

# Evaluation of adult obesity management in a tertiary centre

**Bahari Rashidah, Ibrahim Nor Nadziroh, Zainal Abidin Nurul Huda, Mohamed Nor Lisa, Mohd Noor Nurain**

Clinical Research Centre, Hospital Putrajaya

## ABSTRACT

**Introduction:** Obesity is a chronic disorder and there is a need for long-term follow-up. Previous studies reported weight loss of 5-10% reduces obesity complications. We aimed to evaluate the pattern of weight changes and management in patients monitored at an obesity clinic in a tertiary centre. **Methods:** This is a retrospective study on obese adult patients (BMI >27.5 kg/m<sup>2</sup>) who had their first visit to an obesity clinic between 2018 to 2020. A thyroid disorder, pregnancy, or long-term steroid therapy during follow-up were excluded. Data on demographic, anthropometric, and obesity management until their last follow-up were gathered. **Results:** We studied 148 patients (56.1% female) with a mean age of 39.5 years and the majority were obese class III (88.5%). More than half of the patients (58.1%) had dyslipidemia and 39.9% had diabetes. The mean follow-up was 1.8 ± 1.4 years. Median weight changes throughout the follow-up was -3 ± 9.2 kg. Only 31 patients (20.9%) achieved more than 5% weight loss at one-year follow-up, 32 patients (22.2%) at two years and 24 patients (16.2%) at three years follow-up. Most of them (78.4%) attended dietary counselling with a mean of three sessions throughout the follow-up while 72.3% joined the exercise session with a median of two sessions. Only four patients had bariatric surgery. **Conclusion:** Only a quarter of patients achieved 5% weight loss with half of them receiving at least three dietary counseling and two exercise sessions.