



X-PERT Weight & Wellbeing 2024 Audit Report

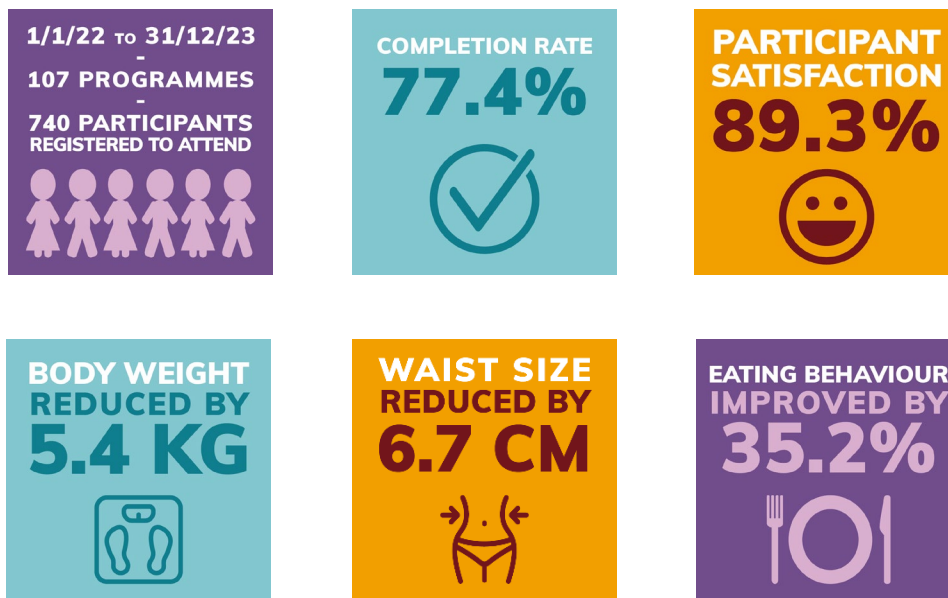
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Key points

- Attendance of the X-PERT Weight and Wellbeing programme continues to lead to significant improvements in body weight management.
- Body weight was reduced by an average of 4.2kg at 3 months, 5.4kg at 6 months, and 6.3kg at 12 months*. BMI was also reduced at all time points.
- Mean body weight reduction was greater than 5% at 6 months and 12 months.
- 33.8% of participants at 3 months, 49.3% at 6 months, and 60.6% at 12 months lost more than 5% of their body weight*.
- Mean waist circumference reduction was 6.7cm at both 3 months and 6 months, and 8.0cm at 12 months*.
- Eating behaviour score, as assessed using a validated questionnaire, was improved by 35.2%. This may help participants to maintain the health and wellbeing benefits they have seen.



[Health results in infographics based on 6-month data]

** Results at different time points are NOT necessarily based on the same participants, so results at different time points are NOT directly comparable.*

Introduction

A significant number of people in the UK struggle to manage their weight and/or general health, leading to an increased risk of long-term health problems, as well as having a negative effect on quality of life and physical and mental wellbeing. Education programmes can provide a vital role in addressing these issues, by helping people develop the knowledge, understanding and confidence needed to help them manage their own health.

X-PERT Health is a registered charity that has provided education to over 500,000 people. Our mission is to enable all people at risk of, or diagnosed with, long-term conditions to receive good quality education that helps them self-manage their condition, leading to improved health and wellbeing. X-PERT Weight & Wellbeing is based on the principles of the X-PERT Diabetes Programme, which has been shown to be effective in a clinical trial¹ and through routine implementation²⁻⁴.

National Institute of Health and Care Excellence (NICE) weight management guidelines recommend that the outcomes of weight management programmes are monitored and evaluated⁵. In line with this recommendation, and through an ongoing commitment to providing effective and evidence-based resources and programmes, outcomes from the X-PERT Weight & Wellbeing programme are audited annually. The summary reports of these audits are freely available from www.xperthealth.org.uk/articles-and-evidence/evidence-base/ (*N.B. in previous years outcomes from all X-PERT programmes have been included within a single document; this is the first year that the X-PERT Weight & Wellbeing results have been presented in a separate report*).

