

ICCN Poster Presentations

Obesity

Assessing changes in quality of life among obese participants in Kelantan, Malaysia

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The prevalence of obesity is increasing worldwide and becoming a great concern because it is associated with a number of negative health outcomes such as increased risk for type II diabetes, gall bladder disease, hypertension and heart diseases. Quality of life has become a buzz word in most of the health studies nowadays. There has been numerous weight loss studies suggesting that obesity is associated with impaired health-related quality of life. The objective of this study is to evaluate the magnitude of changes in quality of life before and after experiencing 12 weeks weight reduction program. The respondents consisted of 60 volunteers seeking treatment for losing weight through behavioural modification approach. All subjects underwent intervention consisted of downsizing their daily meal consumption and snacking, behaviour modification, physical activities such as aerobic dance and brisk walking plus dietary counselling. Participants were divided into small groups to stimulate motivation and interaction amongst them in order to achieve their weekly target weight. Quality of life of participants was assessed using the SF-36 questionnaire before and after intervention (end of program). Mean BMI at baseline was $34.8 \pm 5.2 \text{ kg/m}^2$ (range 28.10 kg/m^2 to 47.4 kg/m^2). Average weight loss from entry was $6.34 \pm 3.85\%$ with maximum $19.06 \pm 2.8\%$. There was a significant difference of means ($p < 0.05$) for anthropometric variables and quality of life scores between baseline and post-intervention. Nutrition knowledge by using standard questionnaire also was administered during their first visit and at the end of the program. Clearly, there was a significant difference ($p < 0.001$) for the nutrition knowledge scores during pre and post-intervention. Their nutrition knowledge improved as well as their quality of life when they completed the program. In conclusion, practical weight loss practices such as increased activity physical, dietary modification, changes toward healthy lifestyle and group support are effective for weight loss and yield significant health and psychological benefits in obese participants.