

## **A mixed method evaluation of adult tier 2 lifestyle weight management service provision across a county in Northern England**

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**Supplementary Tables:**

Table S1: Summary of the Behaviour Change Techniques (BCT) used across different services

BCT	Localities							
	Service A	Service B	Service C	Service C	Service D	Service D	Service E & F	Service G
1. Provide information about behaviour health link.	Yes*	Yes*	Yes	Yes	Yes	Yes	Yes*	Yes
2. Provide information on consequences.	Yes*	Yes*	Yes	Yes	No	Yes	Yes*	Yes
3. Provide information about others' approval.	No	No	Yes*	Yes	No	No	No	Yes
4. Prompt intention formation.	No	No	No	Yes	No	No	No	Yes
5. Prompt barrier identification.	Yes*	Yes	Yes	Yes*	No	Yes	Yes	Yes
6. Provide general encouragement.	Yes*	Yes*	Yes	Yes	Yes*	Yes*	Yes	Yes
7. Set graded tasks.	Yes	No	Yes	Yes	No	Yes*	No	Yes
8. Provide instruction.	Yes	Yes*	No	Yes*	No	Yes*	Yes	Yes
9. Model or demonstrate the behaviour.	Yes	No	Yes	Yes	No	Yes*	Yes*	Yes
10. Prompt specific goal setting.	Yes	Yes	Yes	Yes	Yes*	Yes*	No	Yes
11. Prompt review of behavioural goals.	Yes	No	Yes*	Yes	No	Yes*	Yes*	Yes
12. Prompt self-monitoring of behaviour.	Yes	No	Yes*	Yes	No	Yes*	Yes*	Yes
13. Provide feedback on performance.	Yes	Yes	Yes*	Yes	No	Yes*	Yes	Yes
14. Provide contingent rewards.	Yes	No	No	No	No	No	Yes	Yes
15. Teach to use prompts or cues.	No	No	No	Yes	No	No	No	Yes
16. Agree on behavioural contract.	Yes	No	Yes*	Yes	No	No	Yes	Yes*
17. Prompt practice.	No	No	No	No	No	No	Yes	Yes
18. Use follow-up prompts.	Yes	No	No	No	No	No	No	Yes
19. Provide opportunities for social comparison.	No	No	Yes*	Yes	No	No	Yes*	Yes
20. Plan social support or social change.	No	No	Yes	No	No	Yes*	No	Yes
21. Prompt identification as a role model.	Yes	No	Yes*	Yes	No	Yes*	No	Yes
22. Prompt self-talk.	No	No	Yes*	Yes*	No	Yes*	No	Yes
23. Relapse prevention.	Yes	No	Yes*	Yes	No	Yes*	No	Yes
24. Stress management	No	No	Yes*	Yes	No	Yes*	No	Yes
25. Motivational interviewing	No	Yes	Yes*	Yes*	Yes*	Yes*	No	Yes
26. Time management	Yes	Yes	Yes*	Yes	No	Yes*	No	Yes

Yes/No indicates whether the respondent felt the BCT was used or not. Responses in grey indicate that either the respondents description of the BCT did not match the formal definition, or the description suggested use of the BCT but this was not reported by the respondent. \* = too little information to confirm whether BCT had been used.

Supplementary Figures:

Table S2: Number of participants with co-morbidities across all districts (no co-morbidity descriptor data was provided for service C and F).

<b>Comorbidity</b>	<b>Service A</b>	<b>Service B</b>	<b>Service D</b>	<b>Service E</b>	<b>Service G</b>
Diabetes	0	78	44	0	51
Heart disease	0	38	7	0	16
Mental health problems	0	23	34	0	26
Muscular skeletal pain	0	48	69	0	41
Other	0	151	47	x	96

Table S3 Proportion of completers without and with a co-morbidity that achieved a 5% and 3% weight loss (data was not available for services, A, E and F).

	<b>Service B</b>		<b>Service C</b>		<b>Service D</b>		<b>Service G</b>		<b>All services</b>	
<b>Co-morbidity</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>
3% weight loss	34.1%	37.9%	38.7%	35.6%	100.0%	68.4%	76.5%	78.0%	<b>57.7%</b>	<b>47.7%</b>
5% weight loss	12.6%	14.3%	18.2%	11.2%	33.3%	42.1%	60.9%	56.7%	<b>39.3%</b>	<b>24.2%</b>

Figure S1: Percentage of ALL clients achieving at least 3% weight loss over 12 weeks, by gender (including 95% confidence intervals)

