

# Study proves digital weight management programs are effective across all education levels

Research shows that engagement (and not education level) is a key predictor of participant weight loss success.



# Education and Weight Loss Study

## Journal

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## Overview

Americans are more sedentary than ever, but we also have more access to tools to create change. Personal electronic devices give people the power to modify behaviors, and online weight loss education resources have a direct clinical, financial, and cultural impact on workplace populations. This study was designed to discover whether a weight-loss program participant's education level is a factor in the outcomes of digital employer-sponsored weight loss programs.

## Description



Over 70% of adults in the U.S. fall into the overweight or obese categories. The good news is that a person's education level is not a dependency to turn this statistic around.

Studies prove that behavioral changes can lead to significant improvements in weight status.

- Researchers studied a group of individuals' participation in Wondr Health™ (formerly Naturally Slim), a digital behavioral change program that teaches employees clinically-proven weight management skills.
- Participants' progress was monitored in relation to class attendance, and body weight was assessed throughout the program and recorded individually by each participant online.

## Key Learnings



Overall, both women and men across education levels experienced significant weight loss after participation in Wondr.

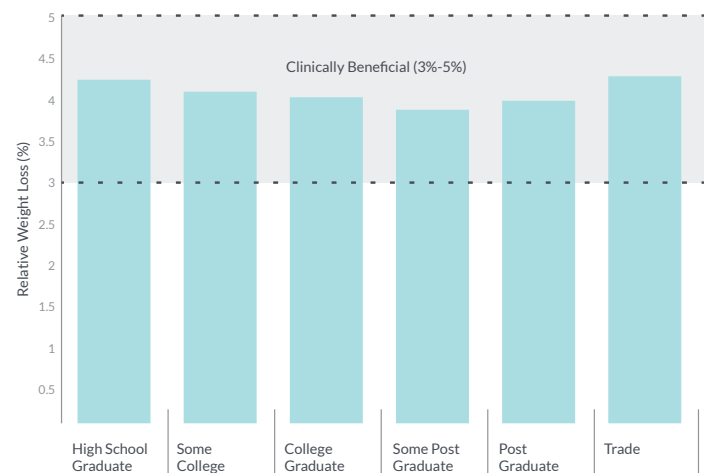
**The research proved that engagement in the program, rather than education level, was the best predictor of success.**

- Participants attending less than or equal to seven classes lost significantly less weight than those who attended eight or more classes.
- Those who participated in eight or more classes were more likely to achieve clinically beneficial weight loss versus those who attended seven or fewer classes.

## Why it matters:

**Wondr drives results—for all people.**

The study found that participation, not education level, was the key determining factor in weight loss. And keeping people engaged starts with meeting them where they are, and delivering programs and tools that fit their lifestyles and needs. Now, with more widely available digital education, employers have the unique opportunity to eliminate certain barriers to improve the mental and physical health of their population.



These results support the idea that online employee health programs like Wondr are not only a viable means for supporting weight loss, but they also hold the potential to instill long-lasting, positive change.

## Conclusion

Overall, the study results reinforce the positive impact of delivering an online wellness curriculum to all employees. Regardless of educational background, participants found success with the online program, and the more they participated in the program, the more likely they were to see results.



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