

Follow-up to the STYLIST study (Lifestyle Changes Through the Use of Delivered Meals and Dietary Counseling): the STYLIST EXTENSION study

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Abstract

Background: The STYLIST study demonstrated that dietary counseling by registered dietitians for 4 to 8 weeks and the use of delivered calorie-controlled meals for 4 weeks significantly decreased body weight (BW) in 187 hypertensive and/or diabetic participants. However, it is unknown whether this beneficial effect persisted after the end of the study.

Methods and results: One hundred three participants in the STYLIST study were followed-up for one year after the end of the study. BW, waist circumference, blood pressure, glycoalbumin and hemoglobin A1c were examined and the participants completed a questionnaire regarding their lifestyle.

BW increased significantly by 1.0kg compared to that one year after the STYLIST study. Especially, BW of 69 participants who showed a decrease in BW at the end of the STYLIST study significantly increased by 1.2kg, while 34 participants who did not show a reduction in BW at the end of the STYLIST study showed an increase in BW of 0.5kg after one year, but this difference was not significant. The questionnaire revealed poor adherence to the lifestyle changes that followed dietary counseling and delivered calorie-controlled meals in the STYLIST study.

Conclusions: These results suggest that the short-term effect of dietary counseling by dietitians and calorie-controlled meals on BW reduction in hypertensive and/or diabetic patients does not persist for one year.

Key words: follow-up study, body weight, delivered meals, dietary counseling, registered dietitians