

Weight case study



Andrea's story

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63-year-old Andrea was referred by her GP to OneSmallStep.

had tried a number of yo-yo diet plans in the past but often found that she was losing weight quickly and regaining it straight away. The OneSmallStep advisers determined the best way forward was to introduce Andrea to the team of wellness coaches to help her look at her eating habits and how she could manage her weight.

“Right from the start I had someone to speak to who had the right information and facts about healthy eating,” says Andrea. “The advisers listened carefully and understood how to help.”



Andrea's coach, OneSmallStep wellness coach Katie, phoned her to explain how the OneSmallStep service worked. Katie asked Andrea to talk through her current lifestyle, food and exercise behaviours and what she wanted to change.

Identifying small changes

Katie used behaviour change techniques to help motivate and encourage Andrea to identify some small changes she could make to her diet.

“Andrea explained to me that she tended to snack on biscuits when her friends came round. I could see this was one of her barriers and discussed what else she could do with her friends instead. She identified that they could go on a walk together as an alternative. She is now doing three miles, three times a week. Andrea is really enjoying getting out in the fresh air and being active.”

Change tailored to lifestyle

In the past, Andrea found it difficult to commit to long-term diet plans due to her a busy social life.

However, with the help of her coach, she was able to fit changes around her current lifestyle to make it easier to maintain them.

“It was important to find activities that fit in with Andrea's current lifestyle, and building exercise into social activities really helped her to keep momentum,” Katie says.

Katie asked Andrea to keep a food diary, which they discussed during regular weekly meetings.

The food diary helped Andrea identify patterns in her eating habits, such as times of the day she was eating and portion sizes. Andrea was also worried about the risks of diabetes so Katie directed her to the diabetes care line, who advised her to switch from mid-morning biscuits to a banana.

Continuing the journey

Three months on, Andrea has lost over half a stone and is continuing to use the OneSmallStep service. Her energy levels have increased, her clothes are now too big and she feels happy and motivated to continue her journey.