

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. 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 weight loss maintenance (WLM) or why. To better tackle obesity and prevent weight regain, NoHoW learned more about behaviour changes that help people to maintain their weight loss in the long run, develop a Toolkit for WLM, and test the Toolkit in a large trial in the UK, Denmark and Portugal.



### WEIGHT LOSS MAINTENANCE

NoHoW has carried out a large, online survey in the UK, Denmark and Portugal 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. We collected data from people who had previously lost weight, including information about weight loss goals, motivation for weight loss, socioeconomic factors, and demographics. The findings of the survey have informed development of the NoHoW Toolkit and design of the NoHoW trial.



### CHANGING BEHAVIOUR

NoHoW researchers in the UK, Denmark and Portugal interviewed people who had successfully lost weight and were working to maintain their weight loss. The interviews examined in-depth how these people manage their daily activity and food intake, emotions/emotional eating and stress. The results of these interviews have been used to identify when and what type of WLM support is needed. Supports have been included in the NoHoW Toolkit to help people make lasting changes to behaviours that impact on their long-term WLM.



### NoHoW TOOLKIT

Information technology offers attractive tools for delivering interventions that would otherwise be delivered through resource-intensive face-to-face therapies. NoHoW researchers developed the NoHoW Toolkit based on what we learned about WLM during the project, as well as what we already know about using technology to successfully change behaviours. Content was developed to support motivation, self-regulation and emotional regulation. The Toolkit gave users access to their own data from smart scales and activity trackers. We interviewed target users to see what they thought about the Toolkit and how they thought it could be improved.



### EVIDENCE IT WORKS

The NoHoW Toolkit was tested in the UK, Denmark and Portugal. We recruited over 1,600 overweight/obese men and women who had successfully lost more than 5% of their body weight. Participants were assigned to one of four groups and given different types of support through the Toolkit. They were also asked to weigh themselves regularly and wear activity trackers. The trial of the NoHoW Toolkit has helped reveal some of the true complexity of long-term weight management. The results will help us understand how individually tailored advice incorporating physiological and behavioural factors could be used to support WLM in future. The main results from the NoHoW trial are currently being prepared for publication.

### The NoHoW Team



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



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