## Figting COVID-19 Through Weight Management





Two specialist public health academics from the Institute for Health Research (IHR) in the University of Bedfordshire, Dr Yannis Pappas and Prof. Gurch Randhawa, are working closely with an independent provider of healthy lifestyle services, Thrive Tribe, to ensure that the organisation can continue to support people who would benefit from participating in weight management

## The Challenge

Obesity is recognised as a public health priority, with nearly two-thirds of adults in England being overweight or obese. Also, in 2018/19, obesity was recorded as a primary or secondary diagnosis in over 876,000 admissions to NHS hospitals.

Thrive Tribe partnered with the University to survey existing and former users of their weight management programmes, to enable the company to create tailored programmes to suit unique user needs during the Covid-19 pandemic.

programmes during the pandemic and beyond. The work is targeted at helping the BME communities that have been particularly hit by Covid-19.

## The Outcome

The research findings will enable Thrive Tribe and



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"We know that obese people, in addition to other co-morbidities, have double the risk than those who are of healthy weight of dying from COVID-19. The pandemic is an on-going public health challenge and for as long as we don't have a permanent or semi-permanent solution for it, enabling local communities to protect themselves is of paramount importance."

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