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Randomized controlled trial of physical activity consultation versus usual care on reduction of body mass index and waist circumference in sedentary Hong Kong Chinese obesity patients- a pilot study

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Introduction

Background

Obesity is one of the commonest problems encountered in the practice of primary care physicians in Hong Kong. Previous studies in developed countries have shown equivocal results on the effectiveness of physical activity consultation in reduction of body weight in obese patients. This randomized pilot study aim to find out the effectiveness of physical activity consultation in reduction of body weight and waist circumference in Hong Kong Chinese.

Objectives

This randomized pilot study aim to find out the effectiveness of physical activity consultation in reduction of body weight and waist circumference in Hong Kong Chinese.

Methodology

We randomly assigned 65 participants into exercise and control group. The exercise group received advice on diet and physical activity counselling whereas the control group received standard care. Measurements of body weight, BMI, waist circumference and international physical activity questionnaire (IPAQ) score were taken at baseline and at the end of 6- month period.

Result

Of the 65 participants, more than 90 % have completed the study. The mean reduction of body weight was -1.9 ± 0.5 kg and -0.1 ± 0.4 kg for exercise and control group respectively ($P=0.64$). The reduction of BMI was 0.7 ± 0.2 and 0.1 ± 0.2

respectively (P= 0.06). And the reduction of waist circumference was -5.2 ± 0.8 and 1.5 ± 0.9 cm respectively (P=0.16)

There is no statistically significant difference between physical activity consultation and usual care in reduction of BMI and waist circumference in obese Chinese patients in Hong Kong.