



Service Priorities and Programmes
Electronic Presentations

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A 2-steps weight reduction program increases success rate of weight management

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Introduction

Traditionally, obese patients are referred to dietitians for diet education and hypocaloric meal planning, either in group or individually. However, some patients may have limited adherence to the hypocaloric meal plan resulting in unsatisfactory weight loss. Satisfactory weight loss is defined as $\geq 5\%$ of initial body weight. This program uses meal replacements supplementary to conventional dieting for those responding unsatisfactorily to self-selected meal planning alone.

Objectives

To enhance weight loss with meal replacement after unsatisfactory weight loss with hypocaloric meal plans alone.

Methodology

Obese patients, who failed to lose 5% body weight after following 3-4 months of hypocaloric meal plan, were advised to try meal replacements twice daily for 3-4 months. Outcome measures were: 1) Mean weight loss and 2) proportion of patients who lose weight $>5\%$ during periods of either conventional meal planning alone or with meal replacement.

Result

From May 2011 to December 2012, 35 obese patients who failed to lose weight with hypocaloric meal plans were recruited into the program. Weight change with conventional meal planning alone was $79.8 \pm 15.4\text{kg}$ to $79.6 \pm 15.3\text{kg}$ ($-0.27 \pm 0.5\text{kg}$) and $79.6 \pm 15.3\text{kg}$ to $77.3 \pm 15.31\text{kg}$ ($-2.23 \pm 1.9\text{kg}$) ($P < 0.05$, Friedman Test) with meal replacement in addition. Proportion of patients with $>5\%$ weight loss increased from 0% to 26% after meal replacement.