Evaluation of the self-help programme,

Lifestyle intervention programmes for treatment of over-weight/obesity have to consider evidence-based guidelines and should fulfill practical needs. The revised "ICH nehme ab" (I lose weight") programme of the German Society for Nutrition (DGE) was designed as an advisor-supported self-help programme. It was evaluated in two samples of overweight/obese individuals comprising 96 females, BMI: 32.2 +/- 5.4 kg/m(2) and 23 males, BMI: 32.8 +/- 4.3 kg/m(2) according to defined criteria. Mean weight loss in the Intention-To-Treat (ITT) und Per-Protocol (PP) analyses was 2.3 +/- 4.4 kg (ITT) and 2.8 +/- 4.6 kg (PP) in females and 4.1 +/- 5.7 kg (ITT) and 4.7 +/- 6.3 kg (PP) in men after 12 month. According to the ITT analysis 80 % of the participants reduced weight or kept it constant, 34 % reduced weight by 5 % or more and 10 % reduced weight by 10 % or more. An analysis of the dietary behaviour has shown that the intake of carbohydrates in females increased from 46 to 49 %, whereas fat intake decreased from 35 to 32 % (ITT, p<0.0001). The majority of participants has found the programme useful and would recommend it to their friends. The DGE programme "I lose weight" leads to a moderate but significant weight loss and to positive dietary changes when used in an advisor-supported approach.

Ernährungs-Umschau