

# Body composition changes among housewives after weight loss intervention: findings from MyBFF@home (Phase III)

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## ABSTRACT

**Introduction:** Obesity is a risk factor for diabetes and cardiovascular diseases. Evidence shows that reduction in body weight, body fat and lipid profile will reduce the risk of cardiovascular diseases. This study aimed to determine changes in body composition among obese housewives with non-communicable disease and without non-communicable disease after participating in a weight loss intervention. **Methodology:** This quasi experimental study was conducted among housewives aged 18 to 59 years old from the control group who previously participated in the intervention study of My Body is Fit and Fabulous at Home (MyBFF@home). The housewives were divided into two groups, i) obesity without non-communicable disease (n:84) and ii) obesity with non-communicable disease (n:42). Both groups received a 6-month intervention (July-December 2015) consisting of diet control, physical activity and behavior modification. Body compositions were measured using a bioelectrical impedance analysis device, Inbody 720. Descriptive and repeated measure Anova analyses were performed using SPSS 21. **Result:** Overall, both groups showed reduction in all parameters studied. Mean difference of body fat mass was 0.46kg for group I and -0.17kg for group II. Percentage of body fat showed a decrease by 1.01% for group I and 0.63% for group II. Increase in mean skeletal muscle mass was seen for group I and no changes were seen for group II, (-0.9kg, 0.0kg). Visceral fat area decreased by 1.25cm<sup>2</sup> for group I and 1.19 cm<sup>2</sup> for group II. Significant results are seen in time effect for body fat mass, body fat percentage and visceral fat parameter. However, no significant difference between group was found. **Conclusion:** Obese women with non-communicable diseases show less change as compared to those without non-communicable diseases. Therefore, regular exercise, individual diet modification and behavior changes need to be emphasized particularly for those with non-communicable diseases in achieving reduction in body weight.

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## Breastfeeding and SDGs: initiating and sustaining exclusive breastfeeding among postnatal mothers

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## ABSTRACT

Exclusive breastfeeding for six months provide optimal benefits to the mothers and infants and is linked to many of the SDGs. This study aim to determine the prevalence and associated factors of exclusive breastfeeding at one week after delivery, and to evaluate the effect of postnatal breastfeeding education on knowledge, attitude and exclusive breastfeeding practice at six months after delivery among postnatal mothers. This study composed of a cross-sectional study (Part 1) and an interventional study (Part 2). Simple and multiple logistic regression and repeated measure analysis of variance were used. 335 respondents were included for Part 1 and 116 respondents for Part 2 (57 respondents in control group and 59 respondents in intervention group). The prevalence of exclusive breastfeeding at one week after delivery was 77.9% (95%CI: 73.0%, 82.2%) with the significant associated factors were previous exclusive breastfeeding experience [AOR 2.48; 95%CI: 1.37, 4.49; p-value=0.003] and mean total score of knowledge [AOR 1.06; 95%CI: 1.01, 1.11; p-value 0.011]. At six months after delivery, the adjusted mean score of knowledge and attitude of the intervention group was significantly higher than the control group [p-value < 0.001 and p-value=0.002 respectively]. The postnatal breastfeeding education was a significant associated factor of exclusive breastfeeding practice at six months after delivery [44.1% vs. 26.3%; p value=0.046; AOR 2.31; 95%CI: 1.02, 5.14; p-value 0.040]. The prevalence of exclusive breastfeeding at one week after delivery was lower than the recommended universal coverage of 90% for exclusive breastfeeding among children under six months of age. Previous exclusive breastfeeding experience and mean total score of knowledge were the significant factors. Postnatal breastfeeding education was able to significantly improve the mothers' knowledge and attitude towards exclusive breastfeeding and exclusive breastfeeding practice at six months after delivery.