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Title: Assessing the significance of ethnicity on VLCD induced weight loss and outcomes at 1 year follow up

Introduction:

Few studies have examined the relationship between ethnicity and longer-term outcomes following a very-low-calorie diet (VLCD).

Methods:

Ethnicity, VLCD induced weight loss (LighterLife Total) and weight maintenance outcomes at 1 year were extracted from the LighterLife UK Limited company database.

Results:

Data were available for 5412 participants (4911 females vs 501 males, $p = 0.024$) (2 Bangladeshi, 20 Pakistani, 23 Black Other, 32 Black African, 47 Black Caribbean, 87 Indian, 5201 Caucasian).

Height (m) and baseline BMI (kg/m^2) were greater in Caucasians than Indians (mean \pm standard deviation) (1.65 ± 0.08 vs 1.62 ± 0.09 , $p = 0.018$ and 36.4 ± 4.1 vs 34.6 ± 4.1 , $p = 0.016$ respectively); Indians were lighter (kg) (91.5 ± 14.5) than Caucasians (99.4 ± 16.8 , $p < 0.0001$) and Black other (105.1 ± 20.5 , $p = 0.006$).

Caucasians lost significantly more weight (kg) (26.0 ± 11.2) than Black Africans (20.2 ± 7.1 , $p = 0.007$) and Indians (20.3 ± 7.6 , $p < 0.0001$). Weight loss remained significantly different when baseline weight was taken into account ($p < 0.0001$).

Percent attendance, weeks on weight loss, weight and BMI at year 1 were not significantly different. Despite differences in initial weight loss, percent weight loss maintained at 1 year was not significantly different between the ethnic groups.

Conclusion:

Although interpretation of these data is limited by the differences in sample size between the ethnic groups, it would appear that longer-term outcomes do not differ significantly between these ethnic groups.

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2. Funding: Research relating to this abstract was funded by LighterLife UK Limited