



To News Editor
For Immediate Release

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CUHK Releases Factors that Reduce the Risk of Rebound Weight Gain

As it is commonly known, overweight may cause a certain degree of inconvenience in daily life. It is also related to an increased risk of developing diseases such as hypertension, coronary heart disease, hypercholesterolemia, diabetes, cerebrovascular disease, gall bladder disease, arthritis, sleep apnea and some types of cancer. According to the data from the Department of Health in the last 5 years, an average of 15-20% of the population attempted to loss weight every year. However, the prevalence of overweight or obesity still remains high at 40%, which suggests that the weight loss methods employed by most of the people may not be effective, and that a rebound after weight loss is common.

In view of this, a telephone survey was conducted by the Centre for Nutritional Studies at The Chinese University of Hong Kong (CUHK) during 2008 and 2009. 602 subjects (454 female and 148 male, with mean age at 42.7 years old) were examined. It was found that 75.8% of the people are able to maintain their body weight for two years after their weight loss programmes, among which about 60% can keep up to three years or more. In average, people who have succeeded in losing weight are likely to regain 16.8% of their lost weight after 2.7 years.

The results showed that it is more effective to maintain weight through gaining knowledge on healthy lifestyle and nutrition than by way of taking weight reduction pills or surgery. Moreover, checking body weight on a regular basis and keeping a diet record are also the keys for maintaining a healthy weight. Furthermore, the results showed a more common trend of rebound in weight among people with limited physical activity throughout the weight loss period, and those who lose weight too quickly or switch jobs frequently.

In the last 3 years, the Centre has encouraged those who have completed weight loss programmes to return for follow-up visits once every 3 to 6 months so that nutritionists can better understand their current situation, including weight, body fat percentage, eating habits, physical activity level, health condition, psychological status etc. A more favorable weight maintenance result is found in those who visited nutritionists on a regular basis. Most of the interviewees also mentioned that a lack of professional monitoring can be one of the major reasons for weight rebound.

Dr. Mandy Sea, Manager of the Centre for Nutritional Studies, concluded, 'It is important to keep an eye on the body weight by weighing regularly after weight loss. Once you regain 5%-10% of the lost weight, you should start monitoring your daily eating habits and lifestyle. Persistent healthy eating habits and regular exercise pattern are the keys to a long term healthy weight.'



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中大公佈減低體重反彈的要素

眾所周知，肥胖除了為生活帶來不便外，還會增加患上高血壓、心臟病、高膽固醇、糖尿病、腦血管病、膽囊病、骨關節炎、睡眠窒息症和部分癌症等疾病的風險。衛生署的資料顯示，過去五年，平均每年有 15% 至 20% 的人士會刻意減輕體重，但超重或肥胖人士依然佔了人口的 40%。數據除了反映市民採取的減肥方法不湊效外，亦反映了減肥後體重回升的普遍現象。

為進一步了解有關情況，香港中文大學（中大）醫學院營養研究中心在 2008 至 2009 年進行了一項電話調查，成功訪問了 602 名人士（454 名女性，148 名男性，平均年齡是 42.7 歲）。調查發現，有 75.8% 的被訪者在減肥後維持體重達 2 年，當中約 60% 更能維持達 3 年或以上。另外，成功減肥人士的體重平均在 2.7 年後回升了減去體重的 16.8%。

調查反映，透過長期的生活模式認知（包括改善飲食習慣、調節作息時間及適量運動）及增加營養知識，比只著重服食減肥藥物或進行減重手術，更能有效維持減去的體重。而定期自我檢查體重和撰寫飲食記錄亦非常重要。另外，調查結果亦指出，在減肥期間缺乏運動、減重速度太快及經常轉換工作的人士亦會較容易出現體重反彈的情況。

過去三年，中大營養研究中心鼓勵完成減輕體重的人士每隔三至六個月到中心諮詢營養師，以了解他們的近況，包括體重、身體脂肪含量、日常飲食、運動、身體狀況和情緒等。結果發現，定期諮詢專業人士的減肥人士更能成功維持體重。而大部份參加調查的人士亦表示，在減重後缺乏專人監控，或會是增加體重回升危機的其中一項因素。

中心經理史曼媚博士總結：「肥胖人士在減肥後要保持健康體重的警覺性，並應定期自行量度體重，一旦發現體重回升至減去體重的 5%-10%，便要注意飲食和日常作息。另外，培養健康飲食和進行適量運動，對健康和保持體重同樣重要。」

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