

# Changes in Diet and Lifestyle and Long-Term Weight Gain



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# 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?