In addition to auditing overall impact, awards are given to the top performing organisations (and individuals) that are delivering X-PERT programmes. This provides an opportunity to acknowledge and celebrate the significant success many of these centres have in helping to address the needs of their populations.

The current report presents key results, and X-PERT Award winners, from programmes delivered between 1st January 2022 and 31st December 2023.

Methods

The current report is an audit of data from participants who attended an X-PERT Weight & Wellbeing Programme between 1st January 2022 and 31st December 2023.

Baseline and post-programme data are entered into a secure database by authorised users at organisations licenced to deliver X-PERT programmes. Data are collected as part of routine care, so additional ethical approval is not required. Participants are informed that their data are recorded for the purpose of audit and can opt out at any stage.

Data are collected for attendance, completion, and participant satisfaction. Completion for X-PERT Weight & Wellbeing is defined as attending at least eight of the 12 sessions.

Participant satisfaction is assessed using an eight-point questionnaire specifically developed for X-PERT Programmes, scored as a percentage (where 100% is the highest satisfaction score).

Participant eating behaviour is recorded at baseline and at the end of the programme using a five-item questionnaire based on the work of Bruce and Wilfley⁶.

Demographic data are recorded, including for age, gender, and ethnicity.

Anthropometric results are recorded at baseline and at various post-programme time points. This includes height, body weight, body mass index (BMI), and waist circumference (WC). Changes at 3, 6 and 12 months are presented in the current report.

The X-PERT Weight & Wellbeing Award

The X-PERT Weight & Wellbeing award is given to the best performing organisation overall. This award considers implementation (attendance, completion and participant satisfaction scores), eating behaviour change, and anthropometric changes (body weight, BMI and WC) after 3 months. The number of participants for whom relevant data are available is also considered.

The X-PERT Weight & Wellbeing Best Educator Award

For the first time in 2024, a best educator award specific to delivery of the X-PERT Weight & Wellbeing Programme is being given out. This award is based on nominations from participants and/or colleagues of individuals delivering the X-PERT Weight and Wellbeing Programme. The winner is based predominantly on the content of the relevant submissions, though audit data are used to support decisions where necessary.

Results and Discussion

Programme Level Data

Data for the X-PERT Weight & Wellbeing Programme during this audit period are presented in Table 1.

There were 107 programmes run, with 740 people registered to attend one. Attendance rates (88.9%), completion rates (77.4%), and the mean evaluation score (89.3%) were all good.

Participants who attended the X-PERT Weight and Wellbeing programme also had a significantly improved mean eating behaviour score at the end of the programme compared to at baseline (-35.2%). This suggests attendance of the programme may lead to benefits beyond direct markers of body weight management, which should support long-term maintenance of both the new lifestyle changes and the positive physical effects that have been observed as a result of them.

Table 1. Programme level data for the X-PERT Weight & Wellbeing Programme

Programmes	107
Participants registered to attend	740
Participants who attended a programme	658 (88.9% of those registered)
Participants who completed a programme	509 (77.4% of attendees)
Mean evaluation score	89.3%
Mean eating behaviour score change	-35.2%*

* A negative score denotes an improvement

Participant characteristics

Table 2 summarises characteristics of individuals registered to attend an X-PERT Weight & Wellbeing Programme in the current audit period. The mean age of participants was 54 years, and the majority of participants (69.4%) were aged between 45 and 74 years. Most of the participants were female (81.0%) and white (95.0%); this is a common finding with weight management programmes, albeit an imbalance that would ideally be improved in order to provide better support to men and people from minority ethnic groups.

