

The GLoW study tested whether a programme combining dietitian phone support and a 6-month WW (formerly WeightWatchers) membership could help people with type 2 diabetes manage weight and blood sugar better than NHS standard care, while also assessing its long-term cost-effectiveness.

## THE STUDY

We randomised 577 adults with overweight or obesity, diagnosed with type 2 diabetes in the past 3 years to two groups:

### Intervention (289):

- 2 phone calls with dietitian
- 6 months WW membership

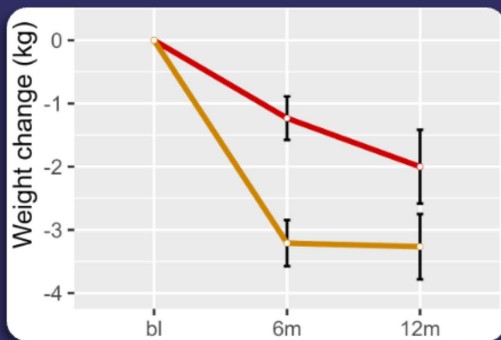
### Standard care (288):

- 6-hour diabetes education work-shop (DESMOND)

## CHANGES IN GLYCAEMIA AND WEIGHT

We measured glycaemia (average blood sugar), weight, and other outcomes at the start of the study, at 6 months, and again at 12 months. We estimated the effect the programme could have on health outcomes and healthcare costs over a lifetime.

**Glycaemia:** The change in glycaemia from the start of the study to 12 months later was similar in the two groups.



### Weight:

The intervention group lost more weight than the standard care group.

## HEALTH AND ECONOMIC IMPLICATIONS

The new programme was more expensive than standard care but when the intervention impact was modelled over a lifetime it indicated that it would be better value for money due to the benefits of weight loss in people with type 2 diabetes.

