Predictors of loss in the dietary management: Overweight and obesity

Reig García-Galbis Manuel1, Rizo Baeza Mercedes1 and Cortés Castell Ernesto2

1University of Alicante, Spain
2University Miguel Hernández, Spain

Concepts: WL%: Percentage of weight loss; % FL: Percentage of fat loss; PNLWF: Participants who do not lose weight and fat simultaneously; PLWF: Participants who lose weight and fat.

Objective: Assess whether the loss of %FL and %WL in dietary treatment, was affected by gender, age, BMI and assistance to the query.

Method: 4,700 consultations were conducted with 670 patients; older than 18 years are overweight or obese, in the South-East of Spain, during the years 2006-12. Consultations were held every 15 days; the tool used was a personalized diet and calorie food in the area. Two types of patients were PNLWF and PLWF (91.9%).

Results: PLWF, this group consists mostly of women; participants between 25-45 years; attending more than one and a half; overweight subjects. In PLWF, men and those attending a greater number of occasions to the consultation have shown a greater loss compared to women (% FL: 23.0 vs.14.3%, p=0.000; % WL: 7.7 vs. 6.6%, p =0.020), and those who attend less frequently (% FL: 19.1 vs. 7.3%, p=0.000; %WL: 7.8 vs. 2.9%, p=0.000). Multinomial regression analysis (PNLWF / PLWF) indicates that only attend more than one and a half to the consultation is a factor in the loss, or 8.3 (95% CI 4.5 to 15.1; p=0.000).

Conclusion: The body fat measurement provides additional information to the lost weight; gender and often in attendance, influences the loss (PLWF); it can be confirmed as a predictor, monitoring of treatment over six weeks.

Biography
Reig Garcia-Galbis Manuel is a Nutritionist (UCAM), food technologist (UMH) and completed his PhD in “individualized nutrition education in weight loss” (UA). He has professional experience of over 10 years of consulting nutritionist nutrition. Research activity (editions impact journals) includes: 6 publications and 12 communications. He is an activity writer with publication of a book in the editorial “Publicia”.

manuel.reig@ua.es

Notes: