



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

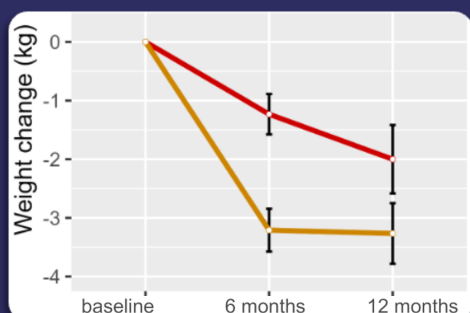
Standard care (288):

-  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.



SCAN ME