

# A Community Designed Intervention to Improve Healthy Weight and Wellbeing

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The Hope Hub (Denny),  
Westfield Park Community Centre

Acknowledgements: Forth Valley College students

## Evidence base

### Systematic review of community incentive interventions to support healthy weight (and wellbeing)

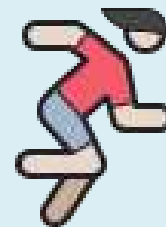
- We searched 5 major databases, clinical trials registries, grey literature and performed citation tracking.
- From 28304 records; 10 studies (6076 participants) met inclusion criteria.
- Most studies were conducted in the US;
- 4 studies employed a RCT design.

# Findings

From 28304 records; 10 studies (6076 participants) met inclusion criteria.

Most studies were conducted in the US;

4 studies employed a RCT design.



9/10



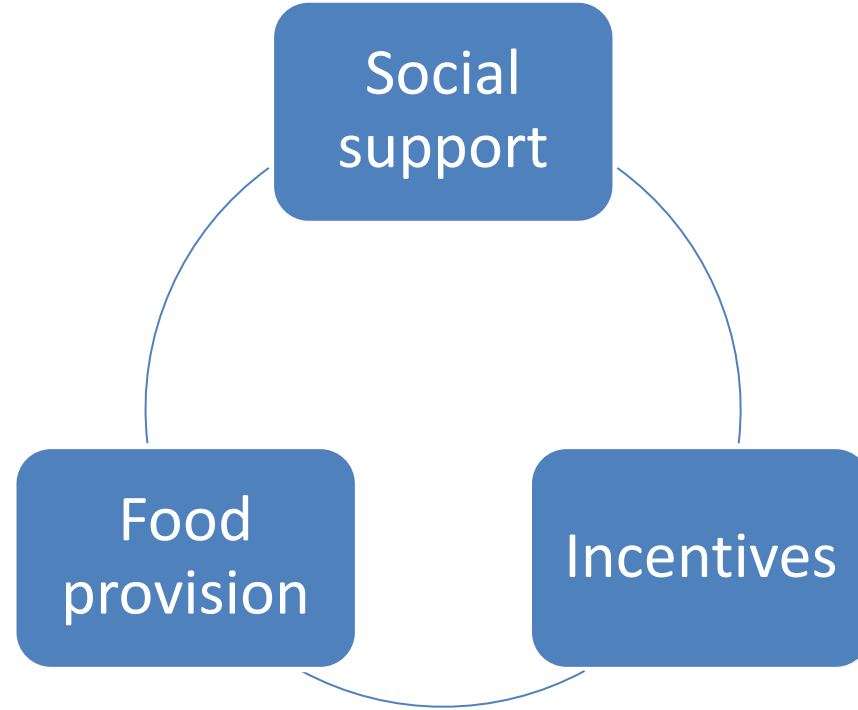
- Church members
- Indigenous communities
- People from low-income or disadvantaged areas

# ELLY

ENJOY LIFE LOCALLY



# Themes from community engagement



# What is the ELLY intervention?

Validated questionnaires  
Height/weight  
Goal setting

Validated questionnaires  
Height/weight  
Goal review  
Story telling

12 Weeks



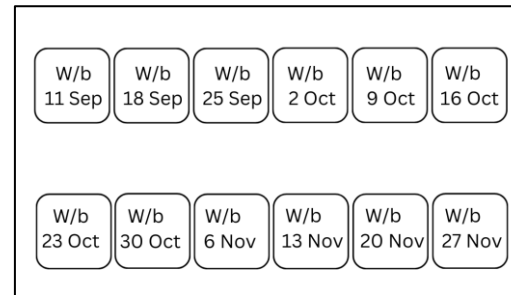
Twice weekly  
soup café in  
their area



