

Impact of Wondr Health on hypertension



EXECUTIVE SUMMARY

Evaluation of a Voluntary Worksite Weight Loss Program on Hypertension

Journal

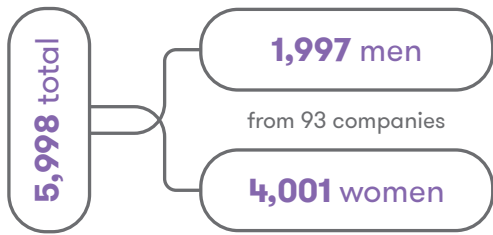
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Overview

Health care costs increase with the presence of hypertension and create a significant burden to organizations. In this article, the effect of a voluntary worksite program, Wondr Health™ (formerly Naturally Slim), on weight loss and Hypertension was examined.

Population



All participants must have

- Enrolled in the Wondr program (although there is no minimum level of participation)
- Completed both a pre- and post-biometric screening
- Completed their post-biometric screening within 20 weeks of the program start date
- Provided all their necessary demographic data including age and gender

What is hypertension

Hypertension, or high blood pressure, is the most common condition seen in primary care and currently affects 34% of the US population. It is a risk factor for myocardial infarction, stroke, renal failure, and death. Hypertension is heavily correlated with obesity with some studies reporting that 66% of those with hypertension are overweight.

Hypertension is highly treatable and positively affected by lifestyle interventions targeting weight loss, nutrition and physical activity.

The direct and indirect costs of hypertension create a significant financial burden for employers. Meanwhile, evidence supports that hypertension is highly treatable and positively affected by lifestyle interventions targeting weight loss, nutrition, and physical activity.

The study

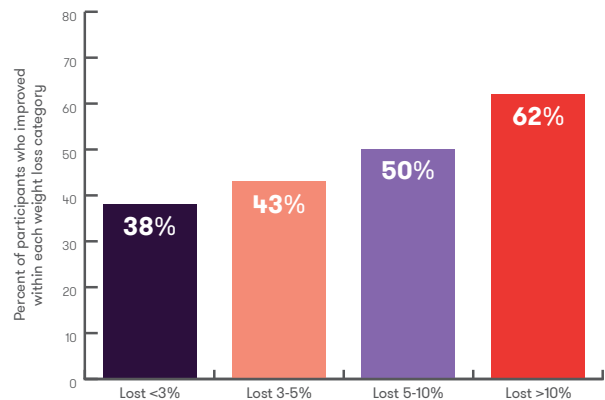
In this study, the effect of Wondr (a voluntary, online, work-site weight loss program) on hypertension is examined. Participants were represented in the analysis based on their post-program weight loss.

Here’s what happened

Of the almost 6,000 participants in the Wondr program, nearly 84% lost weight after participating in the 10 week WondrSkills® program.* In fact, more than 44% of all participants saw weight loss of greater than 5% of their initial body weight in 10 weeks.

Of those who lost 5% or more of their weight, 50% were no longer a part of the hypertensive category. 50% of those losing 5% or more of their body weight no longer exhibited high blood pressure. However, even small reductions in weight are positively associated with improved hypertension prevalence. In fact, an incremental improvement was observed as weight loss progressed.

IMPROVEMENT IN PREVALENCE OF HYPERTENSION



Key Learnings

- 1 Even small weight loss resulted in significant reductions of hypertension.** It doesn't take a ton of weight loss, individuals who lose just 5% of their body weight proved to decrease their hypertension by 50% in a mere 10 weeks. To bring that into perspective, 5% body weight loss for a 200lb person is just 10lbs, which is about average for Wondr participants.
- 2 Employers can address hypertension and related risk factors at the same time.** Offering a skill-building program like Wondr that teaches participants how to lose and maintain weight loss through behavior modification, not dieting, can impact the corporate health care burden for employees.
- 3 There is a long-term impact.** Evidence, including results from the Diabetes Prevention Program, shows that individuals who can maintain weight loss long-term can maintain their improved blood pressure status.¹

Conclusion

The results of this analysis demonstrate that offering Wondr can lead to substantial reductions in the prevalence of hypertension among employees.

Wondr works

Hypertension can lead to the development of chronic disease and is also one of the identified risk factors for Metabolic Syndrome which can make an individual even more likely to be an organization's top cost driver. Partnering with Wondr Health™ guarantees:



Success for your entire population, regardless of amount of weight lost



Clinically proven hypertension reduction, leading to lower claims costs

Wondr is a digital behavioral change program that teaches clinically-proven weight management skills. Highly personalized and tailored to fit each employee's needs, it leads with weight loss, improves overall health and also addresses the root cause of chronic diseases. Learn more about how Wondr drives results for hundreds of thousands of people through organizations nationwide.

Contact us:
www.wondrhealth.com

*This study was originally performed under the Naturally Slim name, now known as Wondr Health™. The study was originally performed under the NSFFoundations program.

¹ www.ncbi.nlm.nih.gov/pmc/articles/PMC3524372/