

TWD Online Program 1

Completer's Weight Loss

June 6th 2017

Included in this analysis are members who started the TWD online Program 1 between the 1st of January 2015 and the 29th of December 2016.

The data was screened to remove: members without a starting weight recorded; extreme age (<18 years and >100 years), height (<1 meter and >3 meter), weight (<13 kg and >250 kg), and BMI (<13 and >97) values at the time of starting.

The data analysed is for 5,594 members who enrolled and completed the TWD online Program 1.

Rules

Criteria	Definition
Data range	Program start date between 1 st January 2015 and 29 th December 2016
Program	Member enrolled in Program 1 – Total Wellbeing Diet online
Completer	All members in CSIRO TWD Program 1 with a starting weight within +/-7 days of program start date and a final weight at week 12 (+/- 1 week).

Sample Size

Total Number of Completers: 5,594

12 Week Weight Change for Program 1

Completed members	Total
weight loss (kg)	5.25
percent weight loss (%)	5.58%
BMI change (kg/m ²)	-1.85

CONTACT US

t 1300 363 400
+61 3 9545 2176
e csiroenquiries@csiro.au
w www.csiro.au

AT CSIRO, WE DO THE
EXTRAORDINARY EVERY DAY

We innovate for tomorrow and help improve today – for our customers, all Australians and the world.

Our innovations contribute billions of dollars to the Australian economy every year. As the largest patent holder in the nation, our vast wealth of intellectual property has led to more than 150 spin-off companies.

With more than 5,000 experts and a burning desire to get things done, we are Australia's catalyst for innovation.

CSIRO. WE IMAGINE. WE COLLABORATE.
WE INNOVATE.

FOR FURTHER INFORMATION

Health and Biosecurity
Sazzad Hussain
t +61 2 9372 4177
e sazzad.hussain@csiro.au
w <https://aehrc.com/>