Table 2. Characteristics of participants registered to attend the X-PERT Weight & Wellbeing Programme

		Number (percentage)
Age (n = 685) Mean: 54 years (SD = 14)	Less than 25 years	6 (0.9%)
	25 - 34 years	57 (8.3%)
	35 - 44 years	92 (13.4%)
	45 - 54 years	135 (19.7%)
	55 - 64 years	206 (30.1%)
	65 - 74 years	134 (19.6%)
	75 - 84 years	53 (7.7%)
	85 years and above	2 (0.3%)
Gender (n = 642)	Male	122 (19.0%)
	Female	520 (81.0%)
	Other	0 (0.0%)
Ethnicity (n = 520)	White	494 (95.0%)
	Black	3 (0.6%)
	Asian	19 (3.7%)
	Chinese	0 (0.0%)
	Mixed	2 (0.4%)
	Other	2 (0.4%)

Anthropometric results

A summary of anthropometric results at 3, 6 and 12 months can be found in Table 3, Table 4 and Table 5, respectively. It is important to note that results at different time points are not directly comparable, as they are not necessarily based on the same participants. This is also why the baseline values are different for the data presented for any given variable at different time points.

At both 6 and 12 months, mean weight loss exceeded 5% of baseline body weight, a target often used by/for weight management services. Although mean weight loss had not reached this 5% target at 3-months, 33.8% of participants with available data (166/490) *had* lost more than 5% of their body weight at this time point. For 6 months and 12 months the proportion of participants who had achieved this was 49.3% (34/69) and 60.6% (20/33) respectively. Waist circumference results were excellent, with a clinically meaningful reduction of 6.7cm at both 3 and 6 months, and of 8.0cm at 12 months. These data suggest that attendance of the programme leads to meaningful weight loss.

Table 3. Health results for participants of the X-PERT Weight and Wellbeing Programme at 3 months

	Baseline (mean ± SD)	3 months (mean ± SD)	Difference (mean ± 95%CI)
Body Weight (kg) [n = 490]	104.1 ± 21.9	99.9 ± 21.6	-4.2 (-4.5 to -3.9)
Body Weight (%) [n = 490]	-	-	-4.0 (-4.3 to -3.7)
Body Mass Index (kg/m ²) [n = 482]	37.9 ± 6.6	36.4 ± 6.6	-1.5 (-1.6 to -1.4)
Waist Circumference (cm) [n = 476]	117.3 ± 15.9	110.6 ± 16.3	-6.7 (-6.9 to -6.5)

Table 4. Health results for participants of the X-PERT Weight and Wellbeing Programme at 6 months

	Baseline (mean ± SD)	6 months (mean ± SD)	Difference (mean ± 95%CI)
Body Weight (kg) [n = 69]	100.7 ± 25.7	95.3 ± 26.9	-5.4 (-6.3 to -4.5)
Body Weight (%) [n = 69]	-	-	-5.4 (-6.3 to -4.5)
Body Mass Index (kg/m ²) [n = 69]	36.5 ± 7.9	34.5 ± 8.4	-2.0 (-2.5 to -1.5)
Waist Circumference (cm) [n = 67]	111.5 ± 16.2	104.8 ± 18.0	-6.7 (-7.3 to -6.2)

Table 5. Health results for participants of the X-PERT Weight and Wellbeing Programme at 12 months

	Baseline (mean ± SD)	12 months (mean ± SD)	Difference (mean ± 95%CI)
Body Weight (kg) [n = 33]	88.5 ± 17.1	82.2 ± 16.9	-6.3 (-7.2 to -5.4)
Body Weight (%) [n = 33]	-	-	-7.1 (-8.1 to -5.1)
Body Mass Index (kg/m ²) [n = 32]	33.1 ± 6.2	30.7 ± 6.3	-2.4 (-2.9 to -1.9)
Waist Circumference (cm) [n = 33]	101.0 ± 10.6	93.0 ± 13.6	-8.0 (-8.7 to -7.3)

2024 Audit Award winners

The winners of the 2024 X-PERT Weight & Wellbeing Audit Awards are listed below, with a brief overview of how the winners were decided.

