

Abstract

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"Attitude for lifestyle modification among obese and overweight patients"

Background: In Hungary two-thirds of the adult population is overweight or obese, with a growing tendency. Even so, only one hospital has a Department of Obesity, with a 5-days lifestyle modification program, which includes dietary education, exercise programs, psychological education, and medical supervision. **Method:** My research had been made at Szent Imre Teaching Hospital's Department of Obesity (Budapest) between 10/2016 and 01/2017 by questioning 73 overweight or obese patients (53 women, 20 men), who were involved for the first time into this program. I have measured their attitude and motivation to lifestyle modification, and expectations of an ideal dietitian. **Results:** The degree of motivation to change lifestyle (including weight-loss) was 8/10, where the 10 meant the full-motivated state. Main motivation factors were: disease remedy, to treat current health problems, and the need for easier movement. The members of an ideal therapeutic team - according to patients - are dietitian (87,7%), doctor (71,2%), psychologist (32,9%), physiotherapist (54,8%) and the patients themselves (90,4%). 75,3% of the patients signed that they will go to both group dietary education, but only 64,5% of the patients did it really. 70% of them planned to keep a nutrition diary, 30% did not (main reasons: laziness, difficulty, it takes a long time) and about one-third of them don't want to count calories. Two-thirds of the patients think that a normal-shape dietitian is the most authentic. **Conclusion:** At the beginning of the hospitalized program the motivation seems to be high, but it doesn't reflect in the attendance of different group sessions (dietary, psychological, physical education). A dietitian has an important role in lifestyle modification, thus in the treatment of obesity also - according to our patients' opinion. A trustworthy dietitian is normal-shaped, apply evidence-based knowledge, expressive and experienced. I would be pleased, if I could present all the details of my research.

TAKE HOME MESSAGE:

1. Even though the motivation of the lifestyle modification is high, it doesn't reflect in behavior.
2. A dietitian has an important role in the lifestyle modification, including the treatment of obesity according to patients.
3. A trustworthy dietitian is normal-shaped, apply evidence-based knowledge, expressive and experienced.