


# The Winter Weight Watch

Jingle all the weigh: preventing weight gain over the Christmas holiday period.

 Behavioural intervention involving self-weighing, weight management advice and PACE information on festive foods and drinks prevented weight gain over the holiday period.



 266 Adults aged  $\geq 18$  years with a BMI of  $\geq 20\text{kg/m}^2$

78% female

78% white ethnicity

Mean age: 43.9 years

 Randomisation

 132 Intervention

Encouraged to track weight  
10 tips for weight management  
PACE info on festive foods

 134 Comparator

Brief leaflet about leading a healthy lifestyle without dietary advice

## Primary outcome

Weight (kg) at follow up

### Clinical significance

Any weight gain prevention is important

Baseline (kg)

Mean (SD)

80.3 (19.5)

Adjusted mean difference between arms 95% CI

79.7 (19.0)

Follow up (kg)

80.0 (20.0)

-0.5 0.9 to -0.1,  $p=0.008$

80.2 (18.8)