

# Digital education and behaviour change coaching empowers individuals with risk factors for Type 2 diabetes to make positive lifestyle changes: Changing Health

## Aim

This service evaluation examined the impact of evidence-based digital education and behaviour change coaching on diet, activity and weight of participants.

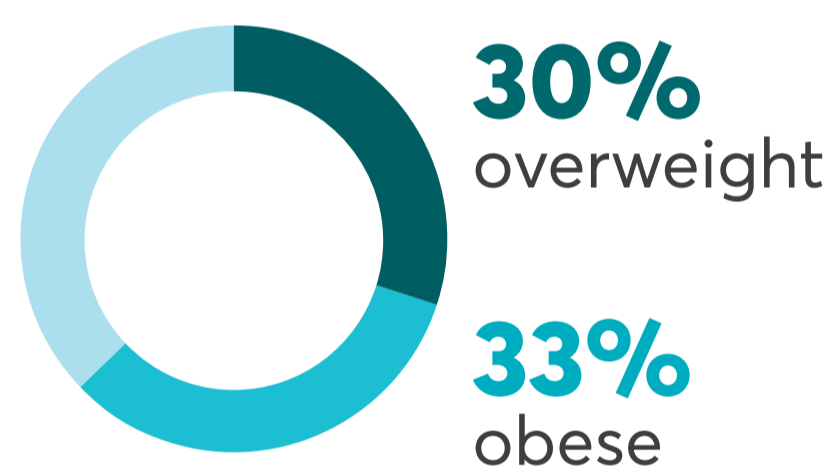
## Results

Of the 150 participants

**87%** were female

Average age was

**55 years**



## Methods

468 people registered their interest to participate in the service evaluation, of whom 194 met the eligibility criteria and 150 consented to participate. To be eligible, individuals had to be over 18 years of age, not be insulin treated, not be pregnant, planning a pregnancy or lactating, and not have a contraindication to exercise or weight loss.

All participants received access to the programme for 12 months. The participant platform was accessed via iOS and Android version mobile apps, supplemented by a web app and telephone

coaching support. The app provided six learning modules on diet, physical activity and lifestyle change in the form of animated videos, illustrated articles, and interactive exercises. Participants also used the mobile app to track their weight; track their daily activity using the phone's built-in step counting function; track their food intake through a photo diary using the phone's camera; set goals related to their food and activity; and book telephone coaching appointments using a live calendar function linked to their coach's availability.

The coach had access to all data recorded by participants using the app, and used this to inform the structure and delivery of each telephone coaching appointment. The coach provided 1x20 minute (first phone call) and up to 8x10 minute coaching sessions over the duration of the programme

Participants completed online surveys at baseline, and months 1, 2, 3, 6, 9 and 12 to self-report their current weight and changes in diet and physical activity. Here, we report changes observed at the key timepoints of 3, 6 and 12 months.

## Conclusion

Digital structured education and behaviour change tools, accompanied by one to one coaching, can empower overweight individuals to lose weight, thus reducing their risk of developing chronic conditions such as type 2 diabetes.

This evaluation has demonstrated that a digital lifestyle behaviour change programme can be delivered successfully at scale and produce clinically significant levels of weight loss.

