



SPRING Seminar Series

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New Life in Lifestyle Modification for Obesity

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- Swedish Obese Subjects study showed weight loss is beneficial
- Clinical approach to obesity can be viewed as a pyramid
 - Bariatric surgery for severely obese who failed to lose weight with nonsurgical therapy; BMI ≥ 40 or ≥ 35 with obesity-related disease
 - Long-term pharmacotherapy for those not able to achieve adequate weight loss after six months of lifestyle therapy; BMI ≥ 30 or ≥ 27 with obesity-related disease
 - Lifestyle modification (appropriate diet, physical activity, and behavior therapy); BMI ≥ 25
 - Reduce calorie intake 500-1000/day
 - Exercise 180 minutes/week
 - Record food intake, physical activity, and weight
 - Set realistic goals for weight loss (5%-10% loss to improve health and well-being)
- Diabetes Prevention Program – three groups: placebo, diabetes medication, lifestyle intervention
 - Lifestyle intervention lost and regained the most weight, but also had a 58% reduction in risk of type 2 diabetes compared to the placebo
- Look Ahead Study – intensive lifestyle intervention program on cardiovascular morbidity and mortality in overweight or obese with type 2 diabetes, up to 13.5 years
 - Improved outcomes
 - Group treatment
 - Longer duration
 - Portion-controlled diet

- Weight-loss medication
- Worsened outcomes
 - Reduced frequency of visits
 - Remote or self-directed treatment (Internet, telephone, etc).
- Maintenance of weight loss improved with long-term behavioral treatment
- Weight gain contributors
 - Toxic food environment
 - Behavioral fatigue
 - Counter-regulatory mechanisms opposing weight loss
- High levels of physical activity needed for weight loss maintenance
- Recommendations: 30% of total calories from total fat, a maximum of 10% of total calories from saturated fat, and a minimum of 15% of total calories from protein
- Other findings
 - Physical activity accounted for 16.1% of variance in weight loss, with attendance and meal replacements increasing it to 19%
 - Older individuals (65-76 years) had significantly better adherence on all three behavioral measures, which explained greater weight loss
 - Differences in weight loss between African American and non-Hispanic whites were not explained by differences in adherence
- Ongoing lifestyle support improves weight maintenance
- There will be an increase in community venues sponsoring weight-loss programs
- It is better to lose and regain than not lose