

Invited Speaker Abstract

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Title

Weight loss maintenance, an overview of the evidence

1. Abstract

Although weight loss interventions achieving 5-10% reduction in weight have consistently been shown to be beneficial for health, the majority of patients undergoing a weight loss intervention are at risk of regaining this weight after 6-12 months. Multiple cycles of weight loss and regain have been postulated as determinants of future weight loss success, detrimental changes in body composition and impaired eating behaviours.

This presentation will include evidence on the determinants of weight loss maintenance, the effectiveness of different dietetic interventions and the usefulness of various digital and traditional tools in supporting patients during the post weight loss phase.

The aim of the presentation is to provide information that can be used to design and implement successful weight loss maintenance interventions.

2. key references:

- Varkevisser RDM et al. (2019) Determinants of weight loss maintenance: a systematic review. *Obesity Reviews* 20:171–211. <https://doi.org/10.1111/obr.12772>
- Holmes WS et al. (2019) Impact of digital technologies for communicating messages on weight loss maintenance: a systematic literature review. *European Journal of Public Health* 29(2):320–328. <https://doi.org/10.1093/eurpub/ckv171>

3. key messages

- Weight loss maintenance requires separate and tailor-made dietetic interventions
- Weight loss maintenance is a complex issue with multiple determinants (sociodemographic, behavioural and psychological)
- Interventions that promote independence and self-monitoring are important components of every weight loss maintenance programs

4. three questions

- What are the key determinants of weight loss maintenance?
- Is there evidence to support the superiority of specific dietary patterns in weight loss maintenance?
- Which are the behaviours linked to successful weight loss maintenance?