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Associations between body weight, fatigue and levels of physical activity in non-pregnant women accessing a weight management programme

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Individuals with obesity have higher levels of fatigue than people of healthy weight. Weight management programmes encourage participants to improve both their diet and physical activity levels. This study investigates the effects of a weight management programme (SW) on weight loss, physical activity and level of fatigue with the aim to understand the associations between weight change and levels of fatigue and physical activity. An online survey, hosted by Slimming World, completed by new female adult members. The questionnaire included before joining (T0) and current data (T1): weight, height, level of fatigue (using the validated Multidimensional Assessment of Fatigue) and level of physical activity (IPAQ-short form). 12 weeks (T2) later, the same participants were invited to complete a second survey asking the same questions. The association between weight status, fatigue level and physical activity level were investigated by Multiple Regression models. 74 eligible women ($BMI \geq 30 \text{ kg/m}^2$) completed the questionnaire at all time-points. The analysis indicated significant differences ($p < 0.001$) over the three-time points in terms of BMI, physical activity and fatigue levels. A significant positive correlation between weight loss and a decrease in fatigue level was found ($r = .27, p < .05$). Also, physical activity level at T2 was significantly and positively correlated with weight loss ($r = .24, p < .05$). A weight management programme which encourages healthy lifestyle changes may help to reduce levels of fatigue in females with obesity. This may potentially enable the women to maintain the lifestyle changes.

Biography

Kaya Kaçar is currently doing Ph.D. in Nutritional Sciences at the University of Nottingham, UK. She received her bachelor's degree from the University of Erziyes, Turkey. She then worked in a public hospital in Turkey, served as a dietitian. She completed her Master in Advanced Dietetic Practice from the University of Nottingham. She is a fellow in Turkish Dietetic Association. She is awarded by Turkish Ministry of Education Ph.D. scholarship.

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