

WEIGHT LOSS AFTER GROUP TREATMENT OF 823 OBESE DANES.

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In the years 1988-94, a total of 823 overweight persons - 683 women and 140 men - aged 16-76 years (mean: 41.7), height: 141-200 cm (mean 168), weight: 66.4-194.0 kg (mean: 103.0) were treated in the clinic, initially in weekly, and later in less frequent group sessions with 6-12 participants. The dietary program has been uniform through the years and is applied to all degrees of initial overweight. It is based upon a formula diet (Nupo[®]) taken as sole source of nutrition (1.6 mJ/ 388 kcal for women; 1.9 mJ/446 kcal for men), or only with some vegetables, for as long as the patient accepts, usually 1-4 weeks. Later, the formula diet is supplemented with, and eventually replaced by, gradually increasing amounts of ordinary food and drink to the level of 4.2 mJ / 1,000 kcal (men: 4.6m /1,100 kcal). Throughout the course, which comprises 12-16 structured lessons, the participants receive nutritional education designed to avoid weight regain, as well as behavioral advice regarding exercise, eating patterns, etc.

A clinical dietitian assisted at the meetings, and instruction was visual (slides), oral and written. Amfepramon, a caffeine/ephedrine compound (Letigen[®]) or dexfenfluramine (Isomeride[®]) were given on an individual basis when the need arose.

RESULTS (mean, standard error, and range) are seen below:

BMI I kg/m ²	time mth.	BMI II kg/m ²	BMI-reduction
females: 36.0	4.1(0.13)	32.2 (0.21)	3.9 (0.10)
range: 26.1- 60.9	0.5-26.0	21.4 - 52.9	-3.0 - 18.4
males: 38.8	3.4(0.22)	34.8 (0.55)	4.0 (0.28)
range: 27.1- 61.1	0.5-14.0	23.3 - 59.1	0.1 - 24.1

There was a linear correlation ($p < 0.001$) between treatment time and BMI-reduction ($\beta = 0.45$ kg/m²/month, 95% confidence interval: 0.43-0.47), and also between initial BMI and BMI-reduction ($p < 0.001$; $\beta = 0.14$; 95% confidence interval: 0.12-0.16). Men lost more weight than women ($p < 0.01$) both in absolute and relative terms. Women were treated for longer periods than men ($p < 0.01$).