

January 14th 2022

Status after 6 months in the Health Integrator program



Picture: Selma Caglar, program participant. Foto: Thorsten Eichhorst, Kitchen Film Production.

The future is bright!

The participants that joined the program 6 months ago have now taken their first follow-up blood test to see what effect participating in the health program has had on their long-term blood sugar levels. They have also responded to a survey in which they themselves were able to estimate how their health has changed since they started. The results are gratifying and are presented below. Selma Caglar is one of many satisfied participants.

- I have been involved since March 1 and I must honestly say that it's the best thing that has happened to me, despite adversity with physical / medical obstacles along the way.

A lot happened in 2021

Health Integrator launched its digital health platform on behalf of the Stockholm Region on February 15th, 2021. Since then, 28,000 people in Stockholm have registered their interest in participating in the program, 8,000 people have taken blood samples and 750 people have met the criteria for participation and started a journey towards better health.

On January 14th, 2022, 226 people registered the results of their first follow-up blood test after six months in the program – so after completing one tenth of the total length of the program.



A quick summary of the results:

- 61% have reduced their long-term blood sugar levels.
- 43% are now below the limit for prediabetes (42 mmol / mol).
- 24% have increased long-term blood sugar levels. 16 of these participants have reported a value above 47 mmol / mol, i.e. a value indicating type 2 diabetes.
- 15% have unchanged long-term blood sugar levels.

Fredrik Söder, CEO at Health Integrator:

- It's extremely gratifying to see these results already after 6 months. In addition, many participants now initially focus on areas that only indirectly improve blood sugar levels themselves, such as sleep habits and mental health, which means that it is entirely to be expected that a group of people will continue to increase their values before long-term improvement takes place.

A more detailed description of the result is presented in the text below. Do you want to know more about the result, or have other questions? Reach out to us and we'd love to tell you more!

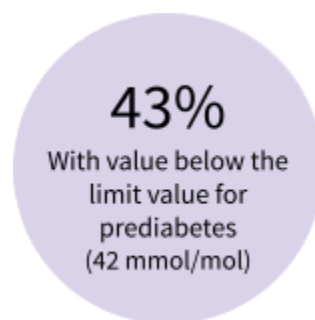
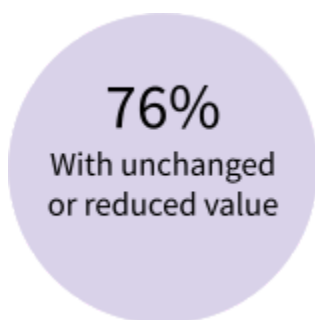
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Result from the follow-up blood test

Startvärde	6-månadsvärde / Antal																		
	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	52	53	55
42	-	2	4	6	12	11	15	14	8	5	1	3	-	1	1	-	-	-	-
43	1	-	3	2	5	10	2	14	7	4	5	1	1	1	1	-	-	-	-
44	-	1	-	2	-	4	4	2	3	5	3	2	3	-	1	-	1	-	-
45	-	-	1	-	1	3	2	1	2	2	4	2	-	1	-	1	-	1	-
46	-	1	-	-	2	1	1	1	1	2	6	-	1	-	1	1	-	-	-
47	-	-	-	-	-	-	-	1	1	3	1	1	3	1	1	1	1	-	1
Grand total	1	4	8	10	20	29	24	33	22	21	20	9	8	4	5	3	2	1	1

The column on the left lists values at program start (HbA1c between 42-47 mmol / mol), and each row lists the different values participants had at their follow-up blood test. The follow-up blood test values vary between 35 mmol / mol and 55 mmol / mol. On January 14th, 2022, the program had 754 participants and the total number of reported values from the follow-up blood test was 226, (N = 226). The number of participants and follow-up blood tests is continuously updated. Based on the above data, the following results are obtained:

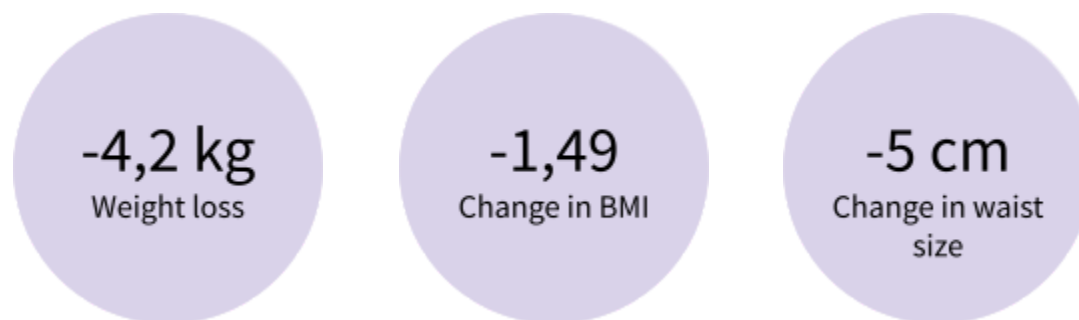
- 61% have reduced their long-term blood sugar levels (138 out of 226 participants).
- 43% have reduced their long-term blood sugar to levels below 42 mmol / mol, i.e. below the limit value for prediabetes (97 out of 226 participants).
- 24% have increased long-term blood sugar levels (54 out of 226 participants). For this group, the mean increase in HbA1c is 2.7 mmol / mol. 16 of these participants have reported a value above 47 mmol / mol, i.e. a value indicating type 2 diabetes.
- 15% have unchanged long-term blood sugar values (34 out of 226 participants).



