

**Weight loss, hypertension and mental wellbeing improvements during covid-19 with a multicomponent health promotion programme on Zoom: a service evaluation in primary care**

**Supplemental Files**

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### Supplemental File 1: Warwick Edinburgh Mental Wellbeing Scale questionnaire

## Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)

Below are some statements about feelings and thoughts.

Please circle the number that best describes your experience of each over the last 2 weeks.

	None of the Time	Rarely	Some of the Time	Often	All of the Time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Warwick-Edinburgh Mental Well-being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved.

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### **Supplemental File 2: Group structure, facilitators and fidelity of course content delivery**

#### **Group structure**

Originally the programme had been planned as a face-to-face programme led by the first author (LW) starting in May 2020. However, covid-19 restrictions prohibited this and it was decided to deliver it remotely, via Zoom. Because 40 people signed up for the information session, nine additional Public Health Collaboration volunteers were recruited to help delivery. Five groups comprising eight participants were anticipated, with two facilitators per group. Eventually 30 people attended the information session. It was decided to retain two facilitators per group to provide additional technical support to participants less familiar with Zoom, to ensure continuation of sessions should internet connection fail for one facilitator, and also to ensure smooth running of sessions in what was a relatively new medium to most people involved. Although only 24 participants eventually registered, it was decided that, given the unusual circumstances, retaining two facilitators per group would be helpful. The resulting facilitator to participant ratio was therefore high and would be impractical should the programme be rolled out on Zoom on a regular basis.

Registered participants were allocated to a group aiming for each group to have a mix of personal overall objectives ie weight loss, improved glycaemic control or supporting a family member.

#### **Facilitators**

Volunteer facilitators included a retired practice nurse, two GPs (one retired), a nutrition therapist and six health coaches.

#### **Fidelity of course content delivery**

Overall course content for each group was uniform with slides and materials supplied by LW following agreement on course content with NS. However, facilitators were encouraged to deliver the material in their own style, adding different or additional material as they felt was required. Each group covered the same content for the first three sessions. For Sessions 4, 5 and 6, facilitators judged optimal topic order based on participant preferences.

Facilitators met as a group for full briefings before the programme began, attended the information session, and met before all subsequent sessions. They also liaised throughout by WhatsApp.

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### Supplemental File 3: Materials supplied to participants at programme start

Resource	URL
Dr Peter Brukner's red/amber/green food list <sup>1</sup>	<a href="https://louwalker.com/wp-content/uploads/2020/07/Peter-Bruckners-Green-amber-red-foods.docx">https://louwalker.com/wp-content/uploads/2020/07/Peter-Bruckners-Green-amber-red-foods.docx</a>
Dr David Unwin's sugar teaspoon infographics	<a href="https://phcuk.org/sugar/">https://phcuk.org/sugar/</a>
Low Carb Freshwell meal planner from the Freshwell Health Centre, Essex	<a href="https://lowcarbfreshwell.files.wordpress.com/2020/03/freshwell-meal-planner-with-pics-compressed.pdf">https://lowcarbfreshwell.files.wordpress.com/2020/03/freshwell-meal-planner-with-pics-compressed.pdf</a>
Low carb resources guide from Hartland Surgery, Devon	<a href="https://healthyhart.co.uk/">https://healthyhart.co.uk/</a>
TedEd on YouTube: How do carbohydrates impact your health, by Richard J Wood	<a href="https://www.youtube.com/watch?v=wxzc_2c6GMg">https://www.youtube.com/watch?v=wxzc_2c6GMg</a>
Cookery books	<ul style="list-style-type: none"> <li>• <i>The Low-Carb Diabetes Cookbook</i> by Dr David Cavan and Emma Porter</li> <li>• <i>The Reverse your Diabetes Cookbook</i> by Katie and Giancarlo Caldesi</li> <li>• <i>The Diabetes Weight-loss Cookbook</i> by Katie and Giancarlo Caldesi</li> <li>• <i>Low Carb on a Budget</i> by John Meechan with Ally Houston</li> </ul>
Websites	
<ul style="list-style-type: none"> <li>• Public Health Collaboration</li> <li>• Diet Doctor</li> </ul>	<a href="http://phcuk.org">http://phcuk.org</a> <a href="http://dietdoctor.com/">http://dietdoctor.com/</a>

This is not an exhaustive list of materials supplied throughout the course. These are the materials supplied in Session 1.

### Reference

1. Brukner, P. *Fat lot of good*, Australia: Penguin Life 2018.

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**Supplemental File 4: Patient Progress Sheet**

**Personal Progress Sheet**

**Name:**

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Height						
Weight*						
BMI**						
Waist***						
HbA1c						
Total cholesterol						
HDL						
LDL						
Triglycerides						
Blood pressure						
Other (eg liver function)						
Medications/dose						

\*Weigh yourself once a week, ideally on the same day, at the same time of day, wearing similar clothes

\*\*BMI = body mass index. To find out how to calculate this, go to <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

\*\*\* **Waist:** the BMI link above also explains how and why to measure your waist.

It was explained that not everyone would be able to provide all the information, but if they had it, to provide it if possible.

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**Supplemental File 5: Participant feedback questionnaire and responses**

The full survey and responses can be viewed via this link:

<https://docs.google.com/forms/d/1ifa7VOotLBFSniUp5JWvWVMg6Mj2g2cl1b2jZpk9wU8/viewanalytics>

On the landing page, please click "See previous responses".