



# Weight Watchers

## Spring 2018 Report

### **ABOUT WEIGHT WATCHERS AT INDIANA UNIVERSITY**

Healthy IU has offered a 12-week series of Weight Watchers to full-time employees and their spouses on an IU medical plan in the spring semesters, with the first offering in spring 2016. Past series were offered as part of a university-wide challenge, and spring 2018 was the first independent program offering. Weight Watchers was chosen as an evidence-based weight management program that supports life-long behavior changes. Those that participated in the program were offered a 12-week series of community vouchers (off-site meetings) or at-work meetings for larger campuses. All participants also received 14-week access to Weight Watcher's online e-tools. The goals of offering Weight Watchers were to:

- Create fun and build camaraderie around the common goal of a healthy weight and physical activity, whether you are working toward maintenance or weight loss or moving more throughout your day.
- Find out which educational resources are most desirable and effective to IU employees and their spouses, so that Healthy IU can continue to offer programs that they truly want.
- Gather feedback to learn, grow, and make future offerings even better!



## PARTICIPANTS

**Registered:** 370

**Response rate:** 190 or 51%

### **Gender:**

The majority of participants (94%) are female and 6% are male participants.

### **Role at IU:**

Participants were mostly staff, bi-weekly staff (44%) or professional staff (43%), and lesser number of faculty/librarian (10%), and spouses (3%).

### **Age:**

The majority of participants were in their 50s.

Age Range	n
20s	7
30s	38
40s	41
50s	57
60s	36
70s	1

### **Overall General Health:**

Sixty-five percent (65%) reported their health to be 'Very Good' or 'Excellent' and 35% reported 'Good' or 'Fair' overall health.

### **Primary Campus Location:**

IUB and IUPUI had the highest response rates due to campus size at 42% and 35%, respectively. IUSE had the highest regional response rate at 6%, IUSB, IUK, and IUNW 4%, IUPUC 3%, and IUE 2%.

## OVERALL WEIGHT LOSS RESULTS

(as reported by Weight Watchers)

**Total Weight Lost: 4,437.8 lbs.**



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## PARTICIPATION RATES IN PREVIOUS SESSIONS

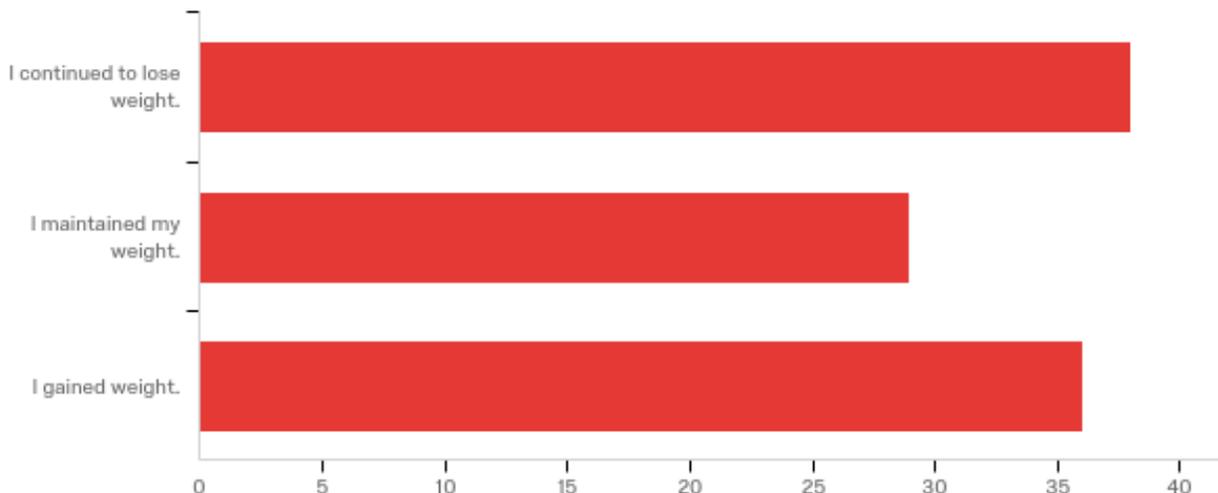
Most (55%) have participated in Weight Watchers through Healthy IU in the previous years. However, a large number of new participants (45%) joined through Healthy IU in spring 2018.



- Yes, I have participated in WW through Healthy IU in previous years.
- No, this was my first time participating in WW through Healthy IU.

