

Title: Weight loss maintenance after participating a health promotion based program in Taiwan

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Introduction: Gaining weight is a serious health-related issue around the world currently. Weight loss interventions have been studied widely. However, weight loss maintenance is still a challenge.

Objective: The aim of this study is to examine the prevalence and correlates of weight loss maintenance factors in Taiwan.

Methods: A cross-sectional survey through structured questionnaires was conducted to analyze 130 adult subjects who had been participated in a weight loss program in a hospital in Taiwan. All subjects met the following two criteria: BMI> 25 and aged from 20 to 65 years old. They were participated in the weight-controlled program at least 6 months, and reduced weight more than 5% compared with their original weight at the end of program.

Results: Among all these 122 valid samples, with a mean age was 37.29, 76.2% was female, and 52.5% was college graduate level. Within the female participants, the higher the degree of supports; the maintenance of weight control was higher. There was positively significantly correlated family supports and the maintenance of weight (r=.22*, p <.05). There was a positive significant correlation between the education level and the

maintenance of weight (r=.185*, p <.05). In addition, there was positively correlated between the income and maintenance of weight (r=.315*, p <.05).

Conclusion: According to the results of the study, family support, personal monthly income, education level were factors that affect the maintenance of weight. It is recommended that staff of health promotion hospital could hold charged health promotion activities in hospitals and communities to help monitor the weight control. Within the activities, participants' families and friends are welcome to join the program because social and family supports are helpful to achieve health promotion and weight reduction to fit weight maintenance goals.

Autobiography

My name is Chin Wei Chang,. I am a graduate student of the Medical Management Institute of I-Shou University in Taiwan. I am currently preparing a lecturer's work and future doctoral examine. I have worked in Taiwan Kaohsiung Cishan Hospital and with 10 years of experiences in psychiatric ward. I have published an academic paper and a poster. I am eager myself actively to write projects and make contributions for my future academic career.

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