

A decade of success: How CSIRO's Total Wellbeing Diet measures up

CSIRO is celebrating a decade of reducing the population's waistline with the release of a 10 year analysis of the weight loss results and habits of its CSIRO Total Wellbeing Diet online members.

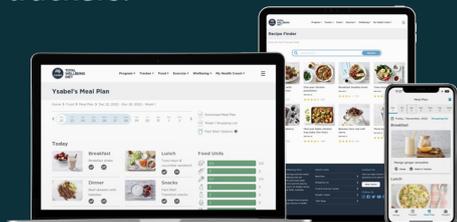
Over
1.2
million
Australians



have been impacted by the CSIRO Total Wellbeing Diet throughout its evolution from the original book to the sophisticated digital platform it is today.

Forefront of innovation

The CSIRO Total Wellbeing Diet adapts to Australians' changing needs, introducing over **10 new tools** and features like the AI weight loss coach Hope, positive psychology tools, barcode scanner, and meal/exercise trackers.



Since the launch of the online program, it found that:


97%
of members

who completed the program lost weight in just




12
weeks

In total, members have lost

558,000 = **46** 
kilograms  double decker buses

Our Australian science has had a big impact



21% of members shifted out of the obese category



The average weight loss rose from **5.2 kg** to **6.3 kg**



The percentage achieving significant weight loss **has increased by 21%**



Approximately **1 in 7 members** lose **10%** or more of their body weight



totalwellbeingdiet.com

Dieting trends

Ten years of tracking members' diet and exercise habits has revealed interesting insights into Australians' preferences:



Bananas

top the list as the most consumed food, with over **900,000** tracked by members



Walking outdoors

is the most common exercise recorded, with members pounding the pavement for over **22 million minutes**



Overnight oats, stir fries and healthy choc brownies

marked some of the **favourite recipes** from the program, suggesting members' preference for convenience while juggling busy lives and health goals

TOP 5 FOOD DIARY ENTRIES



1. Banana
2. Avocado
3. Mixed salad vegetables
4. Tomato
5. Carrot

TOP 5 TRACKED RECIPES



1. Vanilla overnight oats
2. Simple hoi sin beef stir-fry
3. Pork larb
4. Turkey meatballs
5. One-pan sweet chilli

TOP 5 TRACKED EXERCISE



1. Walking outdoors
2. Power walking
3. Weight training
4. Bike, stationary
5. Cycling

\$2.7 million back to Australians!

The CSIRO Total Wellbeing Diet, motivates members with a financial reward for completing the program. To date, it has refunded over \$2.7 million to Australians.



“The Total Wellbeing Diet is one of CSIRO's major success stories and demonstrates our commitment to working to reverse the high rates of obesity within the next 10 years, as called for in the National Obesity Strategy.”

Professor Brett Sutton, Director, CSIRO Health and Biosecurity

