

Two-year follow-up of a study of lifestyle factors linked to obesity in a community-dwelling population at risk for complications (persons treated with antipsychotic medication)

Context :

In the current epidemic of obesity, certain groups are more at risk, such as persons treated with antipsychotic medication (PTAM).

In order to implement effective actions to help these persons, it is essential to better document certain lifestyle factors in the context of their natural environment.

Methods :

Correlational study of 75 community-dwelling persons (35 women, 40 men) treated with antipsychotic medication who eat in a family setting where meals are prepared by a cook.

Measures :

- 1) Waist circumference (WC), Body Mass Index (BMI) and self-esteem, measured at beginning and 24 months later.
- 2) Lifestyle factors (measured at 24 months): self-reported consumption of fruits and vegetables, physical activity, and smoking.



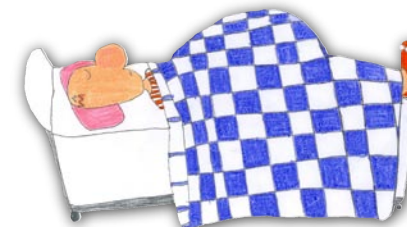
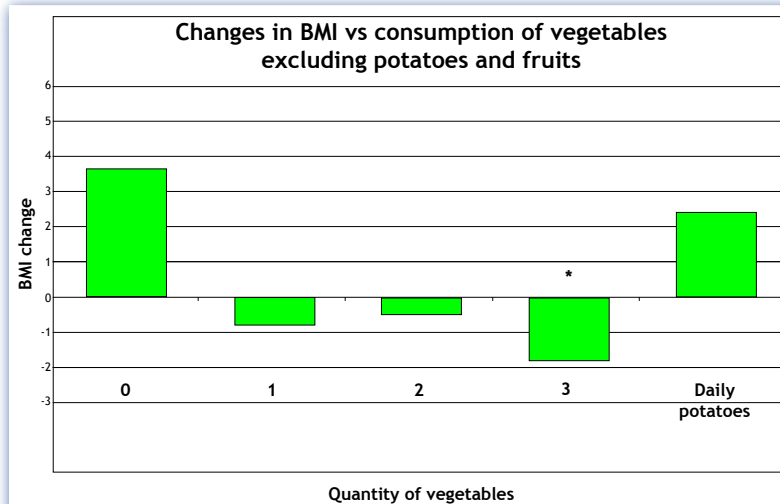
Women

BMI indicates an obesity rate of 46% compared to 88% indicated by WC.

Men

BMI indicates an obesity rate of 41%; WC rate, 57%.

The consumption of vegetables (excluding potatoes and fruits) is associated with weight loss

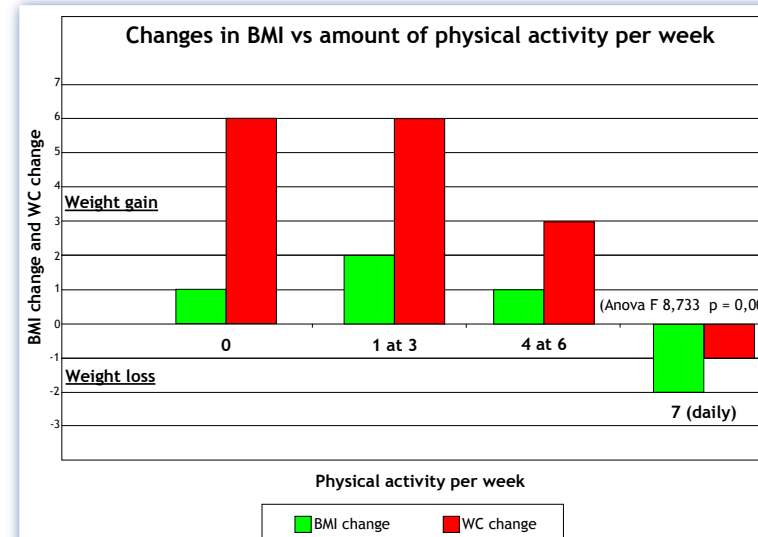


Results

The duration of sleep is positively associated with obesity.

Persons who sleep during the day (nap) suffer more abdominal obesity (Anova F=3,886 p=0,05).

Only physical activity every day is associated with weight loss



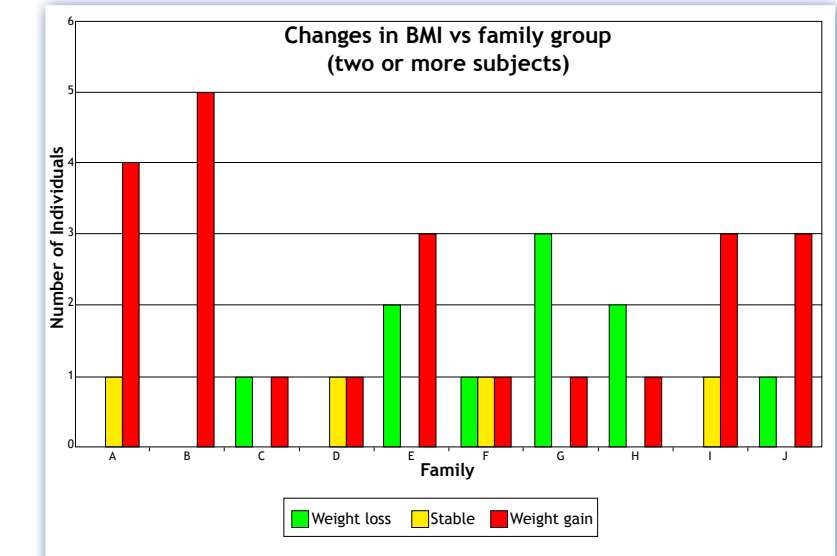
Smokers

- declined in number during study
- gained weight

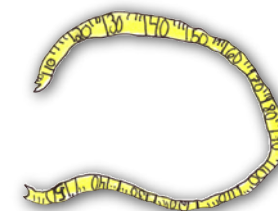
Non-smokers

- were more active
- loss weight

The principal factor explaining weight change is the cook (26 % of variance). Subjects with the same cook followed the same trend : weight gain or loss



Interventions should target the increased consumption of vegetables and daily physical activity



Conclusion

WC is the most sensitive measure to detect obesity and persons at risk in this population.

The use of only the BMI underestimates the actual risk for obesity



Intervention should be systemic and family oriented, to reach the family member most influential

(not necessarily the person on antipsychotic medication, but their cook)