- **The X-PERT Weight & Wellbeing Award**

1st: Stoke-on-Trent City Council

2nd: HCRG Care Group – Bath & NE Somerset

3rd: Arc PCN

Commendation: Aylesbury Central PCN

The winner of the 2024 X-PERT Weight & Wellbeing award, for the top performing organisation amongst those delivering this programme, is Stoke-on-Trent City Council; who also won this award in 2023, demonstrating continued excellence. They were amongst the best performers for all implementation metrics, including running the most programmes and having the highest number and percentage of participants who completed a programme. They also had the biggest weight loss, biggest reduction in BMI, and the second biggest reduction in waist circumference at 3 months. Importantly, the number of people these results were based on was significantly higher than for all other organisations. On balance, they are well deserved winners of this award.

HCRG Care Group – Bath & NE Somerset were placed third for this award in 2023, so have finished one placed higher this year, and have also shown continued excellence through their delivery of the programme. As with Stoke-on-Trent City Council, they were amongst the best performers for all implementation metrics, as well as achieving good improvements across all anthropometric markers. Their results, and the number of participants they were based on, were just behind this year's winner however.

Arc PCN and Aylesbury Central PCN are both new organisations to the delivery of X-PERT Weight and Wellbeing during the current audit period, and have both achieved some very promising early results. In particular, Arc PCN excelled for waist size reduction, and Aylesbury had the biggest improvement in eating behaviour score of all organisations. Both centres are therefore well worthy of recognition during this year's awards, With Arc PCN just beating Aylesbury Central PCN to third place.

- **The X-PERT Weight & Wellbeing Best Educator Award**

Winners: Lizzy Gray and Sushma Garg (Arc PCN)

The first winner of this award is a joint winner, with first place being shared between Lizzy Gray and Sushma Garg, both of Arc PCN. Lizzy and Sushma were commended on how they rose to the challenge of delivering a programme that was new to their organisation, with a mode of delivery that was new to them. Their nomination included excellent feedback from both co-workers and participants, whilst available audit data shows excellent evaluation scores and improvements in eating behaviour score, as well as good evidence of improvements in weight and waist size.

Congratulations to all of the winners, and thank you to all individuals and organisations involved in the delivery of X-PERT Weight & Wellbeing programmes. Your hard work and dedication is helping a significant number of people to take control of their health and wellbeing. The results presented in this report only tell a small part of the story of the impact you are having on people's lives through supporting them to achieve their weight and wellbeing-related goals.

Strengths and limitations

Audits of the real-world implementation of education programmes (and other interventions) are, by nature, pragmatic processes that have notable strengths, but also important limitations. The primary strength is the ability to analyse relatively large amounts of data that are collected during routine practice. That data are collected through routine practice also means the outcomes are, arguably, a better reflection of the interventions' effectiveness in the real world than tightly controlled (and thus somewhat artificial) trials are.

Another strength of the X-PERT Audit is that only matched data are used, i.e., for each health marker, participants are only included in analyses if they have baseline *and* follow-up data available. This is in contrast to the audit methods used by some other organisations, where *all* data available at baseline and *all* data available post-programme are used, irrelevant of whether the data are from the same participants at each time point. The X-PERT Audit is therefore a better representation of whether there have actually been changes in relevant health markers than some other audits are.

Important limitations of audits of this nature include a reliance on incomplete and imperfect data collection and entry. For any given variable, the number of participants for whom there is "missing" data is significantly greater than would be the case for a high-quality trial. This risks introducing bias to the outcomes; for example, it is possible that data are more likely to be entered for participants who complete a programme, who may be more likely to have benefitted from attending than those who do not complete one.

The rigour of data collection is also lower than would be expected for a trial. This is particularly important for measures such as waist circumference, for which the results can be heavily influenced by measurement technique. Some of the data may also be self-reported. Although this is common practice in a real-world audit, it again increases the risk of bias and of lower quality data being included in analyses.

Conclusions

Attendance of the X-PERT Weight & Wellbeing Programme leads to meaningful weight loss and significant reductions in waist circumference after 3, 6 and 12 months. Eating behaviour score, as assessed by a validated questionnaire, is also notably improved, which may help participants to maintain any benefits they have seen long-term.

References

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