

Losing weight isn't easy.

But the real challenge is
keeping it off.



Have you recently lost weight through a
weight management programme?



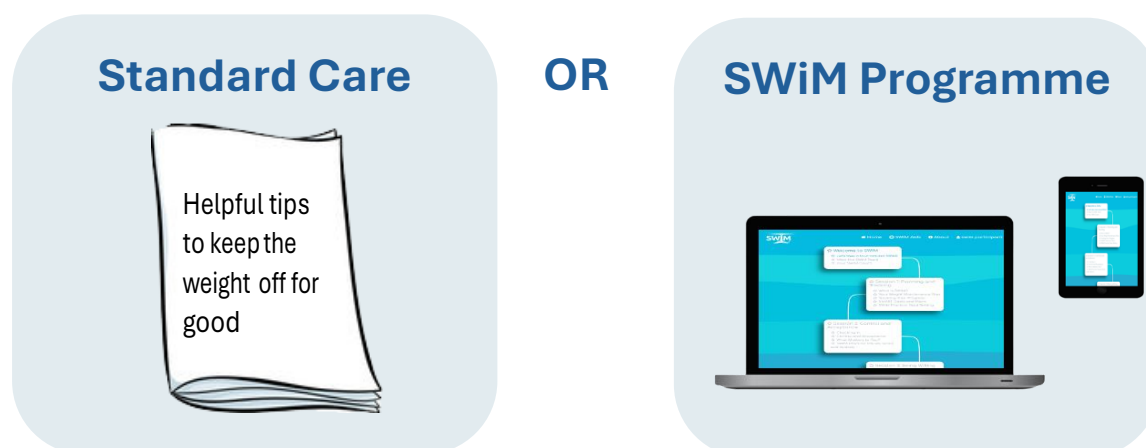
The University of Cambridge and NHS Cambridgeshire and Peterborough ICB are running a research study to test a weight management programme to see if it helps people to maintain their weight loss in the long term.

This programme has been **developed by leading experts** in the field, including psychologists, researchers and doctors. In a recent study, participants described how the programme helped them maintain the healthy behaviours they started during their weight management programme, helped them keep the weight off, and improved their health and wellbeing.

We are looking for volunteers, who have recently lost weight through a weight or diabetes management programme, to take part in this study. The study is called SWiM (which stands for Supporting Weight Management) but no actual swimming is required!

What does the SWiM study involve?

If you decide to take part you will be randomly allocated to either:



Are you eligible to take part?

To take part, you must be over 18 years old and have completed a weight loss programme or a type 2 diabetes prevention or remission programme within the last 6 months.

What does the SWiM study involve?





Study participants will complete the following measures at the start of the programme and at 6, 12 and 24 months.

- Online questionnaires about your health and wellbeing
- Weigh yourself using the scales we will send you
- Optional - a fingerpick blood sample to test your blood glucose level



You may also be invited to take part in an interview to tell us what you thought of the programme you were allocated to and your experiences during the study.

What are the benefits of taking part?

-  Participants will be part of an important national study that will inform the NHS about better ways to support people with long term weight management.
-  You will receive one of two interventions, which could help maintain your weight loss and improve your health and wellbeing.
-  You will be sent a set of weighing scales.
-  You will receive high street shopping vouchers when you complete measures at 6 months, 12 months, and 24 months.

Would you like to take part?

If you are interested in hearing more about this study and how it might help you, please visit our webpage for more information about how to take part at studies.mrc-epid.cam.ac.uk/swim

If you prefer, you can contact our friendly research team by telephone or email.

 01223 375399

 Swim2.study@mrc-epid.cam.ac.uk