

ICCN Poster Presentations

Obesity

Successful long-term weight loss with a Mediterranean style diet in a primary care medical centre

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Objective: To assess the long term (1 year) effectiveness of a weight loss programme which is based on a Mediterranean type diet and has previously been shown to be successful over the short term (3 months).

Background: Increasing foods rich in Monounsaturated fat (MUFA) may be preferable to the usually prescribed low total fat diets. A Mediterranean diet which is high in MUFA but not energy-dense may be more effective at long-term weight loss than a low total fat diet.

Methods: A Mediterranean diet has previously been shown to be effective over three months in a study following 100 consecutive patients attending a weight loss programme at a Primary Care Medical Centre. The same 100 patients were followed up 15 months after commencing the diet programme, to assess long-term effectiveness of weight loss

Results: 41 people were available for follow up. 22 of those contacted attended the surgery for review and 19 chose to be reviewed by telephone. 24 patients had maintained at least some of their weight loss, with a mean weight loss of 8.18% of starting body weight at 15 months follow up. 17 patients regained all of the weight that they had lost; 75 % (n=18) of the 24 people who had maintained at least some of the weight loss had completed the full, three-month programme. Twenty-six of the 28 people who completed the full programme were contacted. Twelve (46.2%) had maintained or lost even more weight while 6 (23.1%) had regained some but not all of their lost weight.

Conclusion: The Mediterranean type diet is very effective for weight loss both in the short term and at 15 months follow up. Long term follow up of this diet programme is at least as effective as any diet or diet and drug therapy published. Individuals completing the recommended 12-week program seem to have more effective long-term weight loss. This type of diet is an alternative to current practice and is amenable to a primary care Medical Practice.

Overweight/obesity situation and the relation to lipid disorders and hypertension in women aged 20 to 59 years old in Ba Dinh district, Hanoi City

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The research was carried out in Ba dinh district, Hanoi. The results of the research on 724 women from 20-59 years old indicated that the prevalence of overweight (BMI > 25.0) was rather high (16.6%), the prevalence of pre-obesity and obesity grade I was 15.5% and 1.1%, respectively. The prevalence of overweight was increased with increasing age, the highest prevalence was observed among women 50-59y old (19.9%). The percentage of women with waist/hip ratio >0.85 was 33.6%. The habits of consuming energy-rich foods such as fat, sugar were risk factors of overweight and obesity. Moreover, the time set aside for light activities (eg., watching television) in the overweight group was significantly higher than that in the normal group. Risks of overweight also increased in subjects whose family members were overweight and obese. The overweight group had the rate of hypertension of 13.3%, higher than the normal group did (4.2%). The prevalence of women who had biochemical indicators exceeding the limit in the overweight group was high. The prevalence of women who had cholesterol >5.2 mmol/l was 17.5% and glucose in blood >7.0 mmol/l was 8.2%. The prevalence of women who had HDL-C lower than the normal limit was 9.2%. Especially, 65% of women had the triglyceride level exceeding the normal limit.