Loyalty card



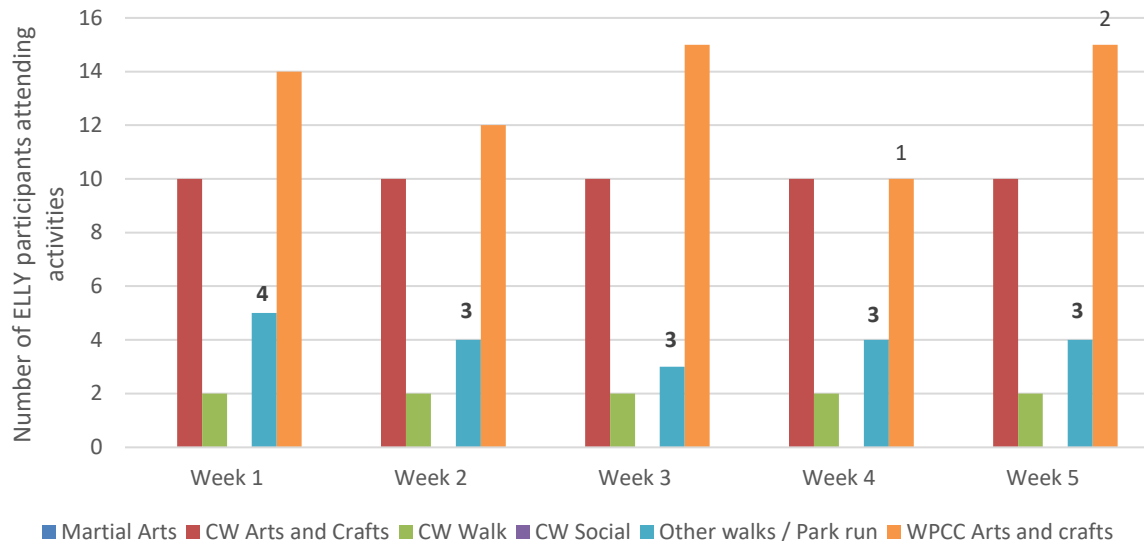
Financial  
incentive



# Goal setting

- 65/75 people wanted to set a personal goal
- 64/75 people wanted set a weight goal
  - 48 of those wanted to decrease their weight
- 66/75 people wanted to set a wellbeing goal
  - 60 of those wanted to improve their wellbeing

