

# CVD Risk Reduction in Men Under 40 Years

## Focus on weight loss



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### Aim

Deliver a group based psychological intervention and ongoing coaching via WhatsApp for males under the age of 40 with a BMI greater than 40 kg/m<sup>2</sup>, with the aim of losing at least 2 kg of weight in a month.

### Method

- Potential participants identified via search on EMIS – text message sent to invite them to participate.
- The program consisted of a group session and an interactive WhatsApp group.
- Google forms were used to collect qualitative data before and 1 month post the start of the program.

### Summary of Results

73 patients were invited to take part in the program, 10 people responded to the invite and 7 people attended. 71.4% of participants believe there has been an improvement in their health since starting the program, and the same percentage also said that they lost weight. Weight loss varied from 2kg to 4kg over a period of a month. Most participants found the program beneficial – describing it as ‘brilliant’, ‘great’ and ‘helpful’.

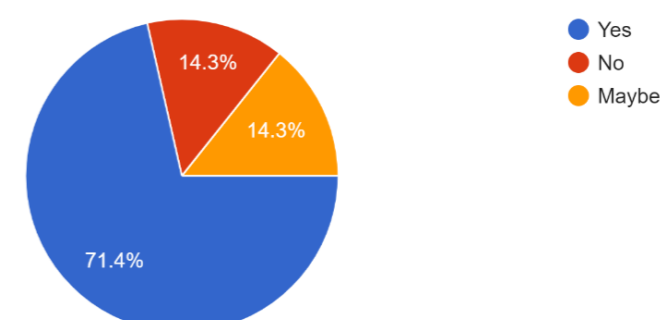
### Sustaining the Change

This was a trial of the program that I want to run as an ongoing project. 6 participants have stated they want to continue the program. Using their valuable feedback, I want to develop the program further. Once I can show sustained results, I will then seek further resources and support via the Integrated Care Board, British Heart Foundation etc. One idea is to have participants become advocates and lead groups themselves.

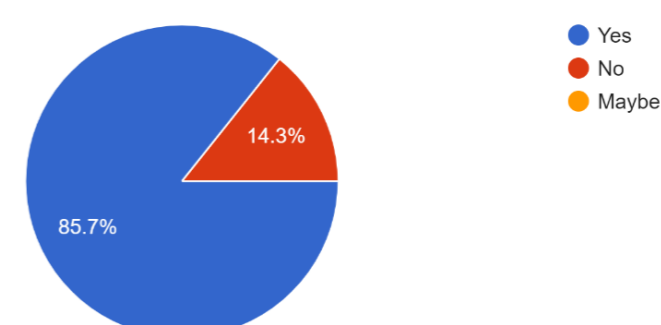
### Learnings

- Most of the participants managed to lose weight successfully.
- It is still difficult to ‘motivate’ potential participants to join the program.
- The program and what it entailed should have been better explained to participants.
- This is a program that is still in its infancy, will require further iterations of development.

Do you feel like there has been an improvement in your health after starting the programme?  
7 responses



Do you feel like you can continue improving your health further by continuing with the programme?  
7 responses



### Patient feedback

Amazing, nice to see what others going through the same thing are doing day to day. This chat helped me gain confidence in my food choices.

### Patient feedback

Brilliant, we can share our meals with the doctor and he can give his views on it.

### Contact Details

- @UCLPartners
- @UCLPartners
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- uclpartners.com



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