

WEIGHT LOSS STRATEGIES AMONG SUCCESSFUL CHINESE WEIGHT LOSER IN MALAYSIA

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Undergraduate

Introduction

- Obesity is a condition in which excess body fat accumulates in the body to a degree that can affect the health of an individual.¹
- Obesity has reached epidemic proportions globally with more than 1.9 billion adults of the world population being overweight or obese.²
- According NHMS 2019, about 50.1% of the adults in Malaysia were overweight or obese.³
- However, research on the weight loss strategies used by the Malaysians who have succeeded in weight loss is still limited.
- There is a lack of information on the characteristics of the Chinese adults who have lost weight successfully and the weight loss methods they employed.

Objective

To determine the characteristics of the successful Chinese weight loser and the strategies used by them to lose weight.

Methodology



Cross-sectional study



Purposive Sampling



All states in Malaysia



171 Subjects

Self-administered Questionnaire

- Section A : Socio-demographic of subject
- Section B : Weight history and weight loss strategies
- Section C : Eating habits during weight loss period
- Section D : Physical activity level during weight loss period



Inclusion Criteria

- Malaysians of Chinese ethnicity
 - Aged between 18 to 59 years old
 - Had a BMI of ≥ 25.0 kg/m² before losing weight
 - Have experienced an intentional weight loss
- Software: IBM SPSS for Windows version 25.0
 - Statistical Analysis Test: Chi-square test, Fisher Exact test, Man-Whitney U test and Binary Logistic Regression test



Ethical approval from JEPUKM
UKM PPI/111/8/JEP-2021-691

Pretest of questionnaires

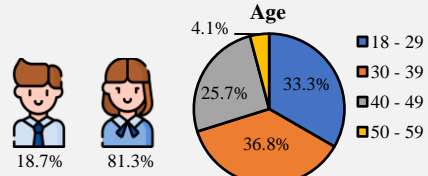
Consent from subjects

Data collection through online platform

Conduct data analysis

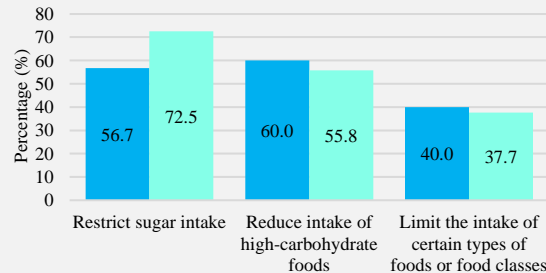
Result and Discussion

1. Socio-demographic Characteristics



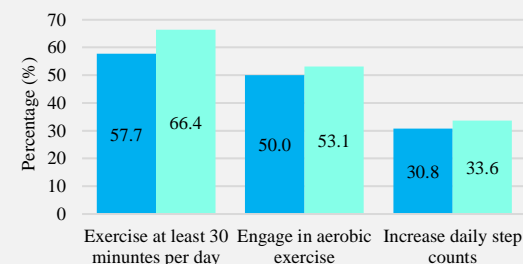
- The prevalence of Chinese adults that succeeded in weight loss was high (81.9%).
- The average change in weight among the successful weight loser was 18.14 ± 8.58 kg.

2. Figure 1: Top 3 Dietary Strategies Used By The Subjects To Achieve Weight Loss



■ < 10% Weight Loss Category ■ ≥ 10% Weight Loss Category

3. Figure 2: Top 3 Physical Activity Strategies Used By The Subjects To Achieve Weight Loss



Conclusion

- Restrict sugar intake and exercise at least 30 minutes per day were the most common weight loss strategies used by the Chinese adults.
- Satisfactory 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.

References

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4. Relationship Between Eating Habits And Magnitude Of Weight Loss

- The intake of carbohydrate foods less than 2 times a day was 2.48 times significantly more likely to lose $\geq 10\%$ of the body weight ($p < 0.05$).
- The intake of foods and beverages high in sugar, salt and fat more than 2 times a week was 73% significantly less likely to lose $\geq 10\%$ of the body weight ($p < 0.01$).



5. Relationship Between Physical Activity Level And Magnitude Of Weight Loss

- There was no significant relationship between physical activity level and the magnitude of weight loss ($p > 0.05$).



- A diet low in carbohydrates has significant but modest relationship with greater weight loss.⁴
- Previous study reported that those who lost weight successfully always consumed non-sweetened beverages or beverages that were low in sugar to limit their daily energy intake.⁵
- Those with higher levels of physical activity experienced greater weight loss compared to those with lower levels of physical activity.⁶