

A Novel Approach to Weight Loss: Bringing SatPro into the HIV clinic.

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BACKGROUND:

- Around two thirds of the UK adult population are living with overweight or obesity, with increasing morbidity and mortality risk.
- People living with HIV (PLHIV) may face additional challenges in losing weight due to factors including medications, socio economic deprivation, and higher rates of poor mental health.
- We believe helping PLHIV who would like to lose weight should be an integral part of helping them to live well with HIV.
- The Imperial Satiety Protocol (I-SatPro)¹ is an evidence-based holistic approach to weight loss. Participants learn the scientific rationale behind making sustainable changes to eating habits, movement, sleep and self-care which in combination result in clinically meaningful weight loss. It has demonstrated efficacy rates of weight loss.
- Here we present preliminary results from the first cohort of I-SatPro participants delivered in a large urban HIV clinic. Participants were referred by their clinician (no specific referral criteria).

METHODS:

Baseline data on demographics as well as starting weights and body mass index (BMI) were collected.

Participants were asked to register weekly weights by email if they felt comfortable to do so.

The programme was delivered fortnightly over 12 weeks from January to April 2024. Two hour sessions with a choice of either morning hybrid or evening online sessions. Daily emails were sent to reinforce learning.

RESULTS:

Thirty-five patients enrolled in I-SatPro and attended at least the first session. Their baseline demographics are reported in Table 1.

	Participants	Age: (yrs)	Age: mean (yrs)	Weight: range (kg)	BMI: range	BMI: mean	Ethnicity: Black African	Ethnicity: White
Women	20	33-66	51.6	82-130	29-47	36	90%	10%
Men	15	41-68	54	87-149	29.5-41	34	20%	80%

Attendance at the sessions gradually decreased throughout the programme with only 9 (26%) participants present in the final session.

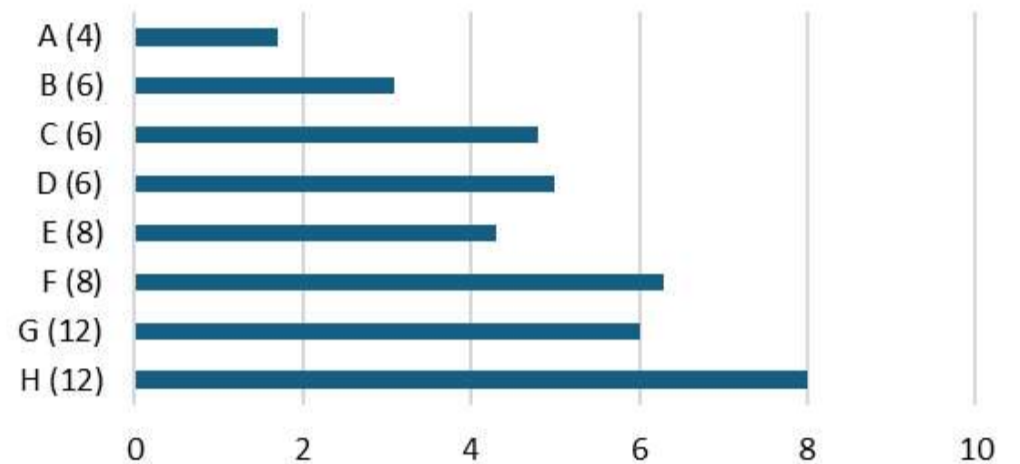
Fifteen patients reported a weekly weight result. Eight patients reported a weight result at programme completion (week 12). One patient was excluded from the analysis due to being on Semaglutide concurrently.

The last self-reported weight was considered the patient's 'final' weight.

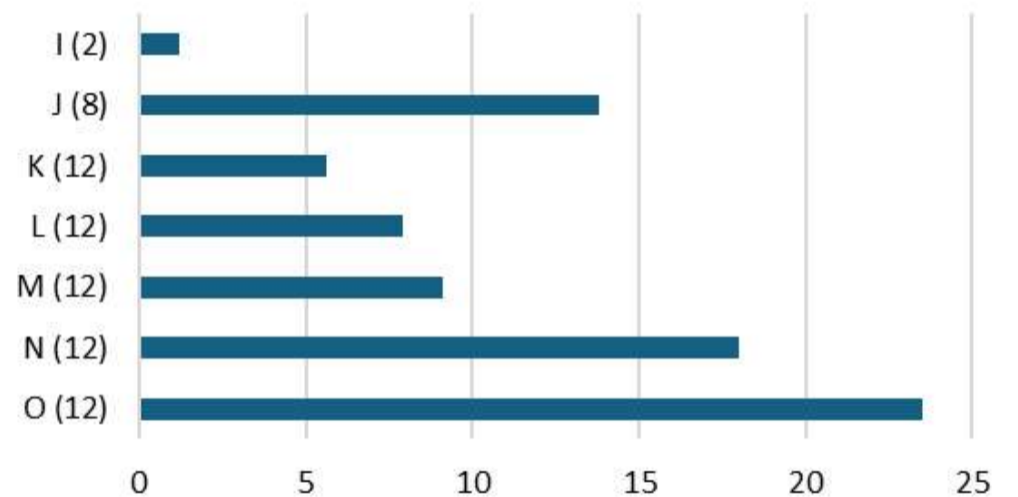
REFERENCES:

S. Hameed et al., Imperial Satiety Protocol: A new non-surgical weight-loss programme, delivered in a health care setting, produces improved clinical outcomes for people with obesity. *Diabetes Obesity Metab.* (2021) 23:270–5. doi: 10.1111/dom.14207

Weight Loss in individual Female Participants (kg) (week at which final weight was registered)



Weight Loss in individual Male Participants (kg) (week at which final weight was registered)



Of those patients who reported a weight result at *programme completion* (12 weeks) (n=7) the mean weight loss in women was 7 kg (range 6-8 kg) and in men was 12.82 kg (range 5.9-23.5 kg).

Informal feedback was extremely favourable with participants commenting that there was a significant effect on their mental health and wellbeing as well weight loss and improved physical health.

DISCUSSION:

In this pilot delivery of I-SatPro to PLHV, people who completed the programme lost a clinically meaningful amount of weight. Further work will establish the impact of this weight loss on cardio-metabolic health and quality of life. Future work will focus on tailoring I-SatPro to our patient population with the aim of increasing patient engagement.