

Dietary intake changes and its relations to body weight in selected Indonesian adults

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Abstrak

This study aimed to assess the dietary changes of overweight and obese subjects and its relation to the body weight changes during 24 week of orlistat study. This study was an observational study as part of an open-labelled, randomised, parallel-group, real life study of the efficacy of orlistat for 36 weeks. However, this observational study followed the subjects until 24 weeks. The subjects were 64 overweight and obese Indonesian adults with body mass index 25.08 - 37.4 kg/m² and mean weight 76.7 kg (58.2 - 106.7 kg). Subjects were being prescribed a nutritionally balanced mild hypocaloric low fat diet. Caloric levels prescribed were a deficit of 500 kcal/day from daily caloric requirement (BMR corrected with physical activity level). 32 subjects were given orlistat 120 mg tid. On week-24, data of 38 subjects were being pooled and analyzed together. Until week-24, the subjects had lost an average of 7.8% of their initial body weight and 5.9% of their initial waist circumference. Total energy ($p < 0.05$), protein ($p < 0.05$), fat ($p < 0.001$), carbohydrate ($p < 0.001$) and PUFA intake ($p < 0.005$) significantly reduce from week-0 to week-24.

The mean percentage reduced were 19.3% of energy intake, 32.7% of fat intake, 17.4% of carbohydrate intake and 7.5% of protein intake. Several predictors that may influence the body weight changes were treatment (orlistat), carbohydrate, and PUFA intake changes. In conclusion the dietary intake changes might influence the body weight reduction and waist circumference reduction, regardless the treatment, especially because typical Indonesian diet the energy source mostly from carbohydrate.