

# Clinical trial results

WeightWatchers Diabetes Program delivers positive health outcomes

## Participants<sup>1</sup>

**136**  
PEOPLE LIVING WITH  
TYPE 2 DIABETES

**7.9%** average  
baseline A1c

**62.2%** white

**230 lbs** mean  
baseline weight

## Program snapshot

Nine in ten people living with diabetes are also living with overweight or obesity, and 30%-53% of new type 2 diabetes cases in the U.S. are linked to obesity each year.<sup>2,3</sup> Today, one in every four dollars spent on healthcare in the U.S. goes to caring for people with diabetes.<sup>4</sup>

Current American Diabetes Association (ADA) treatment recommendations recognize the important role weight management plays for patients with type 2 diabetes who also have overweight or obesity.<sup>5</sup> Lifestyle changes, including **shifts in patterns of eating and activity routines, are an essential component of diabetes care** and can help improve glycemic control—even after medication is initiated.<sup>6</sup> The WeightWatchers (WW) Diabetes Program guides members living with diabetes toward foods that are less likely to impact blood sugar levels—and provides digital support and resources, including a community of their peers to support their experience.

The six-month clinical trial evaluated the effectiveness of the WW Diabetes Program on weight management, as well as overall health and well-being. Study participants were provided with:



### A FOOD PLAN

with modified ZeroPoint® foods\* for people living with type 2 diabetes



### WEEKLY VIRTUAL WORKSHOPS

facilitated by a WW coach



### COMMUNITY SUPPORT

through private social media group



### DIGITAL SUPPORT

via app, personalized content, and milestone celebrations

## Clinically meaningful and statistically significant results included:<sup>1</sup>

**5.7%**

### WEIGHT LOSS (APPROX. 11 POUNDS)

A modest weight loss of at least 5 percent of a person's body weight can help produce health benefits—including improvements in blood sugar.<sup>7</sup>

**9.8%** DECREASE IN  
DIABETES DISTRESS

Participants experienced a reduction in their emotional burden, regimen-related stress, and overall diabetes distress.



**13.2%**  
DECREASE IN HUNGER



**0.75** DECREASE IN  
HbA1c

Average decreases in participants' HbA1c levels are greater than the commonly accepted threshold for clinical significance of 0.5.<sup>8</sup>

**+13%**  
IMPROVEMENT IN  
QUALITY OF LIFE

## Participants reported that the WW program makes living with diabetes easier

### The WW program:<sup>9</sup>

helps lower my risk of health conditions

**85%**

makes managing my diabetes easier

**81%**

helps me lose weight and improve my diabetes

**81%**

## WeightWatchers for Business understands the intersection of diabetes and weight loss

WeightWatchers for Business is the only full-spectrum weight health platform built to help organizations navigate the changing weight health landscape. Based on true clinical need, our individualized Pathways™ help you improve the long-term health of your people and responsibly control costs.

▶ Visit [ww.com/forbusiness](https://ww.com/forbusiness) to learn more.

\*WW's ZeroPoint foods don't need to be weighed, measured, or tracked. National and international guidelines—including the World Health Organization—recommend these nutrient-, vitamin-, and mineral-packed foods as part of a healthy eating pattern. For members living with diabetes, we remove the ZeroPoint food options that are more likely to impact blood sugar levels.

<sup>1</sup> Apolzan JW et al. A Scalable, Virtual Weight Management Program Tailored for Adults with Type 2 Diabetes: Effects on Glycemic Control. Nutrition & Diabetes. 2023

<sup>2</sup> Grant B, Sandelson M, Agyemang-Prempeh B, Zalin A. Managing obesity in people with type 2 diabetes. Clin Med (Lond). 2021 Jul;21(4):e327-e231. doi: 10.7861/clinmed.2021-0370. PMID: 35192472; PMCID: PMC8313195.

<sup>3</sup> Cameron NA, Petito LC, McCabe M, et al. Quantifying the Sex-Race/Ethnicity-Specific Burden of Obesity on Incident Diabetes Mellitus in the United States, 2001 to 2016: MESA and NHANES. J Am Heart Assoc. 2021;0:e018799. DOI: 10.1161/JAHA.120.018799

<sup>4</sup> Economic costs of diabetes in the US in 2017. Diabetes Care. 2018; 41:917-928.

<sup>5</sup> American Diabetes Association. Obesity management for the treatment of type 2 diabetes: standards of medical care in diabetes - 2021. Diabetes Care. 2021;44(1):S53-72.

<sup>6</sup> American Diabetes Association. Lifestyle Management: Standards of Medical Care in Diabetes-2019. Diabetes Care. 2019;42(1):S46-S60. https://doi.org/10.2337/dc19-S005

<sup>7</sup> CDC. Losing Weight. https://www.cdc.gov/healthyweight/losing\_weight/

<sup>8</sup> Lenters-Westra E, Schindhelm RK, Bilo HJ, Groenier KH, Slingerland RJ. Differences in interpretation of haemoglobin A1c values among diabetes care professionals.

Neth J Med. 2014;72:462-466.

<sup>9</sup> Percentage of people who selected strongly agree or agree.