

WHO IS THE BELARUSIAN CITIZEN SEEKING FOR LOSING WEIGHT?!

V. Lobashova, A. Shepelkevich

Belarusian State Medical University

OBJECTIVES

Millions of people all over the world are in a search for the perfect weight loss plan.

The aim of our research was to make a typical portrait of a Belarusian citizen who is trying to lose weight.

METHODS

Participants were individuals (n=70) who were screened for a behavioral weight-loss treatment program. The majority of patients were women (88,4 %). The mean age was 46,56 + 9,43 years.

Among the participants 3 of 70 persons had normal BMI but felt themselves fat, 13 patients were overweight and 53 were obese (23 persons had BMI 30-34,9kg/m²; 14 persons BMI 35,0-39,9 kg/m²; 17 persons BMI >40 kg/m²).

We analyzed anamnesis of obesity, eating habits, physical activity and comorbidity of the participants.

Table 1 - Typical characteristics of the participants

% of respondents	Clinical characteristics
26,8 %	childhood obesity
17 %	weight gain after delivery
61,2 %	obese relatives on mother`s line
41,8 %	obese relatives on father`s line
47,7 %	followed unproven diet
19,4 %	used supplements and pills
37,3 %	follow starvation diet
31,3 %	breakfast skippers
8,9 %	have night eating episodes
13,4 %	feel teasing and social rejection
65,6 %	physical activity < 150 minutes/week
22,3 %	osteoarthritis
25,3 %	hypertension
6 %	hyperglycemia

CONCLUSIONS

Thus the typical obese Belarusian patient looking for losing weight is a women of 46,5 years old, who often had a severe anamnesis of obesity, series of comorbidities and disordered eating patterns

RESULTS

We revealed that 18 of 67 participants (26,8%) had the excess weight from childhood, 17% of women become overweight after delivery.

41 of 67 persons (61, 2%) had obese relatives on the maternal line, 28 of 67 persons (41,8%) on the paternal line.

Among the participants 17 of 67 participants (25,3%) had hypertension and cardiovascular diseases, 4 of 67 (6%) registered hyperglycemia, 22,3% osteoarthritis.

The majority of patients 52,2% made attempts to lose weight earlier; 47,7% of the participants follow unproven dieting advices; 19,4% used supplements and diet pills.

The analyses of the eating habits revealed that 37,3% follow the starvation diet, 31,3% of participants were breakfast skippers. The episodes of night eating described 8,9% participants.

Physical activity less than 30 minutes 5 times per week was registered in 65,6% cases.

13,4% of respondents felt teasing and social rejection.

