

## 授課講師學經歷

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| 姓名         | 劉燦宏  |
| 課程名稱(主題)   | 產後不復胖生活型態策略  |
| 服務單位(包含職稱) | 台北醫學大學·雙和醫院 復健醫學部主任<br>台北醫學大學·公共衛生暨營養學院 助理教授                         |
| 學歷         | 台北醫學大學 醫學士、<br>國立陽明大學 公共衛生博士   |
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## 授課內容摘要

產後減重及維持是一件困難的工作，有決心和毅力是成功關鍵，建議如下

### (一) 目標設定

建議設定一個體重的目標，要鼓勵產婦在 3-6 個月內達到這個目標，並繼續維持。

### (二) 以減少熱量攝取當作目標

早期的減重介入是降低熱量攝取，研究顯示限制脂肪攝取是降低整體熱量攝取重要的方式，這是因為脂肪熱量密度高的關係。然而，其他的方法也可以改善飲食習慣的方式，例如，可使用固定份量或代餐等。

### (三) 增進體能活動

增加體能活動是維持減重最重要的預測因子，應鼓勵產後婦女增加日常生活的體能活動，最近的研究顯示越多的體能活動可以達到越多的減重效果，因此，剛開始最好設定每週運動 150 分鐘，經過一段時間，要將運動增加到每天 60-90 分鐘來達到長期維持減重效果的目的。

### (四) 讓病人覺得自己是有義務並時時自我警惕

改變飲食及運動習慣是很困難的，產婦必須改變原有的飲食型態與體能活動習慣，社會支持系統以及環境的架構要能支持這個改變，自我監控飲食與活動、每天量體重、規律的與治療人員接觸等都是很重要的自我警惕方式。

### (五) 教導解決相關問題的技巧及預防復胖

教導產婦預見體重控制會發生的困難並預先計畫應付的辦法，一般常見的困難或狀況包括正面的社會事件(例如，派對、假期)和負面的事件(例如，沮喪、生氣、無聊)，病人需要瞭解不管他們的計畫如何，他們都會偶而經歷懶惰或偏離健康飲食和運動習慣的情形，重要的是如何快速的矯正這些現象避免復胖。

### (六) 讓產婦瞭解成功減重及維持是可以做到的

社會上有許多相當負面的宣傳，認為體重控制對許多人而言是不可能的事，這個預期失敗的心理可能導致病人真的減重失敗。因此，只要有信心，產後肥胖一樣也可以長期減重成功。



## Relapse Management of Obesity

台北醫學大學·雙和醫院  
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 劉燦宏

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### Definition of Weight Loss Maintenance

- 5~10% of body weight
- Maintained for 6 months
- Greater initial weight loss more likely to weight regain
- Greater loss regain more, but achieve the best long-term outcomes.

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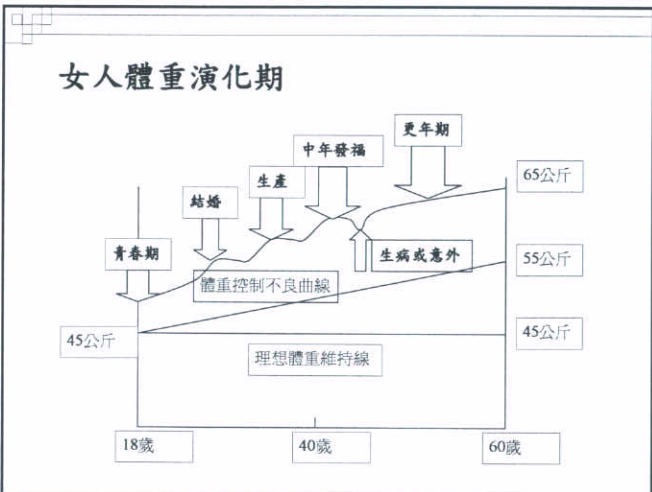
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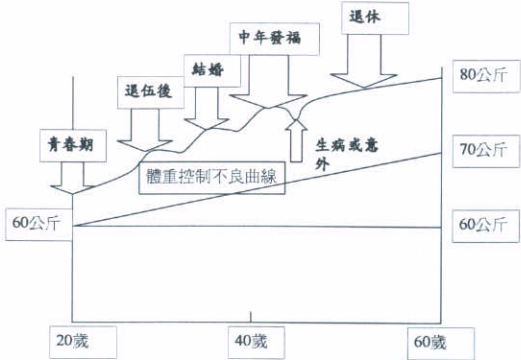
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### 男人體重演化期