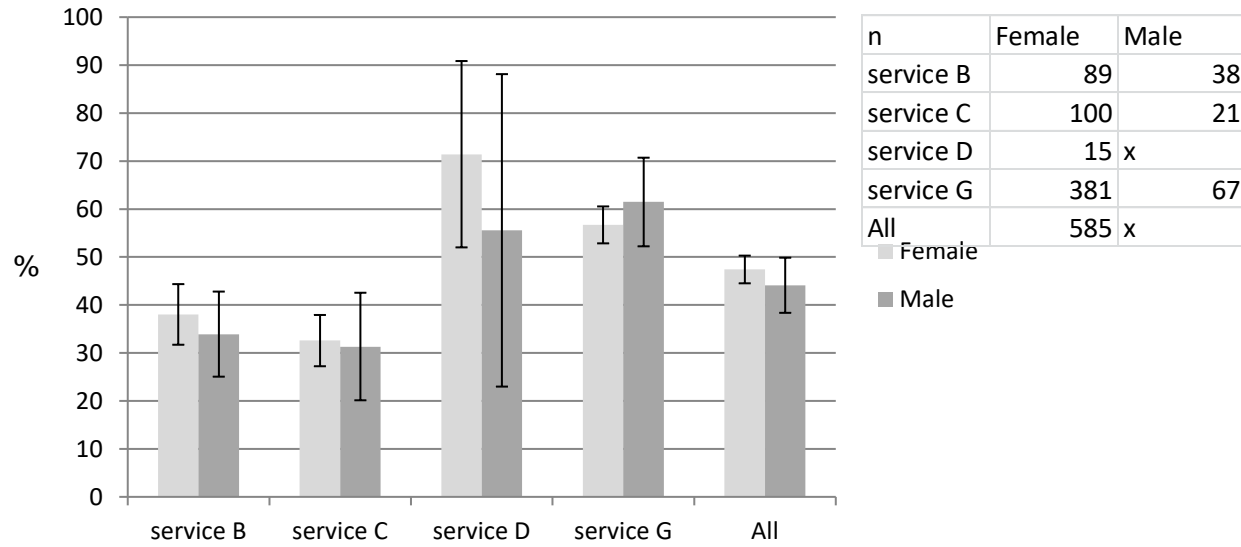
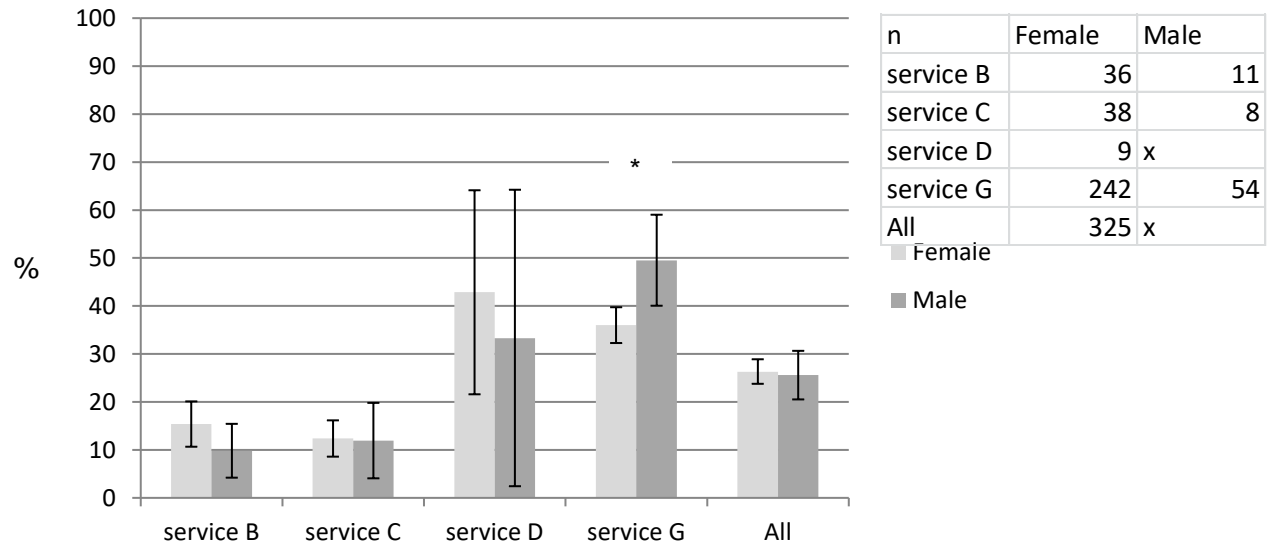
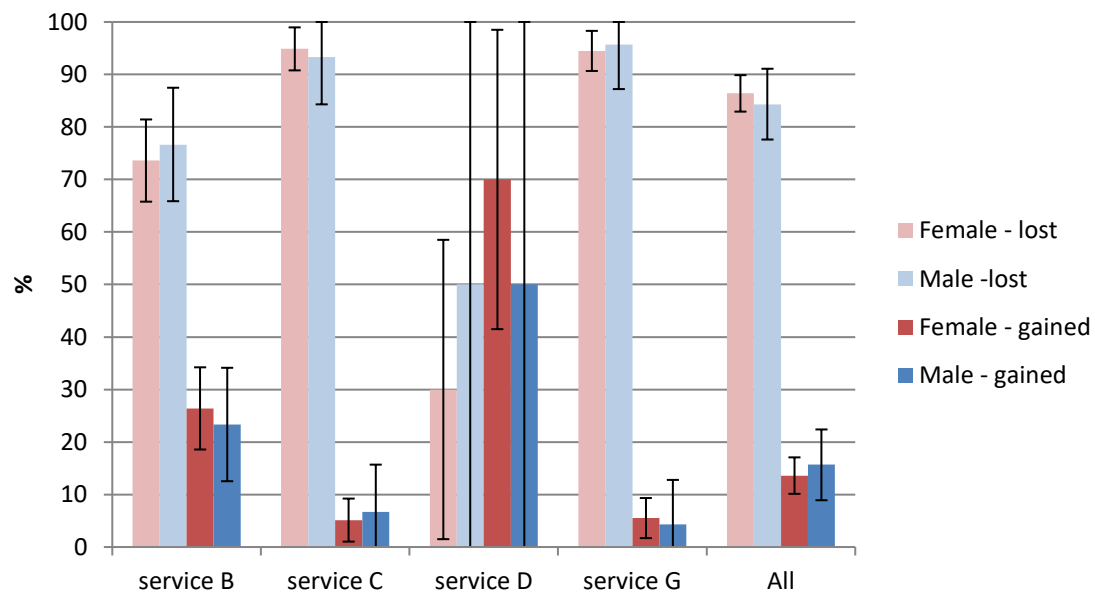


