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Effect of vitamin D status on weight loss and biochemical changes in a clinic setting

Animal studies support a role for vitamin D in energy regulation, however, whether weight loss through lifestyle intervention is influenced by vitamin D status under real-world conditions remains unknown. The primary purpose of this study was to investigate the effect of baseline vitamin D status and vitamin D supplementation on percentage body weight loss and abdominal circumference in overweight and obese adults participating in a 3-month weight-loss program. This study is a retrospective analysis of a clinical databank collected from several medical centres across Sydney. Clinical parameters including blood pressure, fasting lipid profile (Total cholesterol, LDL-cholesterol, HDL-cholesterol and TG), serum 25 hydroxyvitamin D (25OHD) as well as anthropometry (weight, height, and waist circumference) were collected from both baseline and 3-month follow up consultations. Some patients with low baseline 25OHD concentrations received vitamin D supplements, according to the preference of their physician. Subjects who had sufficient baseline 25(OH)D levels showed a significantly greater body weight loss and waist circumference reduction than those who had a deficient baseline 25(OH)D and were not supplemented. Importantly, deficient patients who were supplemented with daily vitamin D (2000 or 4000IU) showed a significantly greater decrease in body weight (-5.3 vs -2.2kg; $p < 0.01$) and waist circumference (-4.2 vs -1.2cm $p < 0.01$). We also observed a greater decrease in total cholesterol and LDL in those subjects who were deficient at baseline and supplemented than in those who were not supplemented. Blood pressure and triglyceride levels were not affected by the level of supplementation in subjects that were deficient at baseline. Because obesity and vitamin D insufficiency are increasingly prevalent worldwide, a better understanding of the nature of the relation between them remains an important area of investigation. In a real clinical weight-loss setting, adequate vitamin D status at the end of the treatment period was associated with significantly greater weight loss and reduction of waist circumference.

Biography

Myriam Abboud has completed her PhD at the University of Sydney-School of Medicine and is currently Assistant Professor at the College of Natural and Health Sciences at Zayed University, UAE. Myriam's research focuses on investigating the link between vitamin D and non communicable diseases and she has published several papers in reputable journals. Myriam is an Accredited Practising Dietitian/Nutritionist. She completed her Masters in Nutrition and Dietetics at The University of Sydney. She started her career in Australia where she founded her own nutrition clinic specialising in Obesity and Diabetes management and offered nutrition and wellness counselling to individuals and corporations. She is an Accredited practicing Dietitian from the Dietitians Association of Australia.

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