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



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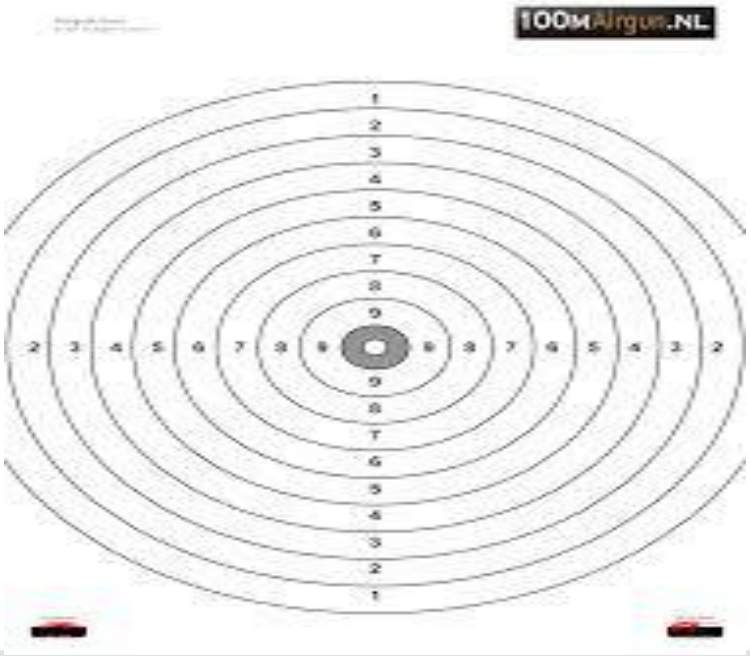




Nutrition clinic

Objective

- ✓ To determine whether the loss of %WL and %FL in dietary treatment was affected by sex, age, BMI and clinic attendance



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

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

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