## PREVIOUS SUCCESS BETWEEN SESSIONS

The majority of previous participants (65%) were able to maintain or continue to lose weight in between Weight Watchers sessions offered through Healthy IU – both considered success. Although, over 1/3 reported weight gain (35%) in between sessions.





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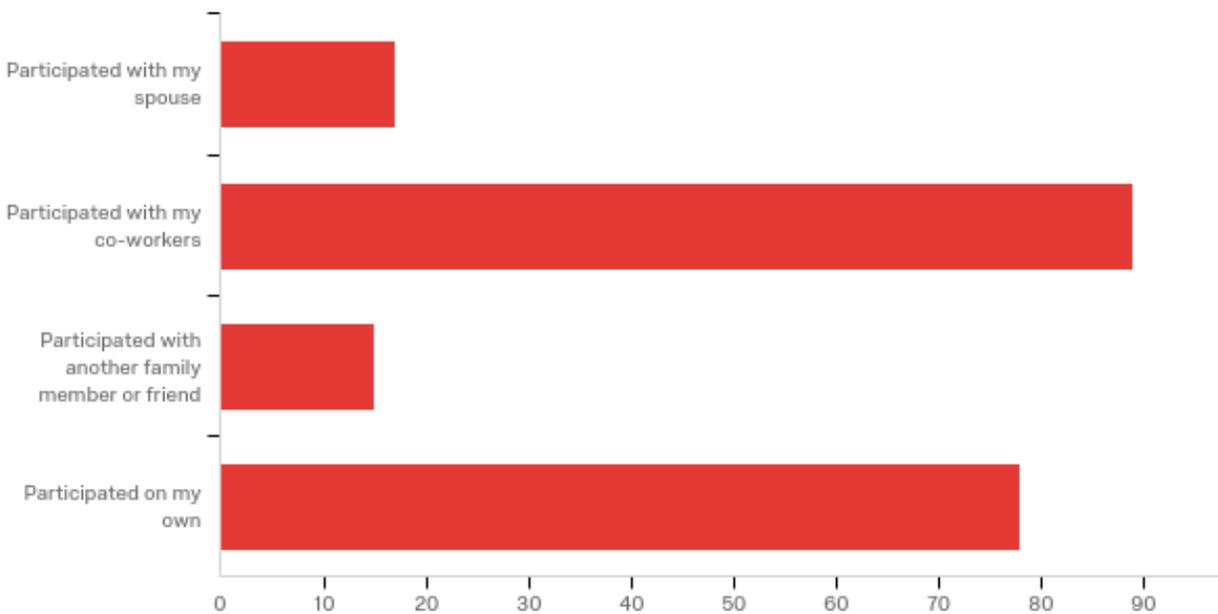
## DELIVERY METHODS

A variety of delivery methods were provided. At-work meetings were at the top, closely followed by community vouchers (off-site meetings). A few chose to just use the online e-tools.

Delivery Method	n
At Work meetings	96
Community vouchers	87
E-tools	4

## PARTICIPATION WITH OTHERS (RIPPLE EFFECT)

Co-workers were the #1 support (45%), while spouses and other family members or friends were similar at 9% and 8%, respectively. Many (39%) participated 'on their own'. The in-person meetings provide a vital support system.



## NEW FREESTYLE MEAL PLAN COMPARED TO PREVIOUS PLAN

The majority of participants (64%) felt the new Freestyle Weight Watchers meal plan was much better or a little better than previous meal plans. Some (24%) felt it was about the same and a smaller number (12%) felt it was a little worse.