## Urban community activity attendance



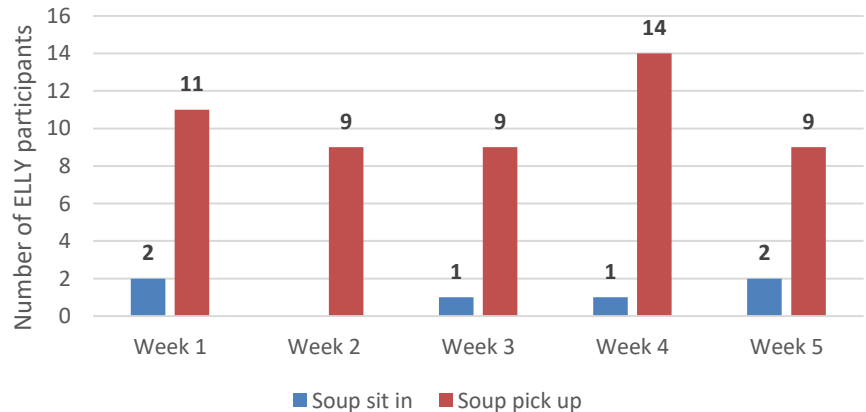
From a total of 24 possible activities



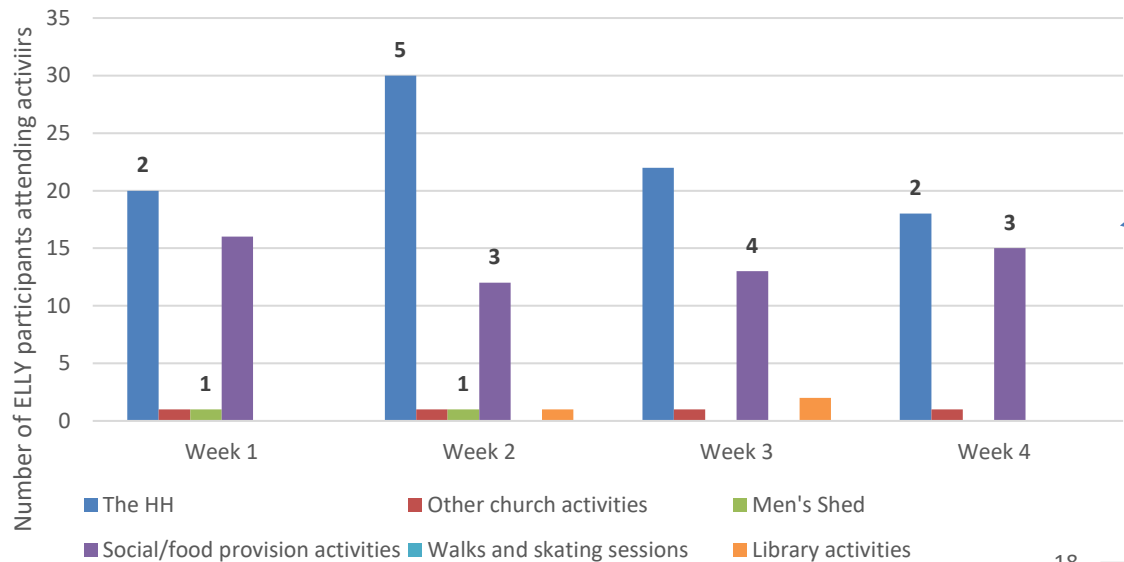
Of a possible 40 participants



## Urban community soup attendance



## Rural community activity attendance



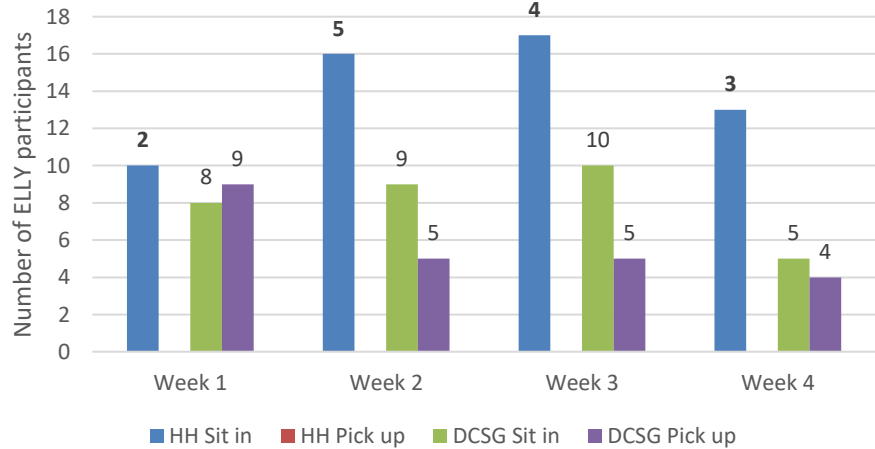
From a total of 22 possible activities



Of a possible 35 participants



## Rural community soup attendance



# Stories

*"It has been productive, as it forces me to get out of the house, because I wouldn't ever. So, I come up here twice a week."*

*"I've changed big time for getting out of the house. I was stuck in the house all the time, with my depression and that. I'm out of the house every day. I don't chat all the time but I'm coming out of my shell a bit"*

*"It was just a conversation, and it was a laugh, we had a good laugh, and I think that helps because if you've went out and you've had a laugh it, kind of, brightens you up for the day, it definitely does."*

*"And I said to my neighbour, I said do you fancy going because I've talked to her and I would say to her she needed to get out more, so she done the same. And the first day we went to that Monday club it just ... we just seemed to all click and it was great."*

*"Yes, I set my alarm, that's a goal. So I don't always set my alarm in the morning, so that's a goal for me too and I'm getting up ...Being motivated"*

*"...apart from the chunky soup I couldn't fault it, I really couldn't."*

# What's next?

- Collect outcome measures
- Interview participants and volunteers for their stories
- Analyse data and publish results
- Apply for further funding for a longer trial

Thank you for your time

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