



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

What did we do?



20 people with knee osteoarthritis



Interviewed via telephone



6-months after completing a weight loss program

What did we find?



Participants successfully maintained weight loss



There were challenges keeping on track

- Other health problems and life events
- Old habits and social situations
- Loss of accountability to dietitian and study



Participants felt empowered to self-manage their weight

- 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.**

