



A 12-MONTH LIFESTYLE INTERVENTION PROGRAM IMPROVES BODY COMPOSITION AND REDUCES THE PREVALENCE OF PREDIABETES IN OBESE PATIENTS.

König, D, Hörmann, J, Predel, HG, Berg, A
Obesity facts. 2018;11(5):393-399

Obesity and its impact on the prevalence of diabetes and subsequent cardiovascular disease is one of the major health burdens in Western societies. The aim of this study was to evaluate the effect of a comprehensive lifestyle intervention programme on weight and metabolic risk factors in 5884 obese individuals over 12 months. The intervention included exercise, psychological/self-management and nutritional counselling sessions (based on a low glycaemic index, low fat diet).

After 12 months there was a significant reduction in weight (average 6%), waist circumference, physical fitness and all metabolic parameters (including blood sugar and fat metabolism). Overall, 38% of participants who were pre-diabetic before intervention had detectable pre-diabetic markers after 12 months, whilst only 3% progressed to Type 2 diabetes mellitus. 47% of participants fulfilling the criteria of metabolic syndrome before the intervention, had no signs of this syndrome after 12 months. The authors concluded that the intensive lifestyle intervention programme was successful, even in obese people with pre-diabetes.

GASTROINTESTINAL MICROBIOME MODULATOR IMPROVES GLUCOSE TOLERANCE IN OVERWEIGHT AND OBESE SUBJECTS: A RANDOMIZED CONTROLLED PILOT TRIAL.

Rebello, CJ, Burton, J, Heiman, M, Greenway, FL
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Recent evidence suggests that the gut microbiome may play a role in regulating metabolic pathways involved in obesity, particularly those involved in insulin resistance. This study used a gastrointestinal microbiome modulator (GIMM) containing inulin, oat beta-glucan, blueberry anthocyanins and blueberry polyphenols to examine its effects on metabolic parameters, faecal markers of gut microbiota and satiety.

Thirty overweight or obese individuals were randomised to either consume the GIMM or placebo tablet for four weeks. Stool and blood samples were collected at the baseline and end of the trial, and satiety was assessed weekly. This study showed that GIMM consumption significantly improved blood glucose tolerance and increased satiety in overweight and obese participants.



A SYSTEMATIC REVIEW OF THE ASSOCIATION OF SKIPPING BREAKFAST WITH WEIGHT AND CARDIOMETABOLIC RISK FACTORS IN CHILDREN AND ADOLESCENTS. WHAT SHOULD WE BETTER INVESTIGATE IN THE FUTURE?

Monzani, A, Ricotti, R, Caputo, M, Solito, A, Archero, F, Bellone, S, Prodam, F
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Childhood obesity is a major public health issue across the world. The incidence of skipping breakfast among children and adolescent is rising. Numerous studies have shown a positive relationship between skipping breakfast and overweight or obesity. The aim of the study was to analyse the association of skipping breakfast with body weight and metabolic outcomes in the paediatric population.

The study is a systematic review focusing on studies published in the last ten years. 39 articles were included for analysis and data from a total of 286,804 children and adolescents were reported. The systematic review demonstrates that children and adolescents who skip breakfast are at higher risk to be or become overweight or obese. Authors conclude that skipping breakfast may be a potential marker of lifestyle behaviours in children and adolescents that promote overweight or obesity and metabolic diseases.

