Group support
- Accountability
- Education and awareness of food and weight loss
- Empowerment

Weight Watcher vouchers

- Tracking and logging food
- Group support
- Education and knowledge
- Meal options and portion sizes
- Empowerment

When considering the success of the weight watchers programs compared to the other programs, it was apparent that participants in the WW programs indicated more knowledge and awareness of healthy food choices than in the comments from other programs. Those in the coaching groups had positive experiences in areas other than weight loss (i.e. goal setting, stress management). The only program that had a negative theme emerge was weight talk, which multiple participants commented about the lack of personal/tailored content.