

Long-term weight loss following a randomised controlled trial of a weight management programme for men delivered through professional football clubs: the Football Fans in Training follow-up study

Cindy M Gray,^{1*} Sally Wyke,¹ Rachel Zhang,²
Annie S Anderson,³ Sarah Barry,² Graham Brennan,¹
Andrew Briggs,⁴ Nicki Boyer,⁴ Christopher Bunn,¹
Craig Donnachie,⁵ Eleanor Grieve,⁴ Ciaran Kohli-Lynch,⁴
Suzanne Lloyd,² Alex McConnachie,² Colin McCowan,²
Alice McLean,⁵ Nanette Mutrie⁶ and Kate Hunt⁷

¹School of Social and Political Sciences, Institute of Health and Wellbeing, University of Glasgow, Glasgow, UK

²Robertson Centre for Biostatistics, Institute of Health and Wellbeing, University of Glasgow, Glasgow, UK

³Centre for Public Health Nutrition Research, Ninewells Medical School, University of Dundee, Dundee, UK

⁴Health Economics and Health Technology Assessment, Institute of Health and Wellbeing, University of Glasgow, Glasgow, UK

⁵Medical Research Council/Chief Scientist Office Social and Public Health Sciences Unit, University of Glasgow, Glasgow, UK

⁶Institute for Sport, Physical Education and Health Sciences, University of Edinburgh, Edinburgh, UK

⁷Institute for Social Marketing, Faculty of Health Sciences and Sport, University of Stirling, Stirling, UK

*Corresponding author cindy.gray@glasgow.ac.uk

Declared competing interests of authors: Kate Hunt is deputy chairperson of the Research Funding Board for the National Institute for Health Research Public Health Research programme.

Disclaimer: This report contains transcripts of interviews conducted in the course of the research and contains language that may offend some readers.

Published July 2018

DOI: 10.3310/phr06090

Plain English summary

Football Fans in Training follow-up study

Public Health Research 2018; Vol. 6: No. 9

DOI: 10.3310/phr06090

NIHR Journals Library www.journalslibrary.nihr.ac.uk

Plain English summary

Rising levels of obesity mean that we need ways to help people to lose weight and to keep it off over the long term. The Football Fans in Training (FFIT) programme allows men to take part in a weight management programme in their local football club with other men like them. In 2011/12, a high-quality study showed that the FFIT programme worked. At 12 months, men lost 5% of their starting weight by making changes to their physical activity (PA) and diet that they could keep up in their everyday lives.

In 2015, we remeasured men who had taken part in the FFIT study after 3.5 years. The group who took part in the programme during the study still weighed, on average, 2.9 kg less, and 32.2% had kept off $\geq 5\%$ of their starting weight. They also showed long-term improvements in self-reported PA, diet, self-esteem and well-being. Sometimes programmes that work well in studies do not work as well when rolled out afterwards. However, the group who took part in the FFIT programme in 'routine' deliveries after the study ended showed similar long-term benefits.

Doing more PA, sitting less, eating more healthily and drinking less alcohol were associated with lower weight at 3.5 years. Men talked about still walking more, watching portion sizes and cutting out unhealthy snacks to keep their weight down.

The FFIT programme was good value for money in relation to the health benefits it provides. Men also said that they would be happy for researchers to use their medical records to see how taking part in the FFIT programme affects their health in years to come.

Public Health Research

ISSN 2050-4381 (Print)

ISSN 2050-439X (Online)

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics (COPE) (www.publicationethics.org/).

Editorial contact: journals.library@nihr.ac.uk

The full PHR archive is freely available to view online at www.journalslibrary.nihr.ac.uk/phr. Print-on-demand copies can be purchased from the report pages of the NIHR Journals Library website: www.journalslibrary.nihr.ac.uk

Criteria for inclusion in the *Public Health Research* journal

Reports are published in *Public Health Research* (PHR) if (1) they have resulted from work for the PHR programme, and (2) they are of a sufficiently high scientific quality as assessed by the reviewers and editors.

Reviews in *Public Health Research* are termed 'systematic' when the account of the search appraisal and synthesis methods (to minimise biases and random errors) would, in theory, permit the replication of the review by others.

