

Weight Control

Characteristics of Fad Diets

- Missing food group or groups
 - o Need supplements
 - o Promise drastic results
 - 20# in 1 week
 - o Less than 1200 kcals
 - Low BMR
 - Supplements needed
- Missing important nutrients
- Rapid weight loss
- Testimonials
- Change diet radically
- Little or no exercise**
- No behavioral therapy**
- No maintenance phase**
 - o **What happens after weight is loss?**

Looking for a Sound Weight-Loss Program?

- Seek advice from a Registered Dietitian
- Control calorie intake
- Increase physical activity
- Acknowledge need for **lifelong** changes to maintain healthy weight

Do the Math?

- To lose one pound, you must create a deficit of 3500 kcal
- So to lose a pound in 1 week (7 days), try cutting back on your kcal intake and increase physical activity so that you create a deficit of about 500 kcal per day
- $\frac{-500 \text{ kcal}}{\text{day}} \times \frac{7 \text{ days}}{\text{week}} = -3500 \text{ kcal} = \sim 1 \text{ pound of weight loss in 1 week}$

Characteristics of Successful Diets

- o Slow wt loss
 - #1 week = 3500 kcals
- o Exercise and behavior modification
 - Key to weight loss and maintenance
- o All food groups available
- o **Permanent realistic lifestyle changes**

- o Seek advice from a Registered Dietitian
 - o Variety of foods
 - o **Written food and activity record**
 - o Maintenance programs
 - 60-90 minutes of exercise
 - Weighing once a week
 - Food logs
 - o Measuring food
 - Exercise
 - May need 60-90 minutes per day
 - Does not have to be continuous
 - Pedometers – measure daily steps
 - 10,000 steps a day
 - Exercise with others
 - Find an activity you like
 - Incorporate activity into your daily life
 - Park farther away
 - Instead of emailing coworker, walk to their desk
- National Weight Loss Registry**
- Weight loss of > 30# maintained for > 1 year
 - 78% eat breakfast every day
 - 75% weigh themselves at least once a week
 - 62% watch less than 10 hours of TV per week
 - 90% exercise, on average, about 1 hour per day
 - Self-monitor by keeping a food log
 - Eat at restaurants only 1-2 times per week

Weight Loss Drugs

- Phen-Fen
- Appetite Suppressant
- □ serotonin in brain
- Serotonin – decreases appetite
- Caused heart valve defects
- FDA removed from market

Meridia

- Appetite suppressant
- Blocks serotonin reuptake
 - o Is not broken = remains high
 - o Decreases appetite

- Side effect – may increase blood pressure

Xenical

- Inhibits production of fat digesting enzyme
- Fat consumed is not digested
- Fat is excreted
- Loss of fat soluble vitamins
- GI pain, oily stools
- Must follow low fat diet to avoid above symptoms

Qnexa

- Combination of phentermine and topiramate
- Approved
 - o Adults with BMI > 30
 - o Adults with BMI > 27 with one weight related condition
- Sides effects
 - o Increase heart rate
 - o Birth defects – oral clefts
 - Must not be used during pregnancy

Belviq

Appetite suppressant

Weight Loss Drugs

- Long term effectiveness?
- Most can only be taken for a year.
- Side Effects?
- Do you learn new eating habits?

Bariatric Surgery

Types of procedures

- Laparoscopic Adjustable Gastric Band
 - Roux en Y Bypass
 - Sleeve Gastronomy

Bariatric Surgery

- Criteria