

Maintenance of weight loss one year since a diet vs. exercise-based successful interventions, among Lebanese adult overweight/obese women

Joya Ferneine, Nathalie Yaghi, MS, LD, Jihad Irani, MD, MPH.

Joya FERNEINE,LD, MS, Master's in nutrition and sport's physiology in Saint Joseph University.

Nathalie YAGHI,MS, LD, Professor of Nutrition in Saint Joseph University, Master's in clinical nutrition in American University of Beirut.

Jihad IRANI, MD, MPH, Assistant Professor of Medicine at the University of Balamand.

OBJECTIVE: To evaluate maintenance of weight loss, among women who followed a diet or a physical exercise program, since at least one year at the time of the survey (one year after the intervention), and determine factors associated with weight loss maintenance.

METHODS: Observational, retrospective study on a sample of 60 women who successfully lost weight after following a diet (n=30) or exercise (n=30) one year later. Random sample of women were interviewed in 5 different sports and diet centers. A scale and a stadiometer were used to take the measurements of height and weight of women, in the interview a 24h recall of food eaten, an IPAQ (International Physical Activity Questionnaire), and FFQ (Food Frequency Questionnaire), were used to collect data.

RESULTS: The percentage of overweight or obese women; who maintained their weight loss for at least one year after a diet or sports exercise is 18.3% (10% in diet group and 26.7% in sport's group with a significative difference between groups). Factors associated with weight loss maintenance are: following a Mediterranean diet, a high fiber consumption; a diet with a lower percentage of saturated fatty acids, a high percentage of protein in actual diet, and higher ratio of Mono-Unsaturated Fatty Acids/ Saturated Fatty Acids in maintainers versus non maintainers ($p<0.005$). There is an inverse association between the fact of skipping meals and weight loss maintenance. Moreover, a longer duration of follow-up, and practicing more minutes of exercise per week, are also associated to weight maintenance. After correction for confounders, the most influent factor for weight maintenance is the duration of follow-up, this

factor was more in play in maintenance of weight for at least one year regardless of the group women belongs to.

CONCLUSION: In this sample of women, adopting healthier eating habits, and exercising enough are keys to success in weight loss maintenance one year after a weight loss intervention regardless of the kind of method used.

Key words: diet, physical activity, maintenance, body weight.