

Effectiveness of Nutritional Counselling with Regular Follow Up in Obese/Overweight Patients

Shalini Garwin Bliss

Associate Manager (Dietetics), Manipal hospital, Gurugram

Abstract

This study is to evaluate the effectiveness of diet counselling with regular follow-up in managing obesity and overweight conditions in patients. Obesity is the main risk factor for several chronic diseases, need to evaluate and work towards in order to achieve normal BMI. The research investigates that targeted weight loss can need to achieve with constant and regular follow up's.

A cohort of obese/overweight patients are divided into two groups: Both received dietary counselling session and follow up arranged. Key outcomes measured include weight loss, body mass index (BMI), waist circumference, dietary intake, and patient satisfaction with the counselling process.

The results demonstrated that patients with regular follow up's experienced a significant reduction in BMI, weight, and waist circumference compared to the patient those who are not regular with the follow up's. Additionally, improved dietary habits, such as dense calories diet plan along with various diet modifications. Regular follow-up sessions were crucial in maintaining adherence to dietary changes and promoting sustained weight management.

This study suggests that nutritional counselling combined with consistent follow-up can be an effective strategy in the management of obesity and overweight conditions, offering valuable insights for healthcare providers aiming to implement long-term weight management programs for their patients. Further research with larger sample sizes and longer follow-up periods is recommended to reinforce these findings and explore the broader applicability of this approach.

Introduction

An alarming rise in overweight and obesity is occurring worldwide. Obesity is more common than cardiovascular disease, diabetes, and cancer and may be the leading cause of these disorders and numerous other morbid states. Obesity is not a single disorder but a mixed group of conditions with multiple causes, the outcome of an imbalance between energy intake and energy expenditure.

Objective in the management of overweight/obese subjects

WHO classification of adult categories of body mass index(BMI)

Underweight	< 18.5 kg/m ²
Normal range –	18.5 -24.9 kg/m ²
Overweight-	> 25 kg/m ²
Pre obese-	25-29.9 kg/m ²

Obese:	
Class I-	30-34.9kg/m ²
Class II –	35 – 39.9 kg/m ²
Class III-	> 40 kg/m ²

The goal of obesity treatment has changed now, where once the goal was the reduction to ideal body weight, but now new goal is to achieve a healthier weight. The modest weight loss as low as 5-10 % of initial body weight can reduce or eliminate disorders associated with obesity. Thus initial, the target of a weight loss program is to reduce body weight by about 10%. Once initially it's achieved than a new target can be set it can be weight maintenance or further weight reduction.

Nutritional counselling for overweight patients

General recommendations

1. Therapeutic lifestyle modification
2. Increase in physical activity

The main dietary method for reducing weight is to reduce the total amount of calories consumed and this is best achieved by a reduction in the amount of fat from the diet and calories from sugary items.

The moderate decrease in caloric balance (500 -1000 kcal/day) will result in slow but progressive weight loss.

Different diet for overweight /obese patients

1. Balanced Hypocaloric Diet
2. Low-Carbohydrate Diet
3. VLCD
4. Low-Fat Diet
5. Detoxification

Methodology-

1. Face to face consultation / virtual consultation

KEY POINTS - Nutrition assessment and reassessment ,24 -hour recall, food preferences.

2. Nutritional care plan
3. Detailed diet plan
4. Follow up

Data collection (consultation) - IPD patient at the time of discharged for the continuation of nutrition care plan

OPD Patient at the time of consultation

Follow up -- Physical / Virtual consultation

Outcome Measures-

1. Achieving of target weight loss
2. Inch loss

Result

A total of 50 patients overweight/ obese patients are taken from IPD /OPD over a period of 3 months. 60% patient has achieved the target goal, out of this few are on weight maintenance diet plan and few are on new target goal set.

Rest 30 % (obese class-II and Class III) has referred for bariatric surgery.

10 % patients are not regular with the follow up hence not achieve the targeted weight loss.

Conclusion

Target goal achieved with the consultation & regular follow up.

Reference

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