

Maintaining weight loss over time: what are the experiences of people with knee osteoarthritis?

telephone

What did we do? 20 people with knee Interviewed via osteoarthritis

What did we find?

articipants successfully maintained weight loss

There were challenges keeping on track

- Other health problems and life events
- Old habits and social situations

Loss of accountaibility to dietitian and study

Participants felt empowered to self-manage their weight

6-months after completing

a weight loss program

- Understand importance of exercise
- Increased knowledge about food and nutrition
- The knee as a motivator
- ➔ Resources from program still useful
- Have confidence in ability to self-regulate weight

What was the key take away message?

A program incorporating dietitian and physiotherapist consultations, and educational and behaviour change resources is perceived to support maintenance of weight loss in the medium term.





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