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Predictors of Weight Loss in African Americans with Prediabetes or Early Diabetes

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Abstract

Acknowledgment

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Purpose

This analysis was undertaken to describe healthcare seeking, weight loss efforts and predictors of weight loss among African Americans recently identified with prediabetes or early diabetes

Methods

A secondary analysis was conducted on data collected from 89 participants who completed a previously published 12-week randomized placebo-controlled trial testing the benefit of vitamin D supplementation on blood measures predictive of diabetes risk. Information about care seeking, weight loss strategies and weight loss effort was collected by questionnaire at three data collection visits. Weight was measured by trained staff at each visit.

Results

: More than half of the participants saw a healthcare provider during the study, but few recalled receiving advice about diet, physical activity or other strategies for weight loss. Thirty-seven % of participants maintained their weight within 1 kg of their baseline weight. Of the remaining participants, half gained >1 kg and half lost >1 kg during the study period. Age-adjusted independent predictors of weight loss included a visit to a healthcare provider for preventive care, dietary restrictions, and consistent weight loss effort. Vitamin D supplementation had no effect on weight change.

Conclusions

This study reinforces the importance of preventive healthcare and sustainable changes in diet and physical activity. It also suggests that physicians need better tools for motivating and supporting their patients to adopt behaviors that can reduce diabetes risk. For the millions of Americans who are trying to lose weight to reduce their risk for chronic disease, this study reinforces the importance of sustained effort.

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Keywords

weight loss; diabetes; African American; healthcare providers; vitamin D

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