

Practices run searches for patients with raised BMI
GPs screen list for patients with serious comorbidity
Practice sends letter to overweight patients inviting them to free weight loss programme. Letter states that they will be required to provide PCT with data on their progress as the programmes are being evaluated. Patient information leaflet sent with the invitation letter.
Free phone number for the call centre provided

Interested patients telephone **call centre**
Call centre explains that they will be randomly allocated to a programme after they have provided some details about themselves
Patients give verbal consent. Baseline data collected over phone. **Randomisation** to one of 8 groups

Commercial programme:
Slimming World
n=100

Pharmacy
One-to-one programme
n=70

General practice
One-to-one programme
n=70

Minimal intervention comparator
n=100

Commercial programme:
Weight Watchers
n=100

Commercial programme:
Rosemary Conley
n=100

Size Down
Group-based NHS community weight loss programme
n=100

Choice
Participants can choose any of 6 intervention programmes
n=100

All programmes collect data on weight and physical activity at **baseline** (entry to programme)

All programmes collect data on weight and physical activity at **3 months** (end of programme)
Research team collect data from those who have dropped out of their programme

Blinded follow-up of all participants at **12 months**