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#### **Effect of multi-modal approach on obesity management at polyclinic: an interventional clinical trial**

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**Background & Aim:** Obesity is a leading preventable cause of death worldwide and accepted as one of the most serious public health problems of the 21st century. The aim of this study was to investigate the effect of reduced calorie diet restricted for only three times meal per day with combination of provision of exercise facility in clinics, providing counseling on healthy lifestyle and behavioral changes, and maintenance counseling.

**Methods:** It was non-randomized single group pre- and post-interventional clinical trial, conducted in healthy lifestyle center of Ataturk University Hospital, in Erzurum, Turkey with 70 randomly selected obese patients with a minimum body Mass Index (BMI) index of 30 kg/m<sup>2</sup>, who admitted to our obesity polyclinic between January 2011 and May 2012 were included in the study. A multi-intervention treatment plan, including changing physical activity, eating habits, decreasing daily caloric intake and daily meal number, provision of exercise facility in clinic, providing counseling on healthy lifestyle and behavioral changes was used. Paired samples t test and Pearson correlation analysis were performed.

**Results:** The results depicted that after the intervention mean body weight decreased from 92.19 ± 14.80 to 84.7 ± 13.3 kg (p < 0.001) and mean BMI decreased from 37.6 ± 5.7 to 34.6 ± 5.4 kg/m<sup>2</sup> (p < 0.001). Pearson correlation analysis showed a significant positive correlation between duration of adherence to the program, and weight and BMI differences (r = 0.677, p < 0.001 and r = 0.692, p < 0.001).

**Conclusions:** Long-term multi-intervention treatment is effective in obesity management. Keeping patients' motivation high makes adherence easy to the weight loss program. Providing clinical exercise facility, giving education and decreasing daily energy consumption by is effective in the management of obesity.

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