Data from the health platform

From a compilation of the data reported on Health Integrator's digital health platform, one can track, among other things, changes in weight, waist measurements and BMI. The result is based on participants who have updated their values on at least one occasion since the start of the program (at least two measurement points). Incorrectly reported values have been excluded. The number of observations (N) varies because the participants may have reported the value from the follow-up blood test before updating the values regarding weight and waist measurements or vice versa. On January 14th, 2022, the status of changes in weight, waist measurements and BMI is as follows:

- The average weight loss is -4.2 kilos. The average starting weight is 96.9 kilos and the average weight after six months is 92.7 kilos. N = 230.
- The average change in BMI is -1.49. At the start of the program, the average BMI is 33.47, and after six months it's 31.98. N = 230
- The average change in waist size is -5 cm. N = 173.



Participants' experiences

In the autumn of 2021, a survey was sent out to 350 participants who had been part of the program for over six months. The number of responses was 332, with a response rate 94% for the survey overall.

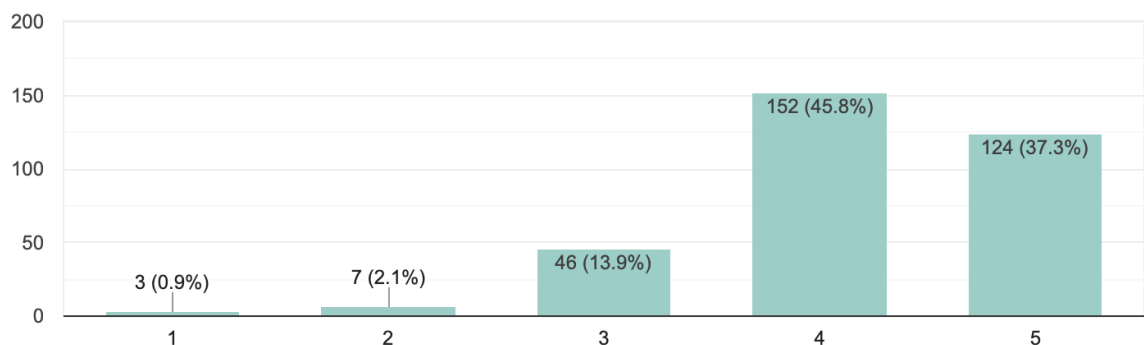
The survey consists of 28 questions. 14 of the questions have fields where the participants themselves are able to describe how they experience the program and give suggestions for improvements. The rest are questions where participants have been allowed to estimate on a scale of 1-5 how dissatisfied or satisfied they are with different parts of the program.

Given the scope of the survey, five results have been selected and presented below. The results are intended to provide an understanding of the participants' overall perception of the program.

Hur är din upplevelse av hälsoprogrammet i sin helhet?



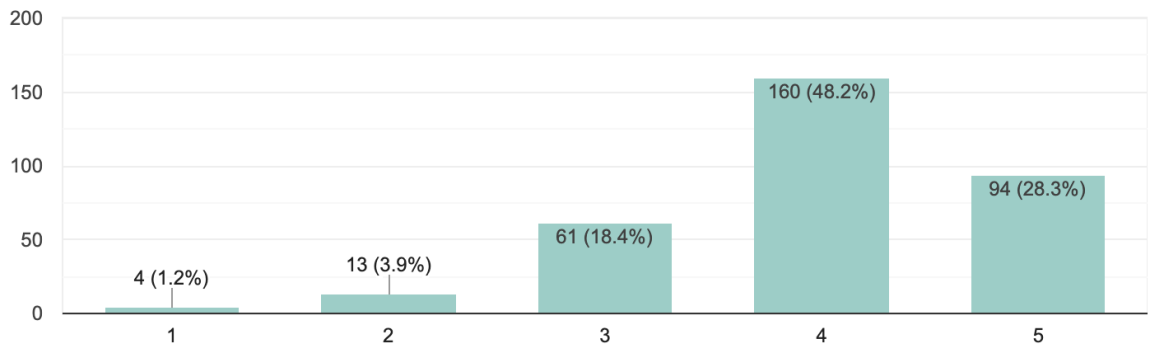
332 responses



“Rate your overall experience.” The response options range from 1 = negative to 5 = positive. The majority of the participants, 276 out of 332, have had a very positive experience of the program in the last six months. 10 out of 332 participants had a negative experience.

Hur ser du på dina möjligheter att lyckas med en livsstilsförändring med Health Integrators stöd?