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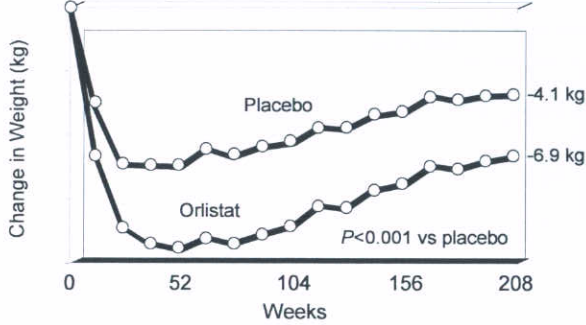
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### Effect of Long-term Orlistat Therapy on Body Weight



Torgenson et al. Diabetes Care 2004;27:155

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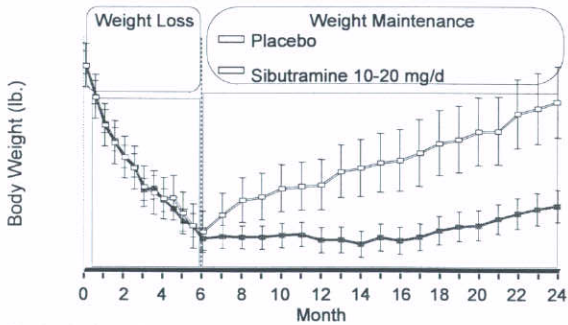
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### Initial Responders to Sibutramine Can Maintain Long-term Weight Loss



Randomization at 6 months in those with  $\geq 5\%$  weight loss.

James et al. Lancet 2000;356:2119.

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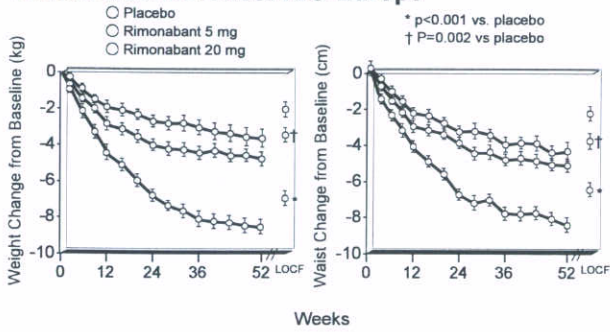
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### Change from Baseline in Body Weight and Waist Circumference: RIO-Europe



Van Gaal LF et al. *Lancet* 2005;365:1389-1397.

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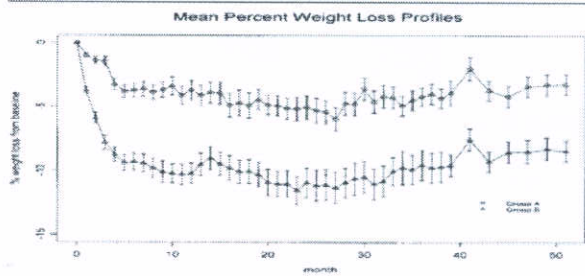
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### Meal Replacement and Weight Maintenance



Obes Res 2000;8:399-402

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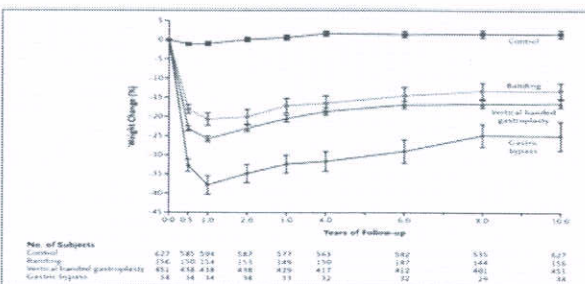
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### Bariatric Surgery and Weight Maintenance



