

# NoHoW EVIDENCE-BASED ICT TOOLS FOR WEIGHT LOSS MAINTENANCE

research in weight loss maintenance

Health problems associated with obesity are a major healthcare challenge. Effective interventions and successful commercial weight loss programmes to help people lose weight already exist. However, most people re-gain the weight they lose – the real challenge is to maintain weight loss.

Researchers already know that weight loss maintenance (WLM) depends on changing behaviours. There are many techniques available to help people change their behaviour in the long term but we still don't know which of these techniques work best for WLM or why. We also don't know how different social and healthcare contexts influence the effectiveness of different techniques. To better tackle obesity and prevent weight regain, we need to learn more about what behaviour changes to make to best maintain weight loss – this is the main research aim of NoHoW.



## WEIGHT LOSS MAINTENANCE

NoHoW will first carry out a survey to learn about patterns of weight loss, what people do to maintain their weight loss, and where people most often need support in preventing weight regain. The survey will specifically target people who have previously lost weight. The project will collect a wide range of information, including weight loss goals, motivation for weight loss, socioeconomic factors, and demographic information.



## CHANGING BEHAVIOUR

NoHoW researchers will carry out in-depth interviews with people who have lost weight and are working to maintain their weight loss, looking at how they manage their daily activity and food intake, emotions/emotional eating and stress. Based on the results of these interviews, we will identify when support is needed and propose the type of support that will work best to help people make lasting changes to behaviours that impact on their long-term WLM. We will test the impact of these supports during the project.



## NoHoW TOOLKIT

Information technology offers attractive tools for delivering interventions that would otherwise be delivered through resource-intensive face-to-face therapies. NoHoW researchers will create the NoHoW Toolkit based on what we learn about WLM during the project, as well as what we already know about using technology to successfully change behaviours. The Toolkit will include a set of mobile apps, web-based tools and inputs from other technologies, such as smart scales and activity trackers. We'll also learn what our potential users would like to see included and how they would like to interact with the Toolkit.



## EVIDENCE IT WORKS

Once we've put the NoHoW Toolkit together, we'll test it through a randomised intervention carried out in centres in the United Kingdom, Portugal and Denmark. We'll recruit overweight/obese men and women who have successfully lost more 5% of their body weight in the last six months. Participants will be divided up into four different intervention groups and given different levels of support, including motivation and goal setting, emotion regulation, and stress management through the ToolKit, or none at all. Everyone will be asked to weigh themselves regularly. We'll learn if and how the Toolkit works by comparing measurements from the different groups.

## The NoHoW Team



Find us online at [www.nohow.eu](http://www.nohow.eu) and follow [NoHoWH2020](#) on Twitter



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