

# Disclosure Statement

- I have no affiliation (financial or otherwise) with a pharmaceutical, medical device, or communications organization.

# Examining weight loss method engagement among young adults in Canada

Amanda Raffoul, David Hammond

University of Waterloo

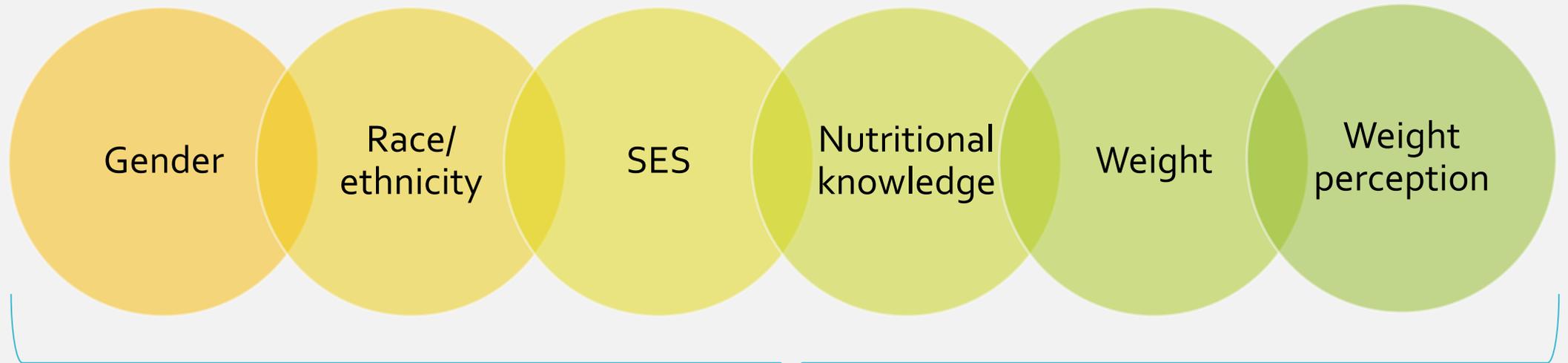
Public Health 2018 – May 29, 2018



# Weight loss engagement

- Weight loss methods vary in healthfulness
- Dieting attempts are often temporal, guided by trends, and difficult to sustain
- The number & quality of methods used is associated with weight maintenance and regain

# Sub-population differences



*Engagement in healthy and/or unhealthy weight loss methods*

# Objective

- Examine the prevalence of weight loss methods among Canadian young adults, and differences in their use by:
  - demographic characteristics,
  - health literacy, and
  - perceived body size

# Methods

- Self-completed web-based surveys between October and December 2016
- 3000 young adults in 5 Canadian cities



# Analyses

## Correlates

Age

Health literacy

Race/ethnicity

*Self-reported height/weight*

Gender

Weight perception

Nutrition Facts	
Serving Size	1/2 cup
Servings per container	4
Amount per serving	
Calories 250	Fat Cal 120
	%DV
<b>Total Fat</b> 13g	20%
Sat Fat 9g	40%
<b>Cholesterol</b> 28mg	12%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 30g	12%
Dietary Fiber 2g	
Sugars 23g	
<b>Protein</b> 4g	8%
* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
<b>Ingredients:</b> Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.	



