



**Lay summary: Prevalence and predictors of weight loss maintenance: a retrospective population-based survey of European adults with overweight and obesity**

**Reference:** Evans, E.H. et al. (2019). Prevalence and predictors of weight loss maintenance: a retrospective population-based survey of European adults with overweight and obesity. *Journal of Human Nutrition and Dietetics* DOI: 10.1111/jhn.12666.

**Why is this study important?** More and more people around the world are trying to lose weight but we don't know much about whether people who have lost weight manage to keep it off over time. This lack of knowledge makes it difficult to know what approaches to weight loss are most successful for long term weight maintenance.

**What did we do?** In this study, we were interested in learning about people's recent weight loss attempts. We conducted an online survey of 2,000 people in the UK, Denmark and Portugal and asked them about weight loss and regain in their most recent weight loss attempt. For example, we asked: how often did they weigh themselves, what strategies did they use to lose weight, and what did they do if they started to regain weight? Using their responses, we determined factors that were associated with reports of successful weight loss maintenance in the recent past.

**What did we find?** On average, people in the survey had lost 9% of their body weight in their weight loss attempt. 23% had maintained a clinically important weight loss for at least a month. We found that people who used more strategies to manage their diet, avoided temporary lapses and didn't usually lose control eating or binge eat did better at maintaining their weight loss.

**What does it mean?** The methods people use to lose weight do not seem to impact on how well they are able to keep the weight off. Weight loss maintenance is more successful when people use a range of strategies to explicitly avoid regain, including controlling their diet. This is particularly important when people experience a lapse or weight regain. It is also important to manage uncontrolled or binge eating for weight loss maintenance to be successful.