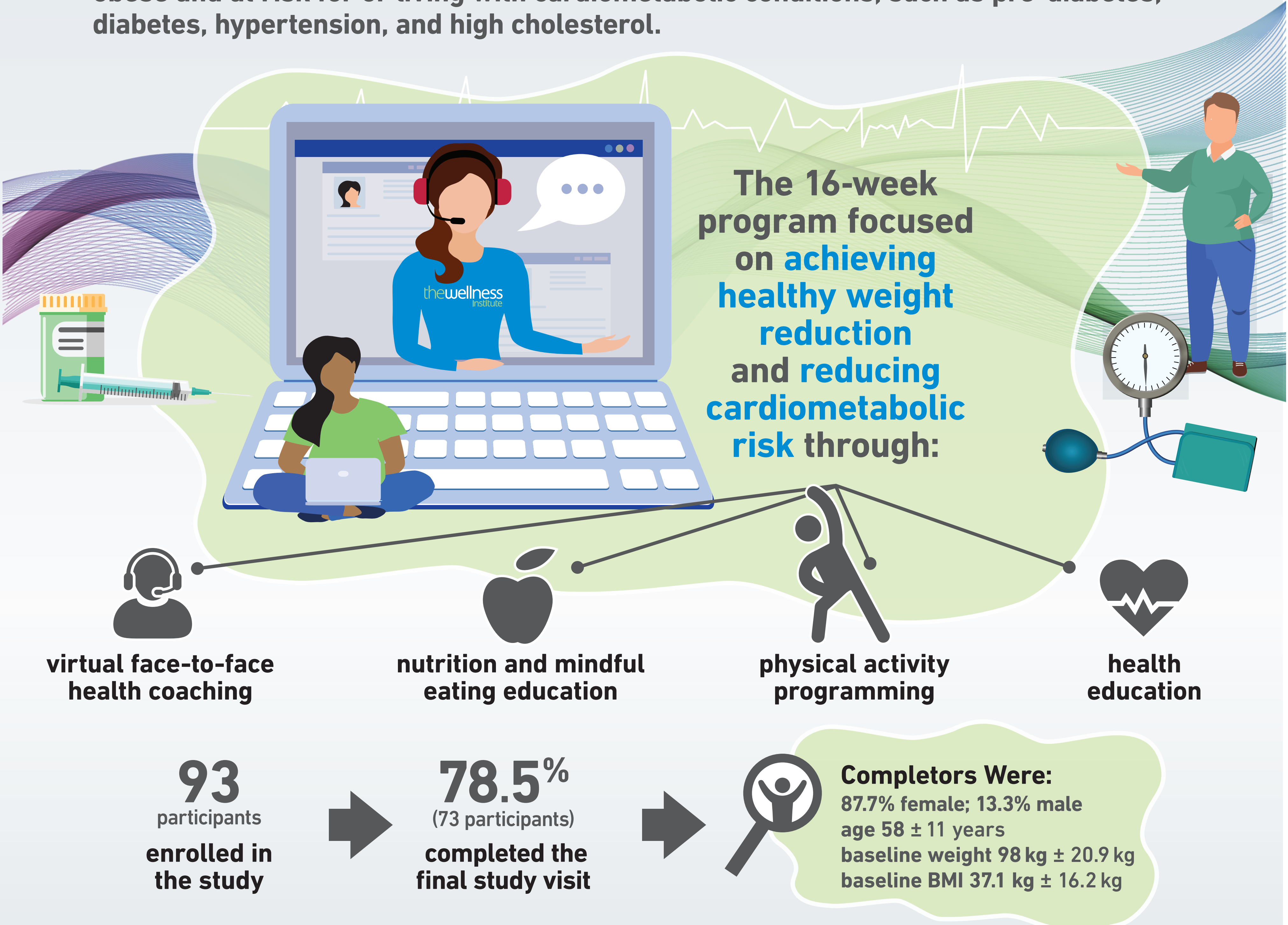


EVALUATION OF AN ONLINE WEIGHT LOSS & CARDIOMETABOLIC PROGRAM:

A MIXED METHODS STUDY

(APNM, 2025)

In March 2021, in response to 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 program was evaluated for **acceptability, adherence, efficacy** and **engagement**

98%
of completers

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

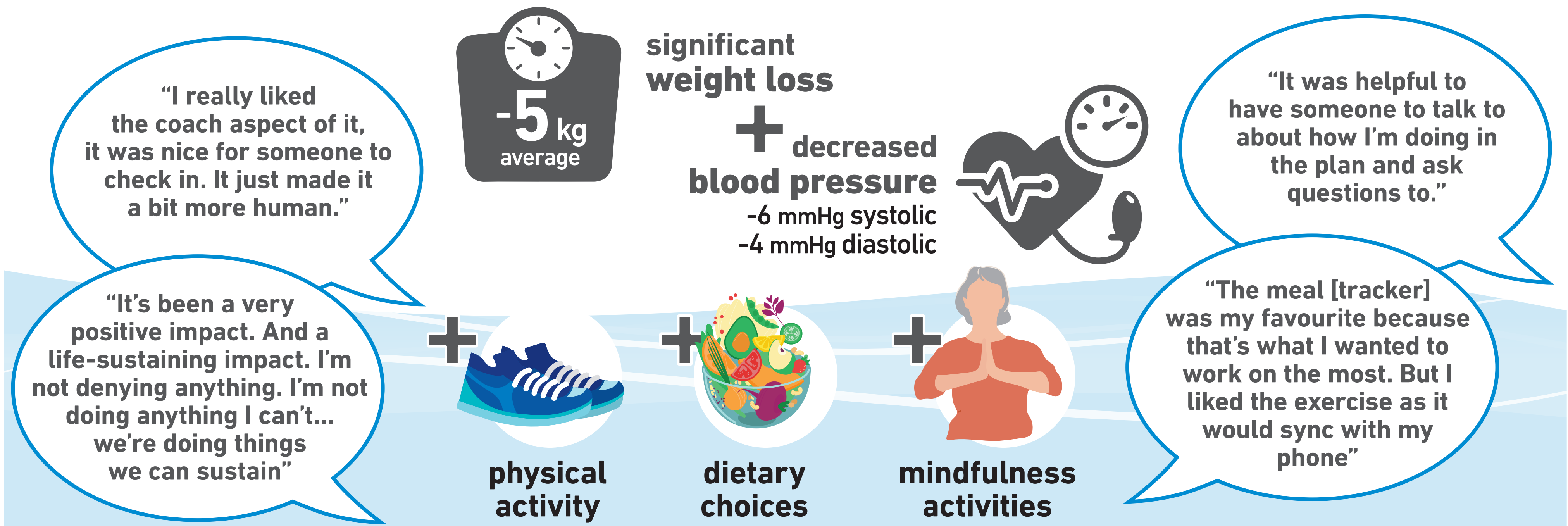
87%
of completers

felt they gained knowledge, confidence, or skills



Most participants adhered to and found the program acceptable.

Completers had **improved lifestyle factors + reduced cardiometabolic risk factors**



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