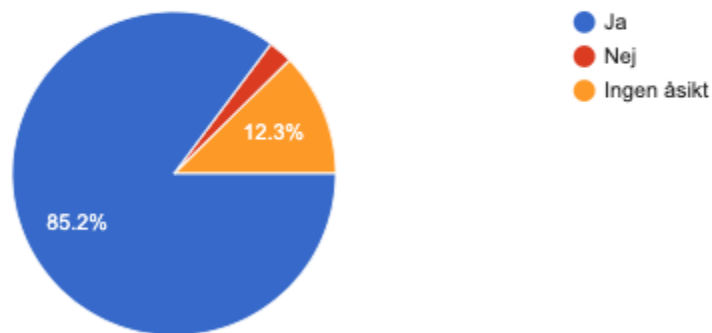
332 responses



”Do you believe that the health program will help you change to a more healthy lifestyle?” The response options range from 1 = negative to 5 = positive. The majority of participants, 254 out of 332, believe they have a good chance at succeeding with a lifestyle change with Health Integrator’s support.

Upplever du att du får det stöd du behöver från din hälsocoach?

332 responses

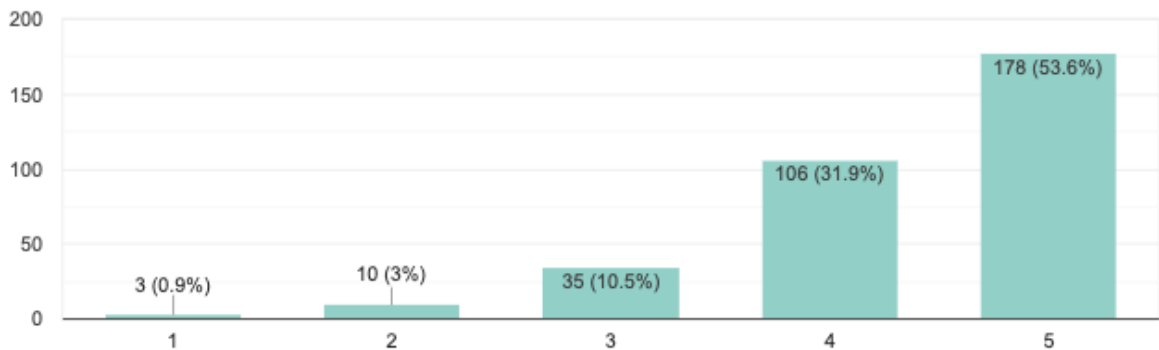


“Do you get the support you need from your health coach?” Over 85% of participants feel that they receive support from their health coach. 12% have no opinion and 2.4% feel that they do not get enough support from their coach.

It’s worth noting that in the survey, the participants who are dissatisfied with their coach then have the opportunity to share their contact information in order to be contacted regarding a possible change of coach.

Hur nöjd är du med din hälsocoach i samtalen?

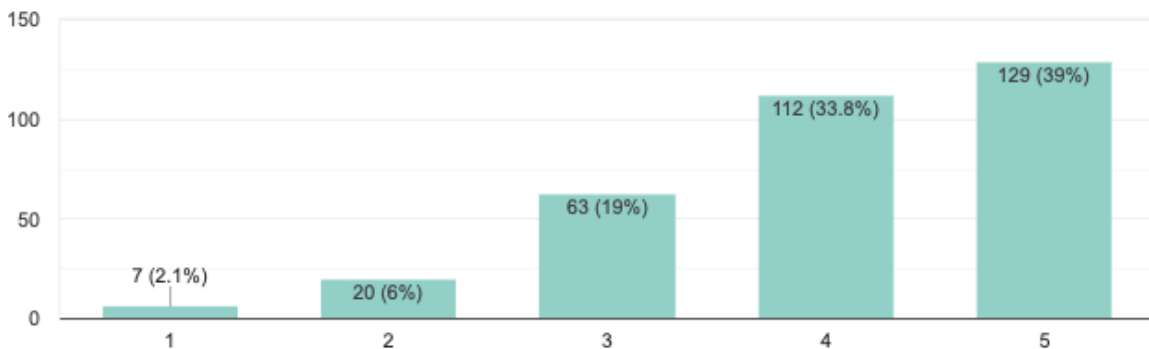
332 responses



“How pleased are you with the meetings with your health coach?” The response options range from 1 = negative to 5 = positive. The majority of the participants have had a very positive experience of the conversations with their coach over the past six months. 13 out of 332 participants have had a negative experience. 35 out of 332 do not think it was positive or negative.

Har coachens rekommendationer från marknadsplatsen varit relevanta för dina målsättningar?

331 responses



”Was the recommendations of what products/services to buy on the Marketplace helpful?” The response options range from 1 = negative (no) to 5 = positive (yes). One of the coach's tasks is to help the participant choose products and services in the marketplace that will support them in achieving their health goals. 27 out of 331 participants feel that the coach's recommendations were not relevant. 63 out of 331 think that there have been neither irrelevant nor relevant recommendations. 241 out of 331 think that the recommendations were relevant.

Do you want to know more about the results, or have other questions?

Get in touch and we'll tell you more!

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