

Australia brings hope with new AI weight loss coach

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Hope has been developed following research from CSIRO, which has uncovered the three critical behaviours that, when put into practice regularly, have the biggest impact for people looking to get healthier and achieve their weight loss goals.

The analysis of nearly 11,000 CSIRO Total Wellbeing Diet members revealed that those who weighed in regularly, followed the menu plan and tracked their food intake the most achieved a weight loss of 8.1 per cent of their starting body weight in 12 weeks, or an average of 7.5kgs. Those who engaged in these behaviours the least achieved a 3.3 per cent drop in their weight (3.1kgs) – a difference of nearly 4.5kgs between the two groups.

Hope is designed to help Australians embrace these important behaviours and achieve their weight loss goals.

Shaped by over 100 million points of CSIRO Total Wellbeing Diet member data, Hope predicts appropriate weight loss targets, tracks progress and provides timely feedback, using state-of-the-art machine learning, to help members thrive on the 12-week programme.