6th World Congress on

Obesity

August 08-10, 2016 Toronto, Canada

Keynote Forum

(Day 1)

Mark Lemstra, J Obes Weight Loss Ther 2016, 6:4(Suppl)
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Mark Lemstra

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Weight-loss intervention adherence levels and factors promoting adherence

Background: Adhering to weight-loss interventions is difficult for many people. The majority of those who are overweight or obese and attempt to lose weight are simply not successful. The objectives of this study were 1) to quantify overall adherence rates for various weight-loss interventions and 2) to provide pooled estimates for factors associated with improved adherence to weight-loss interventions.

Methods: We performed a systematic literature review and meta-analysis of all studies published between January 2004 and August 2015 that reviewed weight-loss intervention adherence.

Results: After applying inclusion and exclusion criteria and checking the methodological quality, 27 studies were included in the meta-analysis. The overall adherence rate was 60.5% (95% confidence interval [CI] 53.6–67.2). The following three main variables were found to impact adherence: 1) supervised attendance programs had higher adherence rates than those with no supervision (RR= 1.65; 95% CI 1.54–1.77); 2) interventions that offered social support had higher adherence than those without social support (RR= 1.29; 95% CI 1.24–1.34); and 3) dietary intervention alone had higher adherence than exercise programs alone (RR= 1.27; 95% CI 1.19–1.35).

Conclusion: A substantial proportion of people do not adhere to weight-loss interventions. Programs supervising attendance, offering social support, and focusing on dietary modification have better adherence than interventions not supervising attendance, not offering social support, and focusing exclusively on exercise.

Biography

Mark Lemstra has completed eight university degrees: Bachelor of Science, a Master of Science in Physical Medicine and Rehabilitation, a PhD in Psychiatry, a Master of Science in Public Health, a Master of Science in Epidemiology, a Doctor of Science in Public Health, a Doctor of Science in Epidemiology and a PhD in Epidemiology.

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Rashed Ali Al Sahel

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Cognitive behavioral group therapy as a technique to reduce overweight and maintain it

Introduction: According to Cognitive Behavior Therapy, there are the thoughts that the overweight and obese people have about their body that affect their losing weight. Many of overweight and obese people are complaining of their overweight; however for different reasons, these people either they do not follow a diet program or they had one but they quitted it. Thus, cognitive-behavioral therapy works to change the misconceptions that make the human diet programs are reluctant to accept positive ideas to make it and succeed in the application of diet programs.

Methods: In this study, 19 persons were randomly selected from people who suffering obesity or overweight and attending the Kuwait Center for Nutrition, the State of Kuwait. Twelve cognitive behavioral group therapy sessions were applied in order to changes their thoughts as well as their lifestyle linked to their food habits.

Results: The results of the study showed that significant changes were found with the experimental group in their thoughts and lifestyle.

Conclusions: Results of this study emphasize that changing people's thoughts and lifestyle play an important role of their overweight and obesity. They have learned how to keep positive thoughts and lifestyles among their diet program in order to reduce their weight and maintain it.

Biography

Rashed Ali Al Sahel obtained his Master's degree in Educational Psychology from Eastern New Mexico University, USA (1983) and PhD from the University of Wales, UK (1989). He is certified as a qualified Cognitive Therapist from Academy of Cognitive Therapy, USA, (2003). He served as a Dean of the College of Education at Kuwait University from 2002-2007 and Professor at Kuwait University since 2006. He has published more than 27 papers and 6 books in the area of counseling children, adolescents, and couples.

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(Day 2)

Mehmet Emre Atabek, J Obes Weight Loss Ther 2016, 6:4(Suppl)
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Mehmet Emre Atabek
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Prediabetes and cardiovascular parameters in obese children and adolescents

Objective: The aim of this study was to evaluate the prediabetic obese children and adolescents with cardiovascular risk and cardiac functions. Few study in the literature showing the relationship of cardiac function and prediabetes clinic in childhood.

Methods: Study was performed with 198 obese children and adolescents 6-18 years of age. Anthropometric measurements, blood pressure measurements, oral glucose tolerance test, lipid profile and HbA1c measurements of patients were assessed. Prediabetes was defined according to ADA criteria. Left ventricular mass index (LVMi), carotid intima-media thickness (c-IMT) and tissue Doppler measurements were evaluated by echocardiography.

Results: LVMi was determined significantly higher in prediabetes group (p=0.03). There were no statistically significant differences in right ventricular tissue Doppler measurements in the prediabetic group. Left ventricular tissue Doppler measurements were significantly higher in the group prediabetes. LVEEM (left ventricular E/e ratio) (p=0.04); LVEM (left ventricular myocardial velocity cm/sn) (p=0.035). LVMi were found to positively correlated with triglyceride levels, blood pressure, waist circumference, body weight SDS and negatively with HDL cholesterol (p=0.043, p=0.039, p=0.025, p=0.009, p=0.038 respectively). LVEM was correlated with glucose (p=0.046) and LVEEM was correlated with systolic blood pressure (p=0.035). In linear regression analysis for clinical cardiovascular risk factors fasting glucose was the best predictor of LVEM.

Discussion: In this study deterioration of cardiac functions in prediabetic obese children and adolescents was shown. We recommend determining the cardiovascular risk and cardiac dysfunction in the early stages in prediabetic obese children and adolescents by tissue Doppler measurements.

Biography

Mehmet Emre Atabek has completed his PhD from Selcuk University, Turkey and Post-doctoral studies from Selcuk University School of Medicine and Erciyes University School of Medicine. He is the Director of Pediatric Endocrinology Department in Necmettin Erbakan University School of Medicine, Konya, Turkey. He has published more than 140 papers in international journals and most of them indexed in SCI/SCI-Expanded list. He has existing intensive studies on obesity and is a specialist in this field.

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