# The Digital Weight Loss Market: Online, Apps & More

# **Table of Contents**

	<u>Page</u>
Introduction: Study Scope & Methodology	1-4
Overview of Major Findings	5-19
Discussion of the nature, composition and structure of the market, size and growth rate, 2006-2018, 2019 & 2023 forecasts, key players, revenue rused, factors affecting demand, market segments (websites, apps, subscript plans). Highlights and key points from all report chapters.	
Market Nature & Definition	20-24
Discussion of: product sales websites, weight loss portal sites, healthcare we	ebsites
Operating models	
Market Structure: Discussion of digital dieting market segments, including: loss company websites, healthcare websites, general purpose website selling diet products (Amazon.com, others)	_
Weight loss apps for the smartphone	
Social media: Facebook, Instagram	
List of popular Weight Loss Blogs	
Market Size & Growth	25-36
Marketdata estimates and actual revenues of key competitors: 2006-2018, 2019 & 2023 Forecasts.	
Revenues from internet sales of OTC diet pills and meal replacements, by la retailers and others	rge
Revenues of the top weight loss apps (Fitbit, MyFitnessPal, Noom, etc.)	
Discussion of major market trends	

Reasons for growth, factors affecting demand currently vs. next five years.

Outlook by competitors and analysts (WeightWatchers.com, Calorie King, Diets In Review)

Tables:

Market mix: major market segments by type: 2018

Total market size: 2006-2023 F

## **Digital Dieter Demographics**

37-46

Summary & discussion

Most popular health & fitness apps in the U.S. – no. of users

Findings of Marketdata's BestDietFoMe.com historical database/survey of online dieters. Online dieters by: age, gender, DIY plans, budget, preferred program location (2005-2012 data)

Millennial customer profile: definition, number & growth, characteristics (use of technology, eating habits, social consciousness, job prospects), findings of Prudential Insurance survey

#### Table:

Median income of "gig economy" workers (2003-2015)

#### **Weight Loss Websites**

47-59

Summary & discussion

Effect of online programs on competing companies

How weight loss websites make money, revenue sources (advertising vs. subscriptions)

Discussion of Retail Websites Selling Diet Products: Amazon.com\_CVS.com\_Walgreens.com\_GNC.com\_Walmart.com\_Costco.com, Target.com\_Bariatric Advantage.com\_Bariatric Nutrition.com\_DietDirect.com, IdealShape (The Hut Group)

Address list of major diet website parent companies.

#### Tables:

Top 25 weight loss websites, by global traffic rank

Top 25 weight loss websites, by % U.S. traffic

# **Weight Loss Apps & Fitness Trackers**

60-70

Summary & discussion

Estimates of digital weight loss market size by other research firms

Marketing channels used to sell apps: retail, consumer direct, corporate wellness

Activities that app users typically track

Key competitive factors

How big a threat are apps to traditional diet companies?

Do weight loss apps work? – Research studies findings regarding effectiveness

Sales decline of apps vs. smart watches - 2018 data.

## **Online Weight Loss Courses & Webinars**

71-73

Summary & discussion of the appeal of online courses

Profiles of Udemy, Coursera, and OnPoint Nutrition weight loss courses

Weight Loss Via Telemedicine

Summary & discussion of telemedicine and similar services, Skype interactive video visits for health coaching

Fees, who's using these services, how they work

Sample program: Diet Doc Weight Loss

#### Weight Loss Via Telemedicine

74-77

Discussion of how telemedicine is being used in healthcare environments, How it works, typical patient fees, conditions treated, advantages for the consumer, video coaching effectiveness, findings of studies, sample program: Diet Doc Weight Loss

(In-depth profiles describing services offered, company headquarters address & contacts, recent mergers or acquisitions, funding, history, actual or estd. revenues when feasible, pricing, competitive rankings, etc.)

- CaloriesCount.com
- CalorieKing.com
- Diet.com
- FitBit
- Fooducate
- HMR At Home
- Hungry-Girl.com
- JillianMichaels.com (J2 Global, Everyday Health division)
- Lindora Medical Clinic (Lean For Life program)
- LoseIt! (FitNow, Inc.)
- MyFitnessPal (Under Armour)
- Noom
- Sparkpeople.com (J2 Global, Everyday Health division)
- The Biggest Loser Club
- TheBestLife.com
- WebMD
- Weightwatchers.com
- Vitabot.com

# **Reference Directory of Market Information Sources**

116-121

Names, address, contact information for trade associations, research, reports, consultants, and publications related to the weight loss market.