Weight loss methods

**If you eat the entire container, how many calories will you eat?**

*lot of water, ate fewer carbs)*

*d)*

*s (e.g., pills prescribed by a doctor)*

*did a cleanse/detox, used laxatives/vomited)*

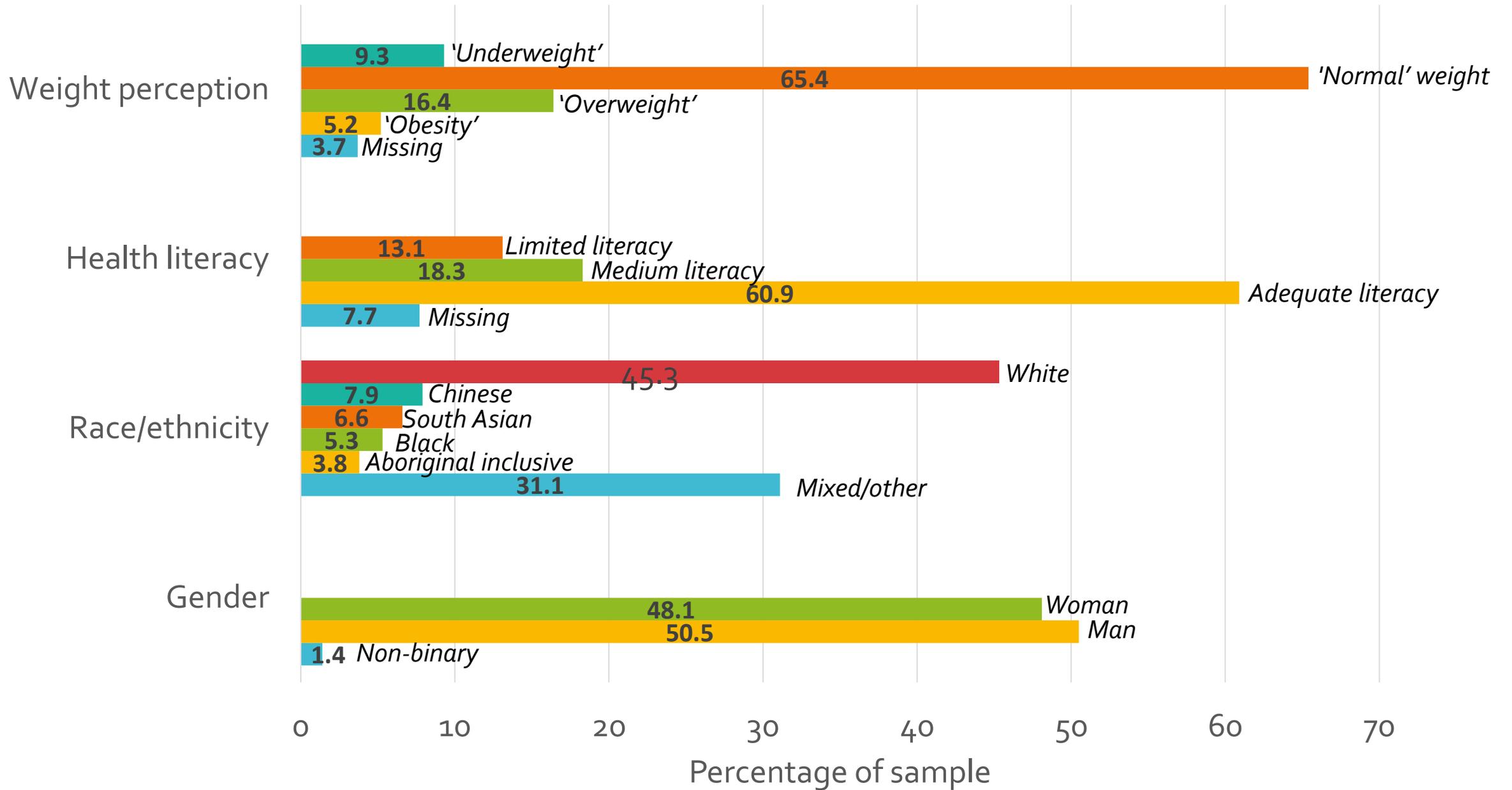
Number

Dietary

Physi

Assist

Unhe



# Results

*Weight loss engagement overall*

- **50.6%** tried to lose weight in past year
- **78%** of those who tried to lose weight used at least 4 different methods

**Greater number of weight loss methods:**

Women

Non-binary gender

Larger weight/size perception

**Fewer number of weight loss methods:**

Missing weight/size perception

Limited health literacy

## Greater risk

## Lesser risk

### Dietary changes

- ↑ Women (AOR=1.81)
- ↑ Non-binary (AOR=1.72)
- ↑ Perceived 'overweight' (AOR=1.89)
- ↑ Perceived 'obese' (AOR=1.81)

- ↓ Perception missing (AOR=0.50)
- ↓ Limited health literacy (AOR=0.78)
- ↓ Missing health literacy (AOR=0.61)

### Physical activity

- ↑ Women (AOR=1.53)
- ↑ Non-binary (AOR=1.55)
- ↑ Perceived 'overweight' (AOR=1.75)
- ↑ Perceived 'obese' (AOR=1.62)

- ↓ Perception missing (AOR=0.37)
- ↓ Limited health literacy (AOR=0.77)

### Assisted weight loss methods

- ↑ Older age (AOR=1.04)
- ↑ Women (AOR=1.93)
- ↑ Perceived 'obese' (AOR=4.07)

- ↓ Missing health literacy (AOR=0.22)

### Unhealthy behaviours

- ↑ Women (AOR=1.92)
- ↑ Non-binary (AOR=3.86)
- ↑ Perceived 'overweight' (AOR=1.75)
- ↑ Perceived 'obese' (AOR=2.16)
- ↑ Limited health literacy (AOR=1.28)
- ↑ Medium health literacy (AOR=1.38)

# Limitations

- Sampling methods and sample characteristics
- Lack of data on education and/or income
- Gender identities
- Limited to weight *loss* behaviours

# Conclusions

- Over half of Canadian young adults attempted to lose weight in the previous 12 months

1/5  
engaged in  
unhealthy  
methods

Most  
reported  
**multiple**  
methods

Consistent  
subgroup  
differences

# Acknowledgements

- Co-author and principal investigator, Dr. David Hammond
- Canada Food Study research team and funding



[araffoul@uwaterloo.ca](mailto:araffoul@uwaterloo.ca)



[@amandaraffoul](https://twitter.com/amandaraffoul)

SSHRC  CRSH

Social Sciences and Humanities Research Council of Canada  
Conseil de recherches en sciences humaines du Canada



CIHR IRSC  
Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada