

A Partnership Program in Weight management for DM patients

Wong YM^{1,2}, Fung KM², Lau SL³, Wong KW⁴, AU KY⁵

Institution : Dietetic Services¹

St. James' Settlement²

Pamela Youde Nethersole Eastern Hospital³

Tung Wah Eastern Hospital⁴

Ruttonjee Hospital⁵

Introduction

Obesity is an important risk factor for the metabolic syndrome, including diabetes, and it also correlated with a variety of other complications. By keeping a healthy weight with proper diet control and physical activities, the risk of most complications can be reduced. However, the compliance of patients is usually not so good when they back to the community due to various implementation issues. As a result, the vicious cycle occurs with weight gain, poor DM control and complications.

Purpose of the Project

The weight management program is a collaboration project between HKEC hospitals, namely PYNEH, TWEH and RH, and St. James' Settlement, which aims to equip the DM patients with practical skills for dietary management in the daily living so as to acquire the healthy lifestyle for better DM control.

Material & Methods

The program consists of 6 workshops instructed by dietitian and fitness trainer to cover the areas of weight management diet principles, interesting home exercises, supermarket tour, eating out, festive eating and health assessments. Through talks, discussions, games and activity participations, participants will have a better understanding of proper diet control and food choices. The practical experience will help them to implement a healthy lifestyle in their daily living. To evaluate the progress, participants are required to hand in weekly dietary records. Pre- and Post-physical assessment will be conducted for comparisons.

Results

The 1st program started in Oct.,07 with 20 participants enrolled. Up till now, 3 classes have been running and the feedback is positive, especially in enhancing their knowledge and awareness on food selection and dietary management.

Conclusions

Lifestyle and eating are habits that develop through times and therefore needed to be changed and/or modified gradually with effort. With the required knowledge, awareness, practical skills and support, new healthy lifestyle can be established accordingly and it, in turn, allows the participants to achieve a healthy body weight for better DM control.

