

CSIRO study uncovers the secret to long-term weight loss success

New research from CSIRO, Australia's national science agency, has revealed that regular self-monitoring behaviours and tracking tools are the secret to losing weight – and keeping it off.

Analysis of 6,602 CSIRO Total Wellbeing Diet members that had completed the 12-week program and recorded weights at baseline, 12 weeks, 6 months, 9 months and 1 year, found:

64% of members had lost a clinically significant amount of weight loss at 1 year, with a sustained average weight loss of 10.6kg, or 11.9% of their starting body weight.

The most successful of the group



lost an average of **22.3kg**



equivalent to **21.7%** of their starting weight



A common pattern to weight loss was to lose weight in the first 6 months and then enter a weight maintenance stage. However, the study found that **54% of survey participants who had lost 14kg or more had been able to continue weight loss, by building up positive habits over time.**

The analysis revealed the perceived importance of tracking, self-monitoring and ongoing education to individuals, with key findings including:

People who lost more than **10% of their body weight in the first year** used all of the CSIRO Total Wellbeing Diet's program tools - **50% more than those who lost less than 5% over the same period.**



Most people reported that they were still monitoring their weight **on a weekly basis (44%), or at least weekly (daily + weekly, 64%).**



Members who lost **more than 10% tended to view menu plans 70% more.**



After the first 12 weeks, usage of the food diary was **2.5-3 times higher** over the remainder of the year in members who **lost 10% or more.**

