

# Committed to an evidence-based, scientifically proven approach



8X

More effective for weight loss than do-it-yourself.

Source: Johnston CA et al. Am J Med. 2013;126:1143.e19-1143.e24



3X

More effective than professionally delivered programs in producing 10% weight loss.

Source: Pinto AM et al. Obesity (Silver Spring) 2013;21(4):673-680.



2X

More effective for weight loss than physician counseling.

Source: Jebb SA et al. Lancet 2011;378:1485-92.



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The most cost-effective clinically proven, nonsurgical weight loss treatment.

Source: Finkelstein EA et al. Obesity 2014;22:1942-1951



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WW is one of the most effective programs for weight loss.

Source: Gudzone KA et al. Efficacy of Commercial Weight-loss programs. Annals Intern Med.

## The scalable, cost effective weight management solution

For more information about the science behind WW, visit [www.ww.com/us/science-center](http://www.ww.com/us/science-center)

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