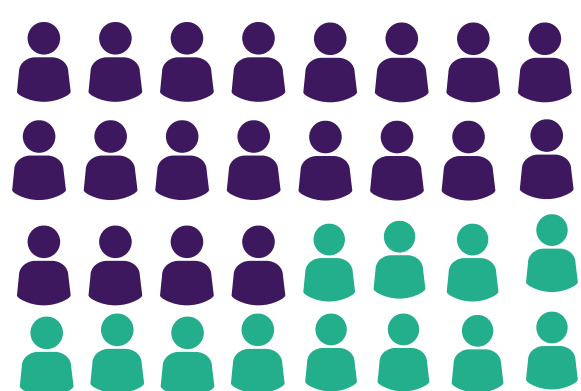


For The Long Haul, Start Small

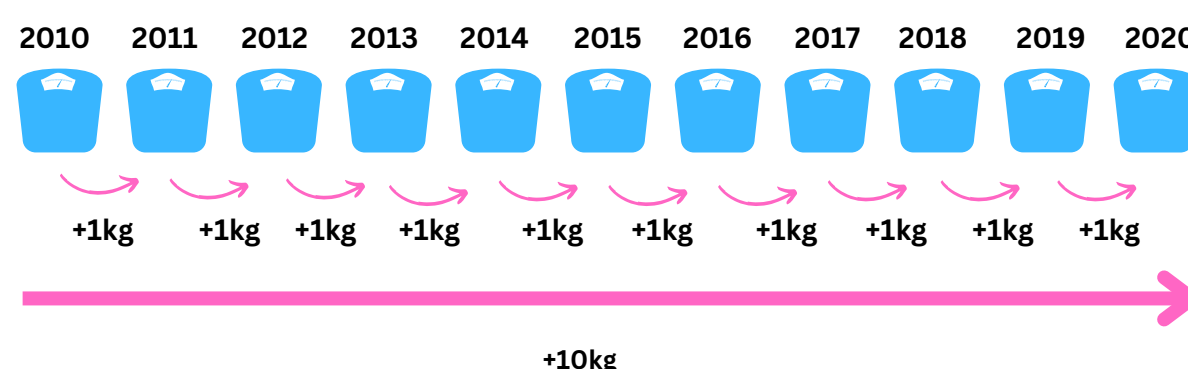
Is a small change approach effective for weight management?

1. What's the problem?



The majority (63%) of the population are living with overweight or obesity

2. What's causing this problem?



The average adult gains 0.5 - 1.0 kg each year - it all adds up over time!

3. What are the impacts of this problem?



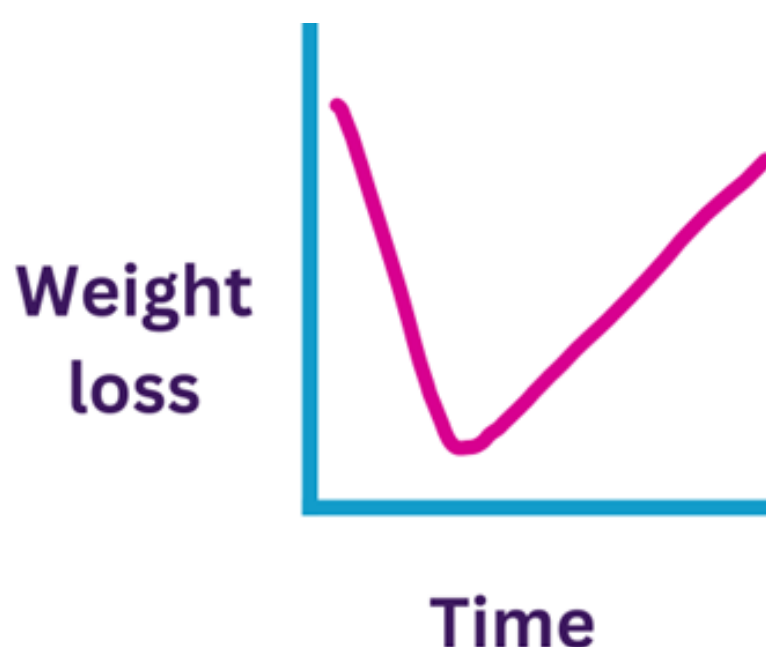
Detrimental impacts to health (e.g., increased risk of 13 types of cancer) and the economy (cost NHS £6.1 billion from 2014 - 2015)

4. What are the current solutions?



Most weight management strategies focus on helping people lose weight

5. Do the current solutions work?



Not really. Most people regain weight loss over time

6. Why don't they work?



Large changes to diet and/or physical activity don't fit into everyday life and are unachievable during low levels of motivation

7. What do we do next?



Use a small change approach: decrease energy intake and/or increase energy expenditure by 100 - 200 kcal/day. Scan the QR for examples of small changes

8. How might a "small change approach" work?



Small changes are easier to fit into everyday life and are achievable during low levels of motivation

9. Does a small change approach work?



Systematic review: people using a small change approach gained 0.7 - 0.9 kg less than those who didn't

References

1. Health matters: obesity and the food environment. Public Health England-Gov.UK Website
2. Williamson DF. Descriptive epidemiology of body weight and weight change in U.S adults. Ann Intern Med. 1993; 119(7_Part_2): 646- 649.
3. Hutfless S, Maruthur NM, Wilson RF, et al. Strategies to prevent weight gain among adults. Rockville (MD): Agency for Healthcare Research and Quality (US); (Comparative Effectiveness Reviews, No. 97.) Executive Summary; 2013.
4. Johns D, Hartmann-Boyce J, Jebb S, et al. Weight regain after behavioural weight management programmes. PH53 Overweight an obese adults-lifestyle weight management: supporting evidence: Review 1c. NICE. 2014.
5. Hill JO. Can a small-changes approach help address the obesity epidemic? A report of the Joint Task Force of the American Society for Nutrition, Institute of Food Technologists, and International Food Information Council. Am J Clin Nutr. 2009; 89(2): 477- 484
6. Graham HE, Madigan CD, Daley AJ. Is a small change approach for weight management effective? A systematic review and meta-analysis of randomized controlled trials. Obesity Reviews. 2022 Feb;23(2):e13357.