

Changes in Diet and Lifestyle and Long-Term Weight Gain



Outlines

1. Introduction

Reasons & Purposes

2. About the Surveys

Summery

Methods

Details

Results

3. Conclusion

Reasons & Purposes

- Reasons

Many people want to lose weight.

The obese increase is a big problem.

We likely to have an unsteady lifestyle.

- Purposes

Understanding what lifestyle is bad for our health.

Trying to change our way of life.

Survey ~Summery~

- Theme

To investigate the relationship between multiple lifestyle and long-term weight gain.

- Subjects of this Survey

50,422 female registered NHS (The Nurses' Health Study)

47,898 younger female registered NHSII

22,557 male registered HPFS

(The Health Professionals Follow-up Study)

Survey ~Methods①~

- Exclusion

People with obesity, diabetes, cancer, or cardiovascular, pulmonary, renal, or liver disease.

Those with an implausible energy intake.

Those with more than 9 blank responses on questionnaires.

Those were newly pregnant, and over 65 years old.

Survey ~Methods②~

- Lifestyle Assessment

Participants answered questionnaires concerning medical history, lifestyle, and health practices.

- Weight Changes

Weight changes were evaluated both absolutely (pounds) and relatively (percentages).

Survey ~Questionnaires~

- Surveyed Topics

Fruits

Vegetables

Whole grains

Refined grains

Potatoes

Potato chips

Whole-fat dairy products

Low-fat dairy products

Diet sodas

Sugar-sweetened beverages

Sweets & Desserts

Processed meats

Unprocessed red meats

Fried foods

Trans fat

Nuts

100%-fruit juices

Alcohol drinks

Survey ~Methods③~

- Statistical Analysis

Assess relationships within 4-year periods over a period of 12~20 years.

Multivariable models were used to adjust for age, BMI in 4-year period.

Total energy intake, biologic factors, and medications were not included as covariables.

Conclusion

Bad for our health

French fries
Potato chips
Potatoes
Sugar-sweetened beverages
Unprocessed red meats
etc.
Watching TV too much
Smoking

Good for our health

Yogurt
Nuts
Fruits
Whole grains
Vegetables
etc.
Moderate sleep

Thank you for listening.

Do you have any question?