PHR programme

The Public Health Research (PHR) programme, part of the National Institute for Health Research (NIHR), evaluates public health interventions, providing new knowledge on the benefits, costs, acceptability and wider impacts of non-NHS interventions intended to improve the health of the public and reduce inequalities in health. The scope of the programme is multi-disciplinary and broad, covering a range of interventions that improve public health. The Public Health Research programme also complements the NIHR Health Technology Assessment programme which has a growing portfolio evaluating NHS public health interventions.

For more information about the PHR programme please visit the website: <http://www.nets.nihr.ac.uk/programmes/phr>

This report

The research reported in this issue of the journal was funded by the PHR programme as project number 13/99/32. The contractual start date was in January 2015. The final report began editorial review in July 2016 and was accepted for publication in February 2017. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The PHR editors and production house have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the final report document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the PHR programme or the Department of Health and Social Care. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the PHR programme or the Department of Health and Social Care.

© Queen's Printer and Controller of HMSO 2018. This work was produced by Gray *et al.* under the terms of a commissioning contract issued by the Secretary of State for Health and Social Care. This issue may be freely reproduced for the purposes of private research and study and extracts (or indeed, the full report) may be included in professional journals provided that suitable acknowledgement is made and the reproduction is not associated with any form of advertising. Applications for commercial reproduction should be addressed to: NIHR Journals Library, National Institute for Health Research, Evaluation, Trials and Studies Coordinating Centre, Alpha House, University of Southampton Science Park, Southampton SO16 7NS, UK.

Published by the NIHR Journals Library (www.journalslibrary.nihr.ac.uk), produced by Prepress Projects Ltd, Perth, Scotland (www.prepress-projects.co.uk).

NIHR Journals Library Editor-in-Chief

Professor Tom Walley Director, NIHR Evaluation, Trials and Studies and Director of the EME Programme, UK

NIHR Journals Library Editors

Professor Ken Stein Chair of HTA and EME Editorial Board and Professor of Public Health, University of Exeter Medical School, UK

Professor Andrée Le May Chair of NIHR Journals Library Editorial Group (HS&DR, PGfAR, PHR journals)

Dr Martin Ashton-Key Consultant in Public Health Medicine/Consultant Advisor, NETSCC, UK

Professor Matthias Beck Professor of Management, Cork University Business School, Department of Management and Marketing, University College Cork, Ireland

Dr Tessa Crilly Director, Crystal Blue Consulting Ltd, UK

Dr Eugenia Cronin Senior Scientific Advisor, Wessex Institute, UK

Dr Peter Davidson Director of the NIHR Dissemination Centre, University of Southampton, UK

Ms Tara Lamont Scientific Advisor, NETSCC, UK

Dr Catriona McDaid Senior Research Fellow, York Trials Unit, Department of Health Sciences, University of York, UK

Professor William McGuire Professor of Child Health, Hull York Medical School, University of York, UK

Professor Geoffrey Meads Professor of Wellbeing Research, University of Winchester, UK

Professor John Norrie Chair in Medical Statistics, University of Edinburgh, UK

Professor John Powell Consultant Clinical Adviser, National Institute for Health and Care Excellence (NICE), UK

Professor James Raftery Professor of Health Technology Assessment, Wessex Institute, Faculty of Medicine, University of Southampton, UK

Dr Rob Riemsma Reviews Manager, Kleijnen Systematic Reviews Ltd, UK

Professor Helen Roberts Professor of Child Health Research, UCL Great Ormond Street Institute of Child Health, UK

Professor Jonathan Ross Professor of Sexual Health and HIV, University Hospital Birmingham, UK

Professor Helen Snooks Professor of Health Services Research, Institute of Life Science, College of Medicine, Swansea University, UK

Professor Jim Thornton Professor of Obstetrics and Gynaecology, Faculty of Medicine and Health Sciences, University of Nottingham, UK

Professor Martin Underwood Director, Warwick Clinical Trials Unit, Warwick Medical School, University of Warwick, UK

Please visit the website for a list of editors: www.journalslibrary.nihr.ac.uk/about/editors

Editorial contact: journals.library@nihr.ac.uk