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## PREDICTORS OF WEIGHT LOSS AFTER PREVENTIVE HEALTH CONSULTATIONS TO OVER-WEIGHT VULNERABLE 20-44 YEARS OLD PATIENTS IN GENERAL PRACTICE, DENMARK: A RANDOMIZED TRIAL



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**Background:** Obesity and inequality in health is an increasing problem also in Denmark.

**Objective:** To evaluate the effect of structured well-prepared consultations on weight loss in younger adults with overweight and psycho-social problems.

**Subjects & Methods:** A total of 495 younger adults (20-44 years old) with several psychosocial and lifestyle problems were randomized to preventive health consultations or control at their general practitioner (GP). The 218 with overweight or obesity were randomized to intervention or control, comparable with a mean age around 35 years, 68% were female, and the mean BMI was 30. The intervention group had two preventive health consultations with focus on resources and barriers for self-chosen goals. One-year postal follow-up was done for both groups.

**Results:** A total of 218 had over-weight or obesity. The 56 (25.7%)

were lost to follow-up after one year. The 77 in the control group were not asked about goals. Of the 85 with overweight or obesity in the intervention group 22 had weight loss as a prioritized goal. One year after the first health consultation the 22 had a mean weight loss of 4.73 kg (95% CI: 1.8 to 7.7) and the rest had lost 1.56 kg (-0.05 to 3.2). The over-weighty in the control group had a mean weight loss of 1.57 kg (0.12 to 3.0).

**Conclusion:** A significant change in weight loss can be obtained with well-prepared patient focused consultations.

### Biography

Jorgen Lous had six year training at hospital and in 1976 he started as a General Practitioner (GP). Since 1992 he was part time academic and part time GP. From 2001 to 2009, he was a Professor in General Practice at University of Southern Denmark, Odense, and after that part time GP. He wrote his thesis on secretory otitis media in children in 1994.

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