



Tier 3 Weight Management Programme

York's Tier 3 Weight Management Programme is a 12-week programme designed to help patients with a BMI over 35 kg/m² lose weight. Rather than a 'one size fits all approach', the programme promotes small and sustainable lifestyle changes.

Dietary education is delivered through group sessions and includes a range of topics such as: healthy diet, food labelling, emotional eating and understanding eating behaviours. Dietary advice is tailored to individual needs, and patients can continue to have regular follow-ups with their dietitian after the 12 week programme.

How was myfood[®] used?

Patients taking part in the programme were invited to use myfood24 to record their dietary intake.

Patients could submit as many food diaries as they wished and were able to access instant results on their nutritional intake on their smartphone app.

Food and nutrient information was immediately available on the Dietitian's web-portal and could be accessed before and after patient consultations.



What happened when myfood24[®] was used?

During the 12-week programme, 21 patients were invited to use myfood24 and 71% completed food diaries.

In total, patients completed 139 food diaries and myfood24 instantly produced results on nutrients, vitamins and minerals for each.

On average, patients completed 12 diaries each, and 35% were still using the food diary app after 6 months.

"I have found myfood24 a really useful tool in supporting my tier 3 weight management patients."

- Sarah Trevellion

What did the Dietitians think?

myfood24 was faster and easier to use compared to paper-based diaries and provided a quick summary of food and nutrient intake.

The nutritional information was presented in a very usable form that supported face-to-face and remote consultations and made talking to patients about their diet easier.

Features of the app could be used to set individualised patient goals and support patients between appointments to reduce frequency of follow up appointments.

The Dietitian felt that myfood24 could help to:

- Save time
- Reduce the frequency of follow-up appointments
- Keep patients on track

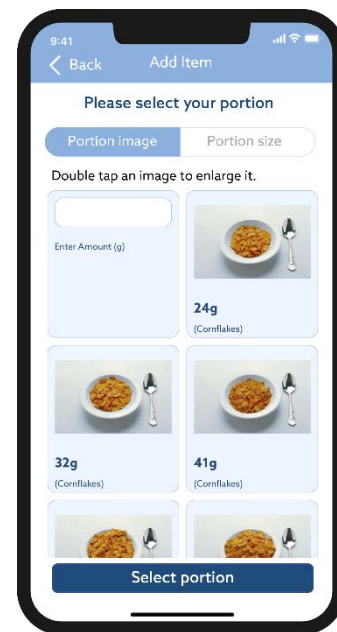
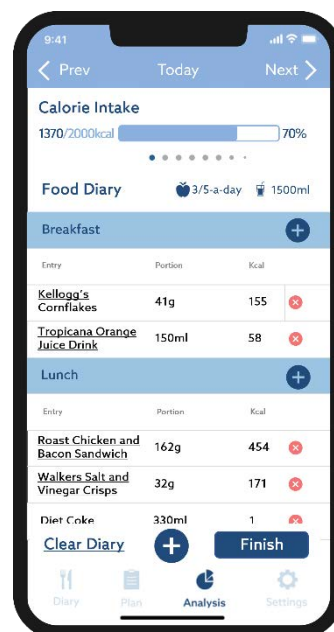
"The capability to review patients' food diaries remotely ahead of a consultation helps to have a more tailored discussion about particular trends and identify any gaps in the diet."

About myfood24®

myfood24 was developed by leading academics at The University of Leeds in 2017. The dietary assessment platform is the only scientific and scalable nutritional analysis tool that is validated against a suite of nutrient biomarkers. The food diary enables users to accurately record their dietary intake by selecting foods and portion sizes and adding them to their food diary.

myfood24 offers a digital and automated approach to the diet tracking and analysis process, connecting patients and healthcare professionals together.

Designed using evidence-based methodologies, myfood24 offers unique nutritional insights into patient dietary habits.



What did patients think?

The patients using myfood24 felt that it gave them greater awareness and motivation to make healthier and more informed food choices.

One patient felt that using myfood24 was the best thing that could have happened to get them 'back on track' after struggling.

"Patients have found using the app helps to keep them on track with their dietary goals."

About Sarah Trevellion

Sarah is a Senior Dietitian in the Tier 3 Weight Management Team at York Hospital who uses myfood24 to support her patients.