

A46 Weight loss strategies among successful Chinese weight losers in Malaysia

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Malaysia is the country with the highest prevalence of overweight and obesity among Asian countries. About 50.1% of adults in Malaysia were overweight or obese. However, the research on weight loss strategies used by Malaysians who are successful in weight loss is still limited. Hence, this cross-sectional study was conducted to determine the characteristics of the successful Chinese weight loser and the strategies used by them to lose weight. A total of 171 subjects who met the eligible criteria were recruited through an online questionnaire. This questionnaire consisted of four sections, including the sociodemographic of subjects, the subjects' weight history and weight loss strategies, eating habits and physical activity level of the subjects during the weight loss period. Results showed that majority of the subjects (81.9%) had successfully lost $\geq 10\%$ of their weight. Most of the subjects had modified their dietary and physical activity patterns to lose weight. The most frequently used dietary strategies were restricting the sugar intake and reducing the intake of high-carbohydrate foods. Meanwhile, exercising at least 30 minutes per day and engaging in aerobic exercise were the most commonly used physical activity strategies. This study also found that the intake of carbohydrate foods <2 times a day and the intake of foods and beverages high in sugar, salt and fat <2 times a week were significantly more likely to lose $\geq 10\%$ of their body weight. There was no significant relationship between physical activity level and the magnitude of weight loss. In conclusion, weight loss can be achieved by using appropriate dietary and physical activity strategies. In the future, prospective studies can be conducted to determine the causal relationship between weight loss strategies, eating habits and physical activity level with the magnitude of weight loss.