

## Invited Speaker Abstract

### Author

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### Title

Dealing with gaps and dissemination of evidence to dietitians

### Abstract

A systematic review on stigma in dietitians made clear stigma is present in dietitians: they showed a defined preference for internal factors rather than genetics or biology. Weight-related bias can also negatively affect treatment seeking in terms of weight reduction. Some studies have linked a high BMI to avoidance of health care prevention services or cancellation of appointments due to weight concerns.

At the same time there are barriers in setting the right targets for weight loss. A review on health effects of weight loss on comorbidities showed that a weight loss of 5-10% makes a meaningful difference for high blood pressure, but for type 2 diabetes a ten kilo weight loss is essential to reach remission. For other comorbidities like PCOS targets are even higher: 10-15%. The individual patient's targeted health goal should be assessed for response, rather than a prescribed percentage weight loss.

In weight loss management the general assumption is that eating according to dietary guidelines leads to weight loss. The point is that national dietary guidelines are designed for the general population, based on healthy weight. Most obese patients suffer from insulin resistance, which is the cause of comorbidities varying from hypertension and type 2 diabetes to PCOS and NAFLD and sleep apnoea. To reach lasting success dietitians need to address the cause of health problems through offering the right diet intervention.

### References:

1. Jung FU, Luck-Sikorski C, Wiemers N, Riedel-Heller SG. Dietitians and Nutritionists: Stigma in the Context of Obesity. A Systematic Review. PLoS One. 2015 Oct 14;10(10):e0140276. doi: 10.1371/journal.pone.0140276.
2. Ryan DH, Ryan Yockey S. Weight Loss and Improvement in Comorbidity: Differences at 5%, 10%, 15%, and Over. Curr Obes Rep. 2017 June ; 6(2): 187–194. doi:10.1007/s13679-017-0262-y.
3. Sainsbury E, Kizirian NV, Partridge SR, Gill T, Colagiuri S, Gibson AA. Effect of dietary carbohydrate restriction on glycemic control in adults with diabetes: A systematic review and meta-analysis. Diabetes Research and Clinical Practice 139 (2018): 239-252.

### Take home messages

1. Obesity stigma is still present in dietitians although it is less strong with them than in the general public
2. It is important to set clear goals for weight loss, based on possible remission of the comorbidities of the individual patient
3. We need to treat the cause of weight related comorbidities by choosing the right diet intervention

### Questions:

How to avoid obesity stigma in dietitians and nutritionists?  
How do we set the right targets for weight loss?  
How do we know which diet intervention to select for a patient?