X-PERT Weight & Wellbeing 2025 Audit Report

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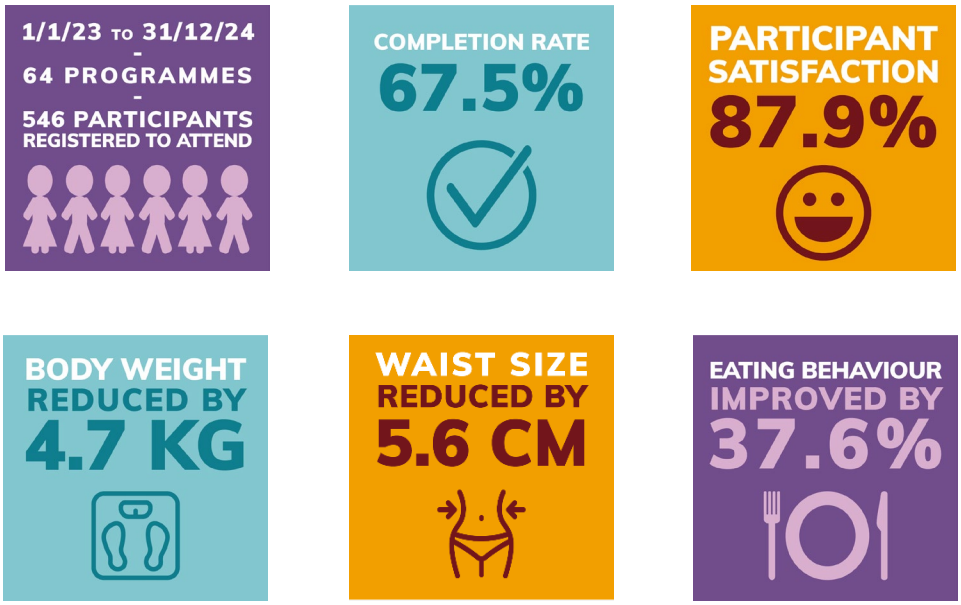
Key points

- Attendance of the X-PERT Weight and Wellbeing programme continues to lead to improvements in body weight management.
- Body weight was reduced by an average of 3.7kg at 3 months, 4.7kg at 6 months, and 4.5kg at 12 months*.
- 31.8% of participants at 3 months, 39.0% at 6 months, and 52.9% at 12 months lost more than 5% of their body weight*.
- Mean waist circumference reduction was 5.4cm at 3 months, 5.6cm at 6 months, and 6.6cm at 12 months*.
- Eating behaviour score, as assessed using a validated questionnaire, was improved by 37.6%. Improvements in eating behaviour may help participants to maintain any health and wellbeing benefits they have seen through attending a programme.



[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 United Kingdom struggle to manage their body weight and/or general health. This increases the risk of long-term health problems, as well as negatively affecting quality of life and mental and physical wellbeing. Education programmes can play an important part in addressing these issues, by helping people develop the knowledge, skills 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 with (or at risk of) 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 trial[1] and through routine implementation[2-4].

National Institute of Health and Care Excellence (NICE) weight management guidelines recommend that the outcomes of weight management programmes are monitored and evaluated[5]. In line with this recommendation, and through an ongoing commitment to providing effective and evidence-based programmes, outcomes from the X-PERT Weight & Wellbeing programme are audited annually. Reports outlining the key outcomes from these audits can be accessed on the X-PERT health website, at www.xperthealth.org.uk/articles-and-evidence/evidence-base/*.

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.

* Please note, prior to 2024 outcomes from all X-PERT programmes were included within a single document, rather than the X-PERT Weight & Wellbeing results being presented in a separate report.

Methods

The current report is an audit of data from participants who attended an X-PERT Weight & Wellbeing Programme between 1st January 2023 and 31st December 2024.

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.

Age, gender, and ethnicity is recorded for individuals registered to attend a programme. Data are then 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. This is 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 Wilfley[6].

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.

In addition to the audit of key outcomes, awards are given in the following categories:

- *The X-PERT Weight & Wellbeing Award*

  This award is given to the best performing organisation overall. Implementation data (i.e., attendance, completion and participant satisfaction scores), eating behaviour change, and anthropometric changes (body weight, BMI and WC) are all considered when selecting a winner. The number of participants for whom relevant data are available is also taken into account.

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

  This award recognises an educator who has excelled in the delivery of the X-PERT Weight & Wellbeing Programme.

Results and Discussion

Programme Data

Data for the X-PERT Weight & Wellbeing Programme during this audit period are presented in Table 1. Just over two-thirds (67.5%) of participants who attended a programme completed one, and mean participant evaluation scores (87.9%) were good.

Potentially importantly, participants who attended the X-PERT Weight and Wellbeing programme had a significantly improved mean eating behaviour score at the end of the programme compared to baseline (-37.6%). This suggests attendance of the programme may lead to benefits beyond direct markers of body weight management, which should support long-term maintenance of any lifestyle changes participants have made (and so of any positive physical effects that have been achieved through attending a programme).

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

Programmes	64
Participants registered to attend	546
Participants who attended a programme	452 (82.8% of those registered)
Participants who completed a programme	305 (67.5% of attendees)
Mean evaluation score	87.9%
Mean eating behaviour score change	-37.6%*

* 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 in the current audit was 59 years, which was higher than for the 2024 audit, when the mean age was 54 years. As with the 2024 audit though, the majority of participants were aged between 45 and 74 years (72.7% in the current audit, compared to 69.4% in 2024).

