

WW Gets Results

The City of Seattle has partnered with WW (Weight Watchers Reimagined) to provide well-being programs to employees for many years. In that time, the WW programs have evolved to provide more than just healthy eating tools. With WW you now get mindfulness resources, fitness instruction and rewards! And WW gets results.

Below are the 2019 WW program outcomes for the City of Seattle.

LOSING WEIGHT

609

LBS

Net weight loss for the 225 WW participants in 2019



IMPROVING HEALTH



31%

Nearly one third of all participants lost 5 percent body weight or more

DID YOU KNOW?

Losing 5% of your body weight is associated with improved mood, joint health and sleep, AND reduced risk of cardiovascular disease, cancer and diabetes.

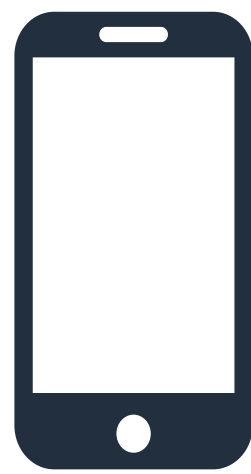
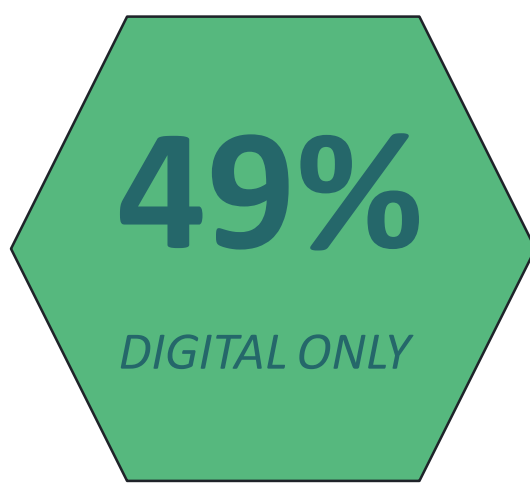
CHANGING BEHAVIORS

125,601

Food items tracked by WW participants in 2019



MAKING IT CONVENIENT



Almost half of the City of Seattle WW participants in 2019 used the digital only program

Digital + Workshops (50%) and WW4D program 1% participation

REWARDING POSITIVE HABITS

64%



Nearly 2 out of 3 WW participants in 2019 earned Wellness Wins Rewards

WW is a completely voluntary well-being program offered to City of Seattle employees. The City of Seattle and WW do not guarantee results from the WW program. Participants' individual level data is private and confidential. Individual participant results are not shared with the City of Seattle.

Find City of Seattle WW program discounts and plans at www.com/us/cityofseattle

Start Today!

