

21st World Obesity Conference

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Program adherence and effectiveness of a commercial nutrition program: The metabolic balance study

Objective: The objective of the study was to assess the effectiveness of a commercial nutrition program in improving weight, blood lipids, and health-related quality of life (HRQOL).

Methods: A prospective observational study with follow-up after 1, 3, 6, and 12 months with data from questionnaires and blood samples was conducted.

Subjects: After 12 months, we had data from 524 subjects (60.6% of the initial samples). Majority (84.1%) of the subjects were women. The average BMI at baseline was 30.3 (SD = 5.7).

Results: After 12 months, the average weight loss was 6.8 kg (SD=7.1 kg). Program adherence declined over time but was still high after 12 months and showed a positive linear correlation with weight loss. Relevant blood parameters as well as HRQOL improved significantly.

Conclusion: After 12 months, nearly two thirds of the samples had achieved >5% reduction of their initial weights. The high degree of program adherence is probably due to personal counseling and individually designed nutrition plans provided by the program.

Biography

Emil Hidayatli has graduated from Azerbaijan Medical University as Physician - general practitioner and trained at the Department of Anesthesiology during his internship. He has been practicing in the Department of Toxicology and Department of Anesthesiology-Resuscitation of City Clinic Hospital #1 in Baku since 2002. In 2014, he has earned the Level 5 Advanced Diploma in Nutritional Science from the International Register for Nutritionists (UK) and start to practice as Physician-Dietitian and Nutritionist. In 2016, he became a Vice Chairman and leading Trainer-Lecturer in Academy of Nutrition, Dietetics and Obesity Prevention (ANDOP), the Member of World Obesity Federation (WOF) and take an active role in solving the problems of obesity and related metabolic disorders, and lead the efforts to reduce, prevent and treat obesity in local and international level. In 2017, he passed the Metabolic Balance Training Course and became the Licensed Metabolic Balance Representative in Azerbaijan and lead the unique, German original weight management program with focus on patient's metabolism. He is practicing in Ganja International Hospital and "Macrobiosis" Antiage and Aesthetic Center in Baku as a Chief of Dietology and Obesity Care Department and holds SCOPE (Specialist Certification of Obesity Professional Education) certification from World Obesity Federation (WOF) and MBA degree from Azerbaijan State Economic University and continue contributes to prevention and treatment of obesity in the country via his lecturing activities.

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