Although most of the participants (75.2%) were female, this had reduced notably from the 2024 audit (for which 81.0% were female). Traditionally, attendance of weight management programmes has been much higher amongst women, thus any shift towards more males attending may suggest improvements in engaging with a harder-to-reach group.

As with the previous audit, the majority of participants were white (96.2% in the current audit, compared to 95.0% in 2024).

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

		Number (percentage)
Age (n = 497)	Less than 25 years	2 (0.4%)
	25 - 34 years	21 (4.2%)
Mean: 59 years (SD = 13)	35 - 44 years	49 (9.9%)
	45 - 54 years	73 (14.7%)
	55 - 64 years	146 (29.4%)
	65 - 74 years	142 (28.6%)
	75 - 84 years	59 (11.9%)
	85 years and above	5 (1.0%)
Gender (n = 529)	Male	126 (24.8%)
	Female	382 (75.2%)
	Other	0 (0.0%)
Ethnicity (n = 529)	White	435 (96.2%)
	Black	5 (1.1%)
	Asian	10 (2.2%)
	Chinese	0 (0.0%)
	Mixed	0 (0.0%)
	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 any given variable at different time points.

Improvements were observed for all metrics at all time points. Although the mean weight reduction did not reach the 5% level often used as a target by/for weight management services, a meaningful proportion of participants did achieve this at each time point. Specifically, of the 270 participants with relevant data after 3 months, 86 (31.8%) achieved at least 5% weight loss. This target was also achieved by 30/77 (39.0%) at 6 months and 9/17 (52.9%) at 12 months. Overall, the available data suggest that attendance of the X-PERT Weight & Wellbeing 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 with 95%CI)**
Body Weight (kg) [n = 270]	103.5 ± 21.7	99.8 ± 21.7	-3.7 (-4.1 to -3.3)
Body Weight (%) [n = 270]	-	-	-3.6 (-4.0 to -3.2)
Body Mass Index (kg/m^2) [n = 260]	37.5 ± 6.7	36.2 ± 6.8	-1.3 (-1.5 to -1.1)
Waist Circumference (cm) [n = 227]	116.8 ± 16.6	111.4 ± 16.3	-5.4 (-5.7 to -5.1)

SD = Standard deviation; 95%CI = 95% confidence intervals

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 with 95%CI)**
Body Weight (kg) [n = 77]	107.3 ± 24.7	102.6 ± 25.4	-4.7 (-5.5 to -3.9)
Body Weight (%) [n = 77]	-	-	-4.4 (-5.1 to -3.6)
Body Mass Index (kg/m^2) [n = 73]	38.9 ± 8.1	37.0 ± 8.3	-1.9 (-2.3 to -1.5)
Waist Circumference (cm) [n = 45]	114.5 ± 17.4	108.9 ± 18.9	-5.6 (-6.3 to -4.9)

SD = Standard deviation; 95%CI = 95% confidence intervals

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 with 95%CI)**
Body Weight (kg) [n = 17]	93.1 ± 16.5	88.6 ± 16.8	-4.5 (-5.7 to -3.3)
Body Weight (%) [n = 17]	-	-	-4.8 (-6.1 to -3.5)
Body Mass Index (kg/m^2) [n = 16]	35.9 ± 6.6	34.2 ± 6.9	-1.7 (-2.5 to -0.9)
Waist Circumference (cm) [n = 11]	104.9 ± 12.2	98.3 ± 15.0	-6.6 (-7.7 to -5.5)

SD = Standard deviation; 95%CI = 95% confidence intervals

Strengths and limitations

Audits of the real-world implementation of 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. The data are also, arguably, a better reflection of true effectiveness 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 if they have baseline *and* post-programme 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 been meaningful changes in relevant health markers than some other audits are.

Important limitations of audits of this nature include a reliance on incomplete 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.

2025 Audit Award winners

The winners of the 2025 X-PERT Weight & Wellbeing Audit Awards are listed below. Congratulations to all 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 are 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.

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

  1st: Places Leisure – Gosport Leisure Centre.
  2nd: Arc PCN.
  3rd: Lower Valley PCN, Brighouse.
  Commended: HCRG Care Group – Bath & NE Somerset.

  Places Leisure – Gosport Leisure Centre were worthy winners of this year's X-PERT Weight & Wellbeing award. They made a compelling case for being the deserved winner through their self-nomination, which set out a range of clear benefits achieved through their delivery of the programme. Notably, this included the delivery of the service to people with serious mental illness, a group of people who are often underserved. Their audit results were also excellent, including having the best mean weight loss of all organisations at both 3 and 6 months, whilst they were amongst the best performers for mean evaluation score and improvements in eating behaviour too.

  Arc PCN (in 2nd) and Lower Valley PCN, Brighouse (in 3rd) also performed well across a range of metrics, but, when considering performance across the board, could not quite beat Places Leisure – Gosport Leisure Centre to this award this time round.

  HCRG Care Group – Bath & NE Somerset are commended in this category, in part because they were the organisation that delivered the most programmes and who had the most participants attend and complete a programme. They also had some impressive audit results, though on balance were placed just outside of the top three this year.

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

  Winner: Natasha Giles (Places Leisure - Gosport Leisure Centre).

  Natasha's participants had the highest mean weight loss at 3 months and 6 months of all educators. She was also amongst the best performers for the percentage of participants who completed a programme, evaluation score, *and* improvement in eating behaviour score. Taken together, these results make Natasha a very worthy winner of this year's X-PERT Weight & Wellbeing Educator of the Year award.

Conclusions

X-PERT Weight & Wellbeing audit data shows that attendance of a programme continues to support participants to lose weight, with a significant proportion able to lose a clinically meaningful amount at 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.

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