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Impact of Medical Nutrition Therapy on Weight Loss

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Introduction

- Obesity has become very prevalent and poses a major risk for development of diabetes, cardiovascular diseases, and other life-threatening diseases
- Structured Medical Nutrition Therapy (MNT) can help patients lower risk factors for these diseases.
- Many studies have shown that MNT is an effective tool in lowering HbA1c levels in diabetic and prediabetic patients.
- MNT has also shown to have significant improvement in other metabolic parameters such as weight, BMI, lipids and waist circumference.
- Our study looked at the effect of MNT on weight loss as well maintenance and weight fluctuations in a general population (vs. previous focus on diabetics)



Objectives & Hypothesis

Research Question

- We observed the effect of Jefferson's Medical Nutrition Therapy
 Program metabolic parameters. Variables analyzed were total
 weight loss, weight change after completion of the program,
 HbA1c, blood pressure, and lipids
- Our study population included 29 females and 4 males with BMI>25

Hypothesis

 Participation in the MNT program will lead to weight loss and improvement in metabolic parameters including HbA1c, BP, and lipids.



Approach & Results

- These are initial pilot findings from our retrospective chart review
- Our pilot study included 33 patients (29 female, 4 males) with a BMI>25.
 - Subjects with hx of bariatric surgery, heart failure, malignancy, renal failure, uncontrolled disorders such as anemia, hypothyroidism and B12 deficiencies were excluded to control for confounding variables in weight change.
- Intervention: As part of the MNT program subjects attended group nutrition classes with a nutritionist.
- Data was collected from medical charts in EPIC
 - Parameters including weight, BP, lipids, and A1c were collected from the patient top 2 frequented departments to control for variability in measurements among offices.
- Analysis was done using Ttest



Approach & Results

 Variable: WTCHANGEYR1

 N
 Mean
 Std Dev
 Std Err
 Minimum
 Maximum

 14
 23.6250
 22.7828
 6.0889
 -4.6000
 67.6700

 Mean
 95% CL Mean
 Std Dev
 95% CL Std Dev

 23.6250
 10.4706
 36.7794
 22.7828
 16.5165
 36.7040

 N
 Mean
 Std Dev
 Std Err
 Minimum
 Maximum

 15
 -8.7547
 15.5278
 4.0093
 -48.0000
 18.6700

 Mean
 95%
 CL
 Mean
 Std Dev
 95%
 CL
 Std Dev

 -8.7547
 -17.3537
 -0.1556
 15.5278
 11.3683
 24.4889

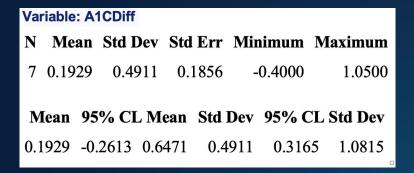
Patients lost mean of 23 pounds in the first year (p 0.0019) = 10% of body weight

In the second year, patients gained back 9 pounds (6% body weight); however still there was an average net loss of 14 pounds (4% body weight)

There was significant variability in weight changes over the first year and not as much variability in the second year indicating that weight change stabilized over time



Approach & Results



A small decrease in A1c and glucose was noted. This result was not statistically significant although we think it would improve with a larger sample size

Triglycerides decreased slightly

Total cholesterol increased, LDL slightly decreased, and HDL went up

Though not statistically significant these initial findings lead us to believe that with a larger sample size we may see significant changes.



Conclusions

- Patients lost an average of 23 pounds in the first year.
- They gained back an average of 9 pounds over the next year
- There were fluctuations and variability in weight during the first year
 - No as much the second year which indicates stabilization over time
- Other parameters such as HbA1c and lipids did appear to improve as well though the results were not significant
 - A larger sample size could show significant changes
- Our findings do confirm that MNT helps with sustained weight loss. A further analysis with a greater sample size is underway (new Jefferson MS1s) and could help us better understand the variability in weight changes and other metabolic parameters such as HbA1c and lipids.
- Our findings provide support of the effectiveness of MNT for reducing risk factors for diabetes and cardiovascular diseases



Future Directions

- Increase sample size of this study to about 200-300 patients (ongoing)
- Consider addition of control group
- Development of a prospective program that includes nutritional counseling, motivational interviewing, activity tracking watches, MyFitnessPal, and activity tracking apps



Acknowledgements

- Dr. Cynthia Cheng-Pl
- Cheryl Marco Dietician and MNT program lead
- Steven Chang-Student Research Coordinator