

FOR MORE INFORMATION, CONTACT:

Megan Guthrie, Weight Watchers
+61 407 464 121
PRAustralia@weightwatchers.com

JANUARY 4, 2018

**WEIGHT WATCHERS JUMPS EIGHT SPOTS TO #3 “BEST DIABETES DIET”
AND RETAINS TOP SPOT AS “BEST FAST WEIGHT LOSS DIET” IN 2018 BEST DIETS REPORT**

*Annual Rankings Released Today by U.S. News & World Report
Indicate Weight Watchers is One of the Best Plans Available*

NEW YORK (January 3, 2018) – Weight Watchers International, Inc. (NYSE:WTW) has been recognised once again by health experts in the 2018 Best Diets rankings released today by *U.S. News & World Report*, which includes advancing to #3 for “Best Diabetes Diet” (up from #11 in 2017). The “Best Diabetes Diets” ranking evaluates plans based on their ability to both prevent and manage the disease. Recent research has demonstrated the benefits of Weight Watchers programs for both prediabetes and diabetes. Specifically, clinical trial participants showed significant reductions in both weight and blood sugar control^{1,2,3}.

Weight Watchers also received top recognition in six additional categories:

- Ranked #1 for "Best Fast Weight-Loss Diet" for the second consecutive year since the category was added in 2016
- Ranked #1 for "Best Weight-Loss Diet" for the eighth consecutive year
- Ranked #1 for "Best Commercial Diet Plan" for the eighth consecutive year
- Ranked #2 for “Easiest to Follow”
- Ranked #4 for “Best Diet Overall”
- Ranked #5 for “Best Diet for Healthy Living”

"For nearly 55 years, Weight Watchers has been known for taking the latest science and making it actionable and livable for our members. We are leaders because our science-based, proven program consistently inspires healthy habits for real life," said Gary Foster, PhD, Chief Scientific Officer, Weight

¹ Marrero DG, Palmer KNB, Phillips, EO, et al. Comparison of Commercial and Self-Initiated Weight Loss Programs in People with Prediabetes: A Randomized Controlled Trial. *American Journal of Public Health*. May 2016. 106(5):949-956.

²Piper C, Marossy A, Griffiths Z, Adegboye A. Evaluation of a type 2 diabetes prevention program using a commercial weight management provider for non-diabetic hyperglycemic patients referred by primary care in the UK. *BMJ Open Diabetes Research & Care*. 2017;(5):e000418. doi:10.1136/bmjdr-2017-000418.

³ O’Neill P, Miller-Kovach K, Tuerk P, et al. Randomized controlled trial of a nationally available weight control program tailored for adults with type 2 diabetes. *Obesity*. November 2016. 24 (11): 2269-2277.

Watchers International, Inc. “It is gratifying that the efficacy of the Weight Watchers program continues to be recognized by the highly-respected health experts affiliated with U.S. News & World Report Best Diets.”

The consecutive top rankings of the Weight Watchers program are consistent with the decades of clinical evidence on the program’s effectiveness. Since the Best Diets rankings were introduced in 2010, Weight Watchers has continued to evolve the program, incorporating the latest nutritional and behavioral science while reflecting how people want to live their lives to help members integrate positive, sustainable lifestyle changes into their everyday lives, no matter where they are on their journey.

“People want to live the best life they can. Weight Watchers offers the powerful community, tools and strategies that help make healthy habits sustainable and work for everyday life,” said Mindy Grossman, President and Chief Executive Officer, Weight Watchers International, Inc. “We remain committed to delivering a science-based program that produces results, and we are glad to see that commitment recognized by the panel of experts commissioned for this report.”

The *U.S. News & World Report* panel of health experts includes nutritionists, physicians and others specializing in diabetes, heart health, human behavior and weight loss. Diets were ranked in eight categories, including diabetes and heart disease prevention and control, and likelihood of weight loss. The panel evaluated the program before the launch of WW Your Way⁺™ in December, which builds on the highly successful and effective SmartPoints® system. In a six-month clinical trial, WW Your Way⁺ produced better weight loss results among participants than in clinical trials of previous Weight Watchers programs⁴.

For more information about the rankings, visit **Best Diets 2018** (<https://health.usnews.com/best-diet>).

For more information about Weight Watchers, visit <http://www.weightwatchers.com/au>.

###

About Weight Watchers International, Inc.

Weight Watchers International, Inc. is one of the most recognized and trusted brand names among weight-conscious consumers. Weight Watchers provides commercial weight management services through a global network of Company-owned and franchise operations and offers innovative, digital weight management products through its websites, mobile sites and apps. These services and products are built on the Company's weight management program, which helps millions of people around the world lose weight through sensible and sustainable food plans, activity, behavior modification and group support. Weight Watchers has an unparalleled network of service providers to assist members

⁴ Six-month pre-post study on 152 participants, conducted by Deborah Tate, Ph.D. and colleagues at the University of North Carolina at Chapel Hill, Weight Research Lab. Study funded by Weight Watchers.

on their journey and also offers a wide range of products, publications and programs for those interested in weight loss and healthier living.