

Effect of different methods of weight reduction on nutritional status of young adult women

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Abstract

The study was conducted in New Delhi, India. Thirty subjects between 18-29 years with BMI ≥ 25 were selected by simple random sampling method. Information regarding their socio-demographic profile, nutritional status and different methods of reduction was gathered by using a pre-designed structured questionnaire before and after weight reduction interventions done for 6 months. Anthropometric data like height, weight, BMI, waist circumference (WC), hip circumference (HC), waist hip ratio (WHR) and the biochemical parameters like hemoglobin and lipid profile was recorded. Method of weight reduction and dietary history using 24 hr. recall method was taken. The data was statistically analyzed. The results showed that amongst the various methods for weight reduction self diet modification was seen in 56.7%, walk 53.3%, aerobics 40%, slimming centers 30%, yoga 30%, sugar free tablets 30%, Gyms 23.3%, medicines 33.3%, professional advice 16.7%, slimming powders 30% and surgery 3.3%. The average weight reduction was 20.9%. The reduction seen in BMI, WC, HC and WHR were 20.9%, 7.7%, 7.1% and 0.7% respectively. Significant reduction ($p \leq 0.05$) was seen in intake of calories, fat and carbohydrates which was 35.6%, 63.1% and 32.8% respectively. Reduction in fried and sugary food products was also observed. Intake of calcium, iron and zinc was improved by 29.3%, 32.7% and 50.2% respectively. The mean increase in the hemoglobin was 4%. Lipid parameters like LDL, triglycerides, serum cholesterol decreased while the HDL levels increased. It was concluded that using different methods of weight reduction and dietary modification has lead to an improvement in anthropometric and biochemical parameters.

Biography

Sandeep Garg is presently working as Associate Professor in the Department of Internal Medicine, Maulana Azad Medical College. At present runs an endocrine and diabetes clinic in the associated Lok Nayak hospital. He has published more than 40 international and national papers in reputed journals. He has presented many papers and chaired sessions in various conferences at national level. Area of interest is endocrinology.