Percentage of people taking action and type of action taken by 12 months in the two arms of the trial

- **Weight loss at 12 months**
  - 5% weight loss OR 2.11 (1.67–2.68)
  - 10% weight loss OR 2.41 (1.72–3.38)

Control intervention vs Active intervention:
- No action
- Self-help action
- Effective action

Lancet. 2016 Nov 19; 388(10059): 2492–2500
12 months prolonged abstinence 7.3% vs 1.8%
Conclusions

• Offer help
• Act now
• Arrange support
• Simplify the rules