N Engl J Med. 2004;351:2683-93

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## Yo-yo effect

根據門診經驗  
8成民眾採用飲食控制法  
追求短暫快速瘦身效果



溜溜球效應

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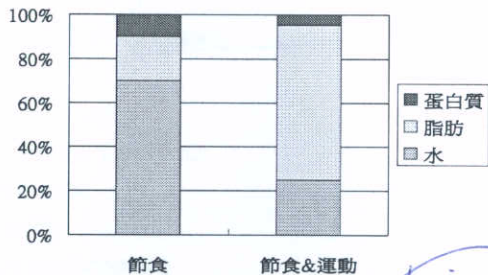
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## Diet and Exercise, alone and combined



Occupational Physical activity

Leisure  
LTPA Time Physical activity

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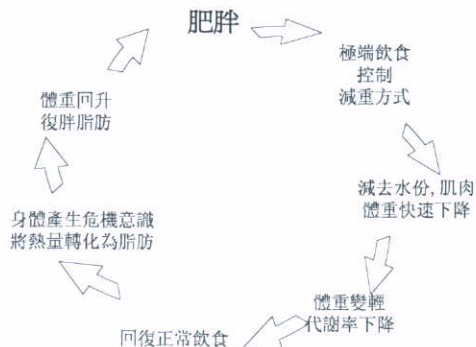
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## Yo-yo effect




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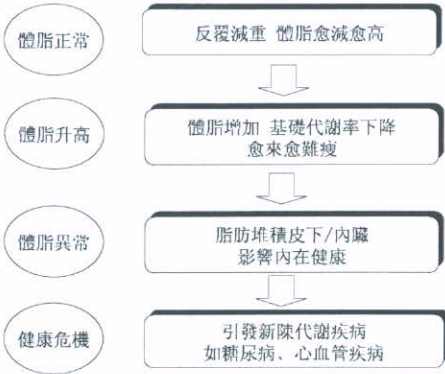
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### 溜溜球效應的危機




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### Dietary Intake in Long-term Weight Control

- Total calories
  - Calories and fat intake
  - LCD Vs. VLCD
- Macronutrient
  - Low fat Vs. low CHO
  - Adherence
- Simplicity
  - Meal replacement

NEJM 2009  
360(9) 859-

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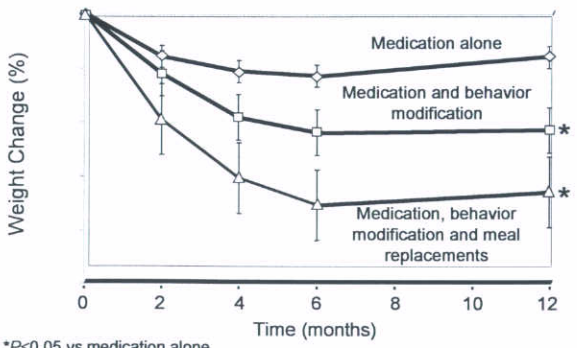
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### Additive Effects of Behavior and Diet Therapy with Pharmacotherapy for Obesity



Wadden et al. Arch Intern Med 2001;161:218.

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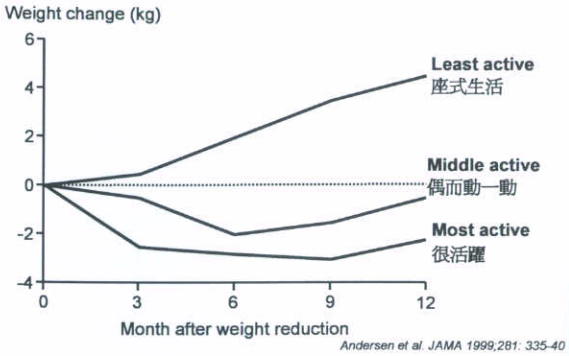
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如何避免復胖？

Body weight changes and physical activity




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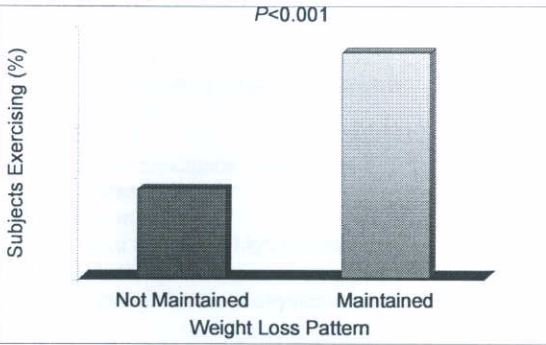
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運動與減肥後的維持




