

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

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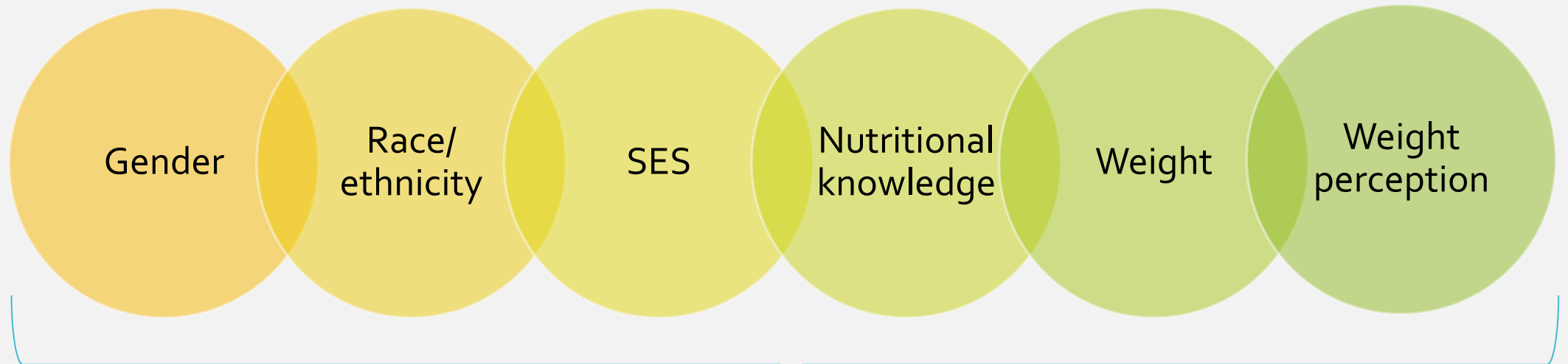
Public Health 2018 – May 29, 2018



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
Total Fat 13g	20%
Sat Fat 9g	40%
Cholesterol 28mg	12%
Sodium 55mg	2%
Total Carbohydrate 30g	12%
Dietary Fiber 2g	
Sugars 23g	
Protein 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.

Ingredients: Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.

Number

Dietary

Physi

Assist

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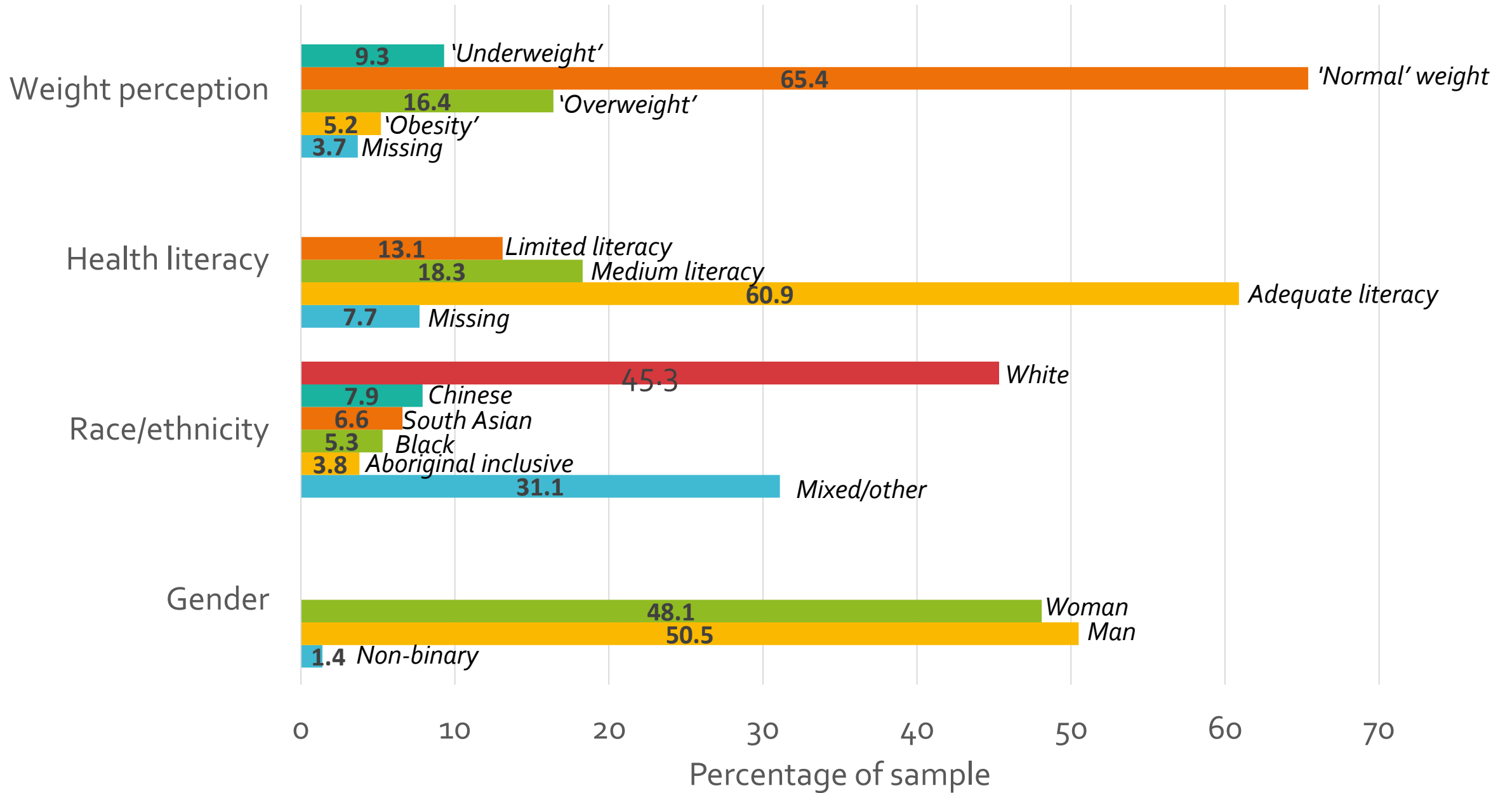
Weight loss methods
 If you eat the entire container, how many calories will you eat?

(e.g., drank a lot of water, ate fewer carbs)

(e.g.,)

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

(e.g., used a cleanse/detox, used laxatives/vomited)



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



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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
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Public Health
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