



# Weight management programme is worth its (lost) weight in gold

## INTRODUCTION

The obesity epidemic in the developed world has caught up with North Sea offshore workers with the average weight increased by **25kgs in the last 50 years**.

The two major lifestyle factors associated with the increase in obesity are **physical inactivity and poor diet**.

Increasingly, employers are becoming more aware of their duty of care for employees' physical and emotional wellbeing. For offshore workers, a new weight limit is being tabled by industry bodies because of the safety implications. In an offshore setting, weight can directly impact lifeboat and helicopter capacity, so it's an area that needs to be proactively addressed.

## THE CHALLENGE

Our client was looking for a programme to deliver an effective weight management programme for offshore workers. It needed to be tailored to individual needs, sustainable and cost effective. It also needed to re-educate participants about the benefits of healthy eating and exercise leading to better lifestyle choices and personal achievements.

## OUR SOLUTION

We created a 6-week weight management programme based on our many years of nutrition, health and fitness expertise in the energy industry. For the volunteers who signed up, the programme included weekly private, online consultations with our certified Nutritionist or Dietitian who provided structured support and advice throughout the programme.

Participants measured their weight, waist and hip measurements at the start and finish of the programme. Instructional videos were created to ensure accurate measurements were taken.

**To keep participants engaged in making improvements to their health, weekly consultations were structured around the following topics:**

- How to keep a food and drinks diary, making S.M.A.R.T. goals, food labels, exercise and portion guide.
- The importance of a healthy balanced breakfast, including breakfast ideas, getting organised and nutritional content.
- How to select a healthy balanced lunch, hydration and alcohol.
- How to make your dinner healthy, cooking methods, snacking while cooking, portion size, eating slowly and tips for eating out at restaurants.
- 'Snack attack' - what foods to snack on, what foods to avoid, planning snacks, hunger vs. cravings, healthy food and drink swaps.
- A review of all the positive changes that have been achieved over the programme and how to maintain this healthy lifestyle.

## THE RESULTS

**The weight management programme was first piloted onshore for 10 weeks and then offered to offshore workers for 6 weeks to fit with rotation.**

**Of the initial group of offshore participants:**

- 100% completed the 6-week programme
- Participant age range: 46-62
- Gender split: 80% male, 20% female
- Average starting weight was 108.26kgs, average after 6 weeks 103.14kgs.
- The biggest individual weight loss was recorded at 6.2kg, with the average being 5.12 kg.
- The recommendation for safe weight loss is 1 to 2 pounds (0.5 to 1 kilogram) per week.
- Average waist reduction: 6.25cm
- Average hips reduction: 4cm

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*"This has been fantastic, I never thought I'd get my weight below 100kg and I am nearly there. Never eaten so much fruit and veg. Definitely changed my habits and opened my eyes to what I am eating."*

*"This is great, my wife has commented on how much more energy I have and I have noticed a huge difference in my measurements, more than I expected for how much weight I had dropped. We are a pretty closeknit family and everyone in the family is on board with this so we are all doing it together."*

*"I have learned some good practices to continue a healthier lifestyle. The handouts contain good simple information to assist in achieving goals."*

*"Loads of good info. Relaxed and easy-going meetings, there was none of this 'you must eat this' and 'you can't do that' which makes for a better programme"*

*"I used to be an XXL but now fitting into a XL. When I am out walking I no longer get pains in my calf muscles, so don't have to stop and rest anymore."*

*"My knee is no longer hurting me, I feel great and have way more energy."*

*"I still have a long way to go and am making changes slowly. I've cut down on my alcohol consumption, introduced alcohol free to help. I still need to work at it but am enjoying eating more veg and have definitely learnt a lot about what I should be eating."*

*"I can't believe how much I can eat when I load up my plate with veg, it's great and it's working wonders for controlling my diabetes. My wife is delighted too as she's also losing weight."*

## Survey results: 100% completion rate

Feedback	Would you recommend the programme?	Rating
Overall, how satisfied are you with the 6 week weight management programme	4.67 stars out of 5	
How helpful were the weekly links for improving your habits to support your weight management journey	Very helpful	100%
How likely are you to continue implementing the habits you have adopted during the programme	Likely	100%
Was the information provided each week clear and easy to understand	Yes	100%
Did the pace of the programme feel appropriate for building sustainable habits	Yes	66.67%
Have you noticed any physical or mental health benefits from following the programme	Physical benefits	33.33%
	Both physical and mental health benefits	66.67%
How would you rate the level of support provided during the programme (check-ins, resources, guidance, accountability)	Excellent	100%
Are you happy with the progress you have made in the 6 weeks	Yes	100%
On a scale of 1-10, how confident are you in maintaining the progress you have made during the programme	10	100%
Would you recommend this programme to others looking to manage their weight	Yes	100%

### FIND OUT MORE

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