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Improving Long-term Adherence to Physical Activity

- Short bouts
- Home exercise equipment
- Small incentives
- Pedometers
- Group and supporter

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## Behavioral Strategy in Weight Maintenance

- Extended contact
- Clinical visit
- Phone call
- Internet
- Social support
- Problem solving and Relapse prevention

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## Experience from NWCR

- Self-monitoring
  - Weight self regularly (at least once/week)
  - Count calories
- Dietary Intake
  - Consume a low-calorie, low-fat diet
  - Eat breakfast regularly
  - Limit portion sizes
  - Limit intake of high fat/high calorie foods
- Physical Activity
  - Engage in high levels of physical activity (>300 min/week)

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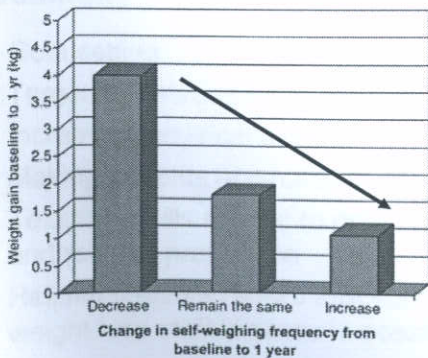
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## NWCR



Obesity, 2007;15:3091

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## Summary of Commercial Weight Loss Program

| Program                             | Staff/Qualifications                                  | Diet   | Physical Activity   | Behavior Modification  | Support  |
|-------------------------------------|---|--|---|--|--|
| <b>Weight Watcher</b>               | Successful dieters serve as "medical program" coaches | Low-calorie, exchange diet; 1600-1800 calories; most meals                             | "Get Moving" incentive                                      | Behavioral weight control methods  | Group sessions, phone coaching                             |
| <b>Jenny Craig</b>                  | University-trained dietitians                         | Low-calorie diet; 1200-1500 calories; portioning of meals                              | Activities for walking                                      | Manuals on weight loss strategies  | Individual coaching, weekly contact                        |
| <b>L.A. Weight Loss</b>             | Compassionate dietitian                               | Low-calorie diet; 1200-1500 calories; portioning of meals                              | Cyclical walking videotape                                  | Included as counseling sessions  | Individual sessions 8 weeks weekly                         |
| <b>Health Management Resources</b>  | Board of dietitians and other health care providers   | Low-calorie or very-low-calorie diet provided through meal replacement products        | Walking and cycling charts provided to clients for 16 weeks | Included in structured, accountability and goal-reinforcement program          | Group sessions and weekly classes; many telephone sessions |
| <b>OFFRASE</b>                      | 1 licensed physician and 1000 health care providers   | Low-calorie diet provided through meal replacement products                            | Physical activity modules taught in 16-week classes         | Included in lifestyle classes; stress management and social support emphasized | Group sessions and weekly classes; some telephone support  |
| <b>Intact: Take Charge for Life</b> | Not applicable  | Low-calorie or very-low-calorie diet provided through meal replacement products        | May be included as Take Charge for Life                     | May be included as Take Charge for Life  | Included as Take Charge for Life                           |
| <b>eDiets.com</b>                   | University-trained dietitians and computer software   | Low-calorie diet provided through "meal delivery" program; clients prepare their meals | Physical activity manual as part of eDiets.com program      | Included in eDiets.com lifestyle class; meal management emphasized             | Individual and group support                               |
| <b>Take Off Pounds Sensibly</b>     | Group leader certified by local dietician             | Low-calorie diet; exchange plan; recomposition   | Walkers made plan with their health care provider           | Included in curriculum   | Group format; weekly sessions                              |
| <b>Diets.com Anonymous</b>          | Individual dietician leader                           | Meal replacement   | Meal replacement  | 12-day program   | Group format; weekly classes; sponsors                     |

Ann Intern Med 2005;142:56-66

