



De resultaten uit dit onderzoek zoals hieronder aangegeven geven duidelijk aan dat gedurende het onderzoek van 40 weken de resultaten van de Ladyline groep voor wat betreft gewichtsverlies, vermindering van vetpercentage, Taille-Heupverhouding en bloeddruk substantieel verbeterden en op alle onderzochte criteria fors beter waren dan de overige onderzochte methodes.

Different approaches to loose weight: a pilot study

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Introduction

In order to learn more about the effects of weight loss programs on physiological and social-psychological parameters we evaluated four different approaches.

Methods

Participants

Thirty-nine women, aged 30-65 y and BMI between 27 and 40 kg /m² were randomly assigned to one of four programs.

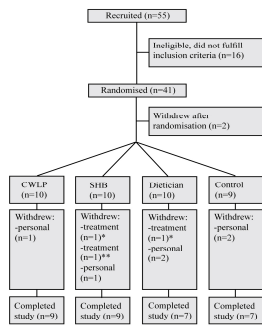


Figure 1. Participant flow through the study
 * Withdrawn, but continued study
 ** Participant returned in week 40

Weight loss programs

- Following a commercial weight loss program with two visits per week; i.c. Ladyline.
- Using two self-help books of Sonja Bakker (SHB);
- Visiting a dietician once per month;
- Receiving information on a healthy diet.

Measurements

At baseline and after weeks 3, 12, 20, 29 and 40, anthropometry and blood pressure were measured, and participants filled out questionnaires on physical activity, and food consumption. In total 7 subjects divided over the intervention groups left the study but were only partly lost for measurement.

Table 1. Baseline characteristics of subjects allocated to different weight loss programs. Values in mean (sd) or median (interquartile range)*

Characteristics	CWLP	Self help	Dietician	Control
Age (y)	45.9 (9.7)	52.5 (8.6)	46.2 (10.9)	47.4 (11.0)
BMI (kg/m ²)*	29.5 (4.4)	30.6 (5.0)	30.5 (8.3)	29.6 (3.6)
Body fat (%)*	40.2 (8.3)	39.1 (9.5)	41.5 (8.1)	39.0 (12.0)
Waist (cm)	100.8 (12.1)	97.5 (9.6)	101.4 (23.0)	99.0 (10.4)
Hip (cm)*	111.5 (14.0)	112.6 (15.1)	108.8 (30.6)	109.0 (14.0)
Blood pressure				
Systolic (mm Hg)	121.2 (13.3)	116.6 (10.6)	118.2 (11.4)	121.7 (12.4)
Diastolic (mm Hg)	74.3 (6.6)	69.5 (11.3)	72.4 (4.7)	73.2 (5.5)
Energy intake (kJ/d)	8,805 (1,933)	9,772 (3,058)	9,466 (2,038)	10,296 (3,103)
Fat intake (g/d)*	73.9 (26.7)	95.6 (53.6)	87.2 (34.2)	98.7 (66.9)

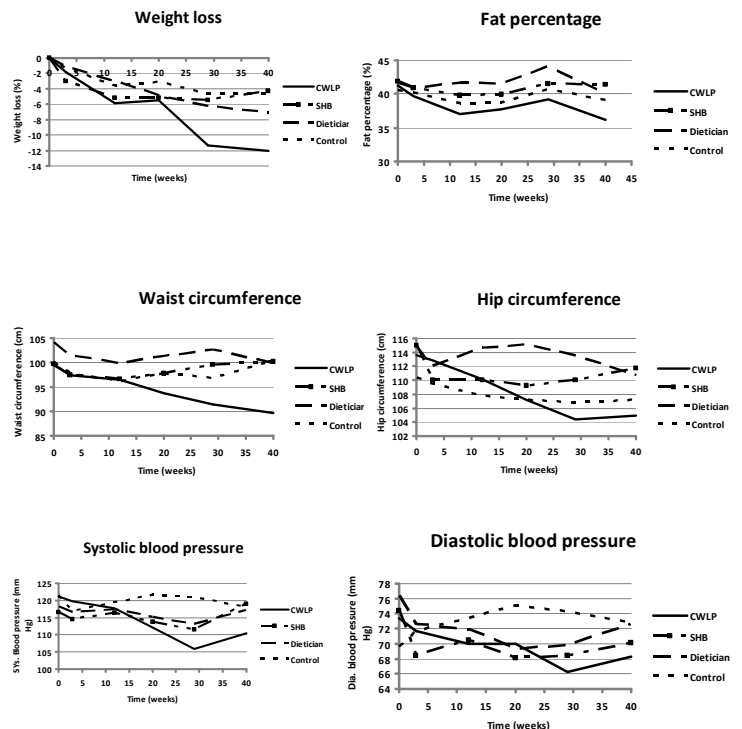
Statistical analyses

A paired sample t-test or a Wilcoxon signed rank test was used to examine the differences within groups between baseline and week 40. A Mixed Model analysis was used to carry out repeated measurements ANOVA to compare the treatment groups with the control group.

Results

CWLP = Commercial Weight Loss Programm = Ladyline.

Only the CWLP-group had a significant weight loss as compared to the control group. After 40 weeks, the CWLP group lost on average 12.1% (95% CI 1.6- 16.7%) of their initial weight, the SHB group -4.1% (95% CI -2.0-10.1%), the dietician group -6.7% (95CI 3.6-9.7%), and the control group -4.7% (95CI, 0.9-8.5%). All groups significantly decreased their energy intake, but significant reductions in waist circumference, blood pressure, and increase in intense physical activity were only seen in the CLWP-group.



Discussion and conclusion: Our study group was not a representative sample of the population but a pilot study with a small number of participants. Our study showed that intensive personal guidance seems to be the most successful approach to achieve weight loss for the medium-long term.

Conflict of interest

CLWP Ladyline provided equipment and personnel for guidance of the women in the CLWP group.

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