## EVALUATION OF AN ONLINE WEIGHT LOSS & CARDIOMETABOLIC PROGRAM:

## A MIXED METHODS STUDY

(APNM, 2025)

In March 2021, in response the COVID-19 pandemic, the Wellness Institute implemented a virtual cardiometabolic risk reduction program for individuals who are overweight or obese and at risk for or living with cardiometabolic conditions, such as pre-diabetes, diabetes, hypertension, and high cholesterol.



The 16-week program focused on achieving healthy weight reduction and reducing cardiometabolic risk through:



health coaching

eating education

physical activity programming

health education

participants enrolled in the study



**78.5**% (73 participants) completed the final study visit



**Completors Were:** 

87.7% female; 13.3% male **age 58 ± 11** years baseline weight 98 kg ± 20.9 kg **baseline BMI 37.1 kg** ± 16.2 kg

## The program was evaluated for acceptability, adherence, efficacy and engagement

of completors

- attended all coaching sessions
- would recommend the program
- reported that coaching sessions helped them stay motivated

of completors

felt they gained knowledge, confidence, or skills



**Most participants** adhered to and found the program acceptable.

## Completors had improved lifestyle factors + reduced cardiometabolic risk factors

"I really liked the coach aspect of it, it was nice for someone to check in. It just made it a bit more human."



significant weight loss

> decreased blood pressure -6 mmHg systolic -4 mmHg diastolic

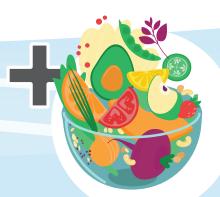


"It was helpful to have someone to talk to about how I'm doing in the plan and ask questions to."

"It's been a very positive impact. And a life-sustaining impact. I'm not denying anything. I'm not doing anything I can't... we're doing things we can sustain"



physical activity



dietary choices



mindfulness activities

"The meal [tracker] was my favourite because that's what I wanted to work on the most. But I liked the exercise as it would sync with my phone"

This evaluation informed the current Weight Loss & Risk Reduction Clinic model. To register or learn more visit <a href="https://wellnessinstitute.ca/clinical-programs/weight-loss-and-risk-reduction-clinic/">https://wellnessinstitute.ca/clinical-programs/weight-loss-and-risk-reduction-clinic/</a>







