



Posters Presentation

Weight Management for DM Patients in the Community

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Introduction:

DM is a prominent disease in H.K. Many patients do not achieve optimal outcomes and demonstrate poor compliance. Without proper management, it may lead to various complications. Daily care of the patient and the ability of patients to make decisions about goals, therapeutic options, and self-care behaviors and to assume responsibility for daily diabetes care are crucial for the success. Through behavioral changes like attaining healthy weight, proper diet and physical activities, the risk of most complications can be reduced.

Purpose of the Project:

It is a collaboration project between HKEC hospitals and St. James' Settlement, which aims to equip patients with practical skills for dietary care in the daily living to acquire healthy lifestyle for better health and DM control.

Material & Methods:

It consists of 6 workshops instructed by dietitian and fitness trainer covering weight management diet principles, home exercises, supermarket tour, eating out, festival eating and health assessments. Through activity participations, patients will have a better understanding of healthy eating and food choices. The experience will help them to attain a healthy lifestyle. Participants are required to hand in weekly dietary records for evaluation. Pre- and Post-physical assessment will be conducted for comparisons.

Results:

The program started in Oct.,07 and 7 classes have been held with around 100 participants. Over half of the participants have their body weight, fat mass, waist and H'stix reduced. The most successful participant has her body weight, fat mass and waist reduced by 3.2kg, 6.8kg(5%) and 11.5cm respectively. Moreover, 82% of the participants are very satisfied with the program, especially for the enhancement of their knowledge and awareness on food selection and dietary management.

Conclusions:

Effective DM management requires active patient involvement. With the required knowledge, awareness, practical skills, support and collaborative goal setting, patients are empowered for lifestyle changes which results in better weight control and DM management.