Predictors of loss in the dietary management: overweight and obesity.

Manuel Reig. Ph.D.
Department of Nursing.
Faculty of Health Sciences.
University of Alicante.
E-mail: manuel.reig@ua.es
Predictors of loss in the dietary management: overweight and obesity

Nutrition clinic
Objective

 ✓ To determine whether the loss of %WL and %FL in dietary treatment was affected by sex, age, BMI and clinic attendance
Predictors of loss in the dietary management: overweight and obesity

Method

✓ 4700 consultations generated
✓ Patients: 670; ages: > 18 years; BMI ≥ 25 kg/m2
  ✓ Two types: PNLWF and PLWF (91.9%)
✓ Geography: southeast of Spain
✓ Duration: 2006 to 2012
✓ Clinic attendance: every 15 days

PLWF: Patients who lost a percentage of weight and fat
PNLWF: Patients who lost a percentage of weight or fat
Method

✔ Dietary treatment:

✔ Individualised

✔ Low-calorie: daily deficit of 500-1,000 kcal/day

✔ Balanced:

  45-55% carbohydrates
  15-25% proteins
  25-35% total fat
Method

✓ Tools for measuring the amount of food:
Results

✓ PLWF, comprised:
  ✓ Women
  ✓ Patients aged 25 to 45 years old
  ✓ Patients attending the clinic for more than a month and half
  ✓ Patients with obesity

✓ Men achieved greater loss than women:
  ✓ %FL: 23,0 vs 14,3% (p=0,000)
  ✓ %WL: 7,7 vs 6,6% (p=0,020)

Percentage weight loss (%WL) = 100 x (Weight lost between visits to the clinic/initial weight)
Lose fat percentage (%FL) = 100 x (Lose fat between visits to the clinic/initial fat)
PLWF: Patients who lost a percentage of weight and fat
Predictors of loss in the dietary management: overweight and obesity

Results

✓ Patients who attended the clinic for more than a month and a half achieved greater loss than those who attended for less time:

  - %FL: 19.1% vs 7.3% (p=0.000)
  - %WL: 7.8% vs 2.9% (p=0.000)

✓ A multinomial regression analysis (PNLWF/ PLWF):

  ✓ Just attending the clinic for more than a month and half was a factor that influenced loss

  OR 8.3 (IC 95% 4.5-15.1; p=0.000)
Conclusions

✓ Body fat measurements provide additional information about weight loss

✓ Sex and frequency of attendance influenced loss (PLWF)

✓ Adhering to treatment for more than a month and a half has been confirmed as a predictive factor


E-mail: manuel.reig@ua.es