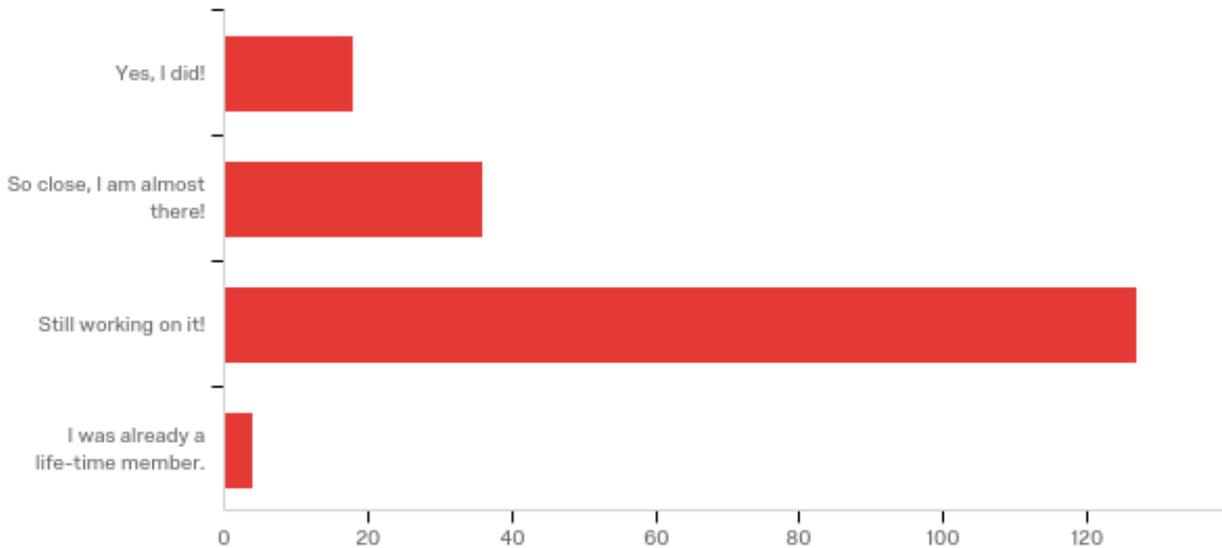




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## GOAL WEIGHT

Participants set a goal weight at the start of 12-week series. Starting weight needs to be considered in the reference to safe weight loss of 1-2 lbs./week and the 12-week timeframe. Those needing to lose 12-25 lbs. may be able to reach goal within the timeframe. Ten percent (10%) were able to meet goal weight, 19% are almost there, and 69% are continuing to work towards goal. A small number (2%) were already life-time members – maintaining goal weight – from previous Weight Watchers sessions. Life-time members are also ‘free’.



## POST-PROGRAM WEIGHT MANAGEMENT PLANS

Participants are encouraged to continue their weight loss/maintenance journey after participating in the Healthy IU’s series. HSA account funds are available to use as reimbursement when coupled with a doctor’s note. Some campuses are continuing their at-work sessions, and the majority plan to continue this method. Almost equal numbers plan to continue community meetings *or* use the online/e-tools option. About 1/3 plan to try things on their own.

Delivery Method	n
At-work (on campus)	58
Community vouchers (off campus)	49
E-tools (online only)	43
Another weight management program	4
On own	33



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## MOST VALUABLE THING LEARNED

There was a wide variety of 'lessons learned', but consistently participants mentioned that they learned how to make positive lifestyle changes. The group support was key for accountability and many enjoyed sharing recipes and tips.



## OVERALL WEIGHT WATCHERS EXPERIENCE

Over 90% made a lifestyle change using this program and 97% would recommend it to others. There were very high outcomes for program engagement, attendance, and effectiveness.

Statement	Strongly Agree or Agree	Neutral	Disagree or Strongly Disagree
I was highly engaged in the program	84%	11%	5%
I attended 50% or more of the weekly sessions	89%	4%	7%
The program helped me achieve my weight goal	63%	27%	10%
I believe this program was effective	92%	7%	1%

## FUTURE INTEREST IN ONLINE-ONLY PROGRAM

Weight Watchers offers an online-only program. One-third (1/3) of employees and spouses said they would be interested in the online-only program; however, the majority (49%) still prefer the in-person meetings, while 18% remain unsure right now.



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## STRESS AND ENERGY LEVELS

Positive trends were reported for increased energy levels (83%) and decreased stress (41%).

Statement	Increased	Same	Decreased
How has your energy level been affected?	83%	15%	2%
How has your stress level been affected?	20%	39%	41%

## WORK UNIT SUPPORT

Over 70% of participants strongly agree or agree that their co-workers support personal efforts to be healthy; management thinks it is important, and flex-time is an option to attend programs.

Statement	Strongly Agree or Agree	Neutral	Disagree or Strongly Disagree
In your unit, your co-workers support your efforts to be healthy	74%	22%	4%
In your unit, management considers workplace health and safety to be important.	72%	26%	2%
In your unit, employees and supervisors work cooperatively so all who choose to participate in positive lifestyle programs may flex their time to attend.	71%	21%	8%

## IU's SUPPORT OF PERSONAL HEALTH

Participants felt IU was supportive of their personal health scoring 8.34 out of 10.