Figure S2: Percentage of ALL clients achieving at least 5% weight loss over 12 weeks, by gender (including 95% confidence intervals)



\* $P=0.007$

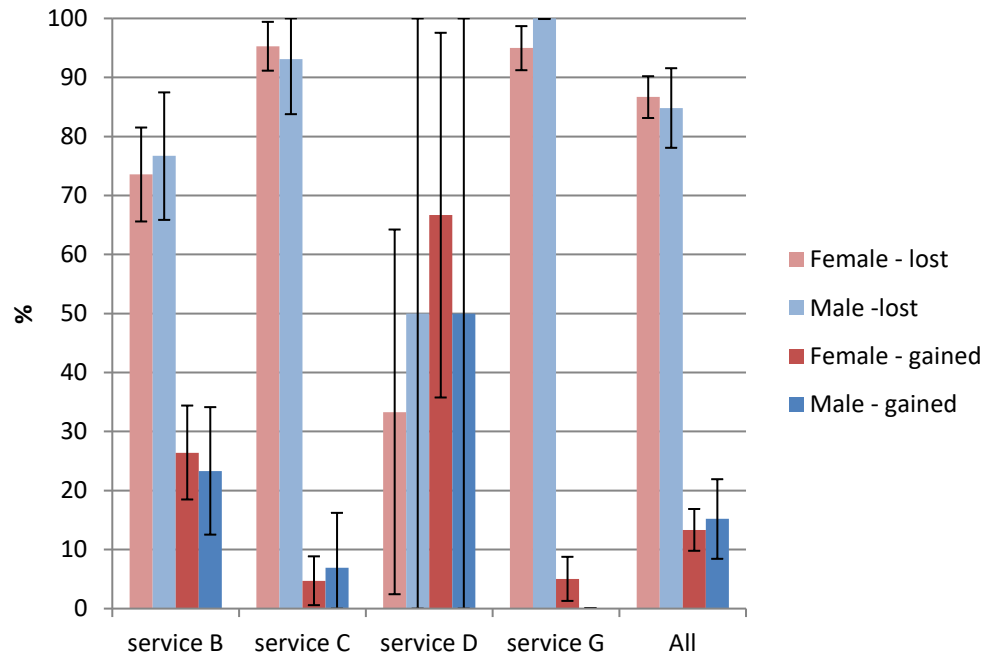
Figure S1A Percentage of ALL clients with valid follow up data who lost and gained weight between 12 weeks and 6 months (including 95% confidence intervals)



n	Female - lost	Male -lost	Female - gained	Male - gained
service B	92	46	33	14
service C	111	28	6 x	
service D	x	x	7 x	
service G	137	22	8 x	
All	x	x	54	18

Please note: in service D the confidence intervals are very wide due to the small number of clients.

Figure S1B Percentage of COMPLETER clients with valid follow up data who lost and gained weight between 12 weeks and 6 months (including 95% confidence intervals)



n	Female - lost	Male -lost	Female - gained	Male - gained
service B	89	46	32	14
service C	101	27	5	x
service D	x	x	6	x
service G	132	21	7	0
All	x	x	50	17

Please note: in service D the confidence intervals are very wide due to the small number of clients.



