Abstract

Objective: To evaluate if there is a relation between age groups, menarche, menstrual cycles and previous pregnancies with the success of weight loss in obese patients at a nutrition clinic. Methods: A clinical intervention study was conducted among overweight and obese patients who consulted a nutrition clinic in Barranquilla (Colombia) for the purpose of nutritional assessment. They were subject to a personalized weekly follow-up consultation over the course of 16 weeks in which food consumption patterns, anthropometric measures, body image and self-perception were registered. Results: A total of 135 patients were evaluated. 41 (30,4%) of whom did not complete the study. 69,6% patients did lose weight and 83,7% did lose waist. These losses are lower in older ages (95,5% at <18y vs. 56,4% in 45y, p=0,0085), not varying between overweight and obesity. There are significant losses in the final BMI (2,2(1,5SD) kg/m2 in <18years group vs. 1,1(0,7SD) kg/ m2 in >45years group; p=0,009), weight loss percentage (7,3(4,3SD)% vs. 3,8(2,1SD)%, p=0,013), waist loss percentage (8,8(4,1SD)% vs. 5,8(2,5SD)%, p=0,005) and hip loss percentage (5,4(3,8SD)% vs. 3,5(2,6SD)% p=0,040). Age influence is confirmed by multivariate analysis with no considerable differences observed in relation to menarche, menstrual cycle regularity and previous pregnancy in success distribution. Influence of initial BMI is 5% among obese women, with an OR=3,9 (1,2 to 12,8, 95% CI) (p=0,026). Conclusion: Based on these results, age groups and initial BMI are regarded as influential factors in the successful outcome of treatment in overweight and obese patients.

Keywords

Obesity, Menarche, Menstrual cycles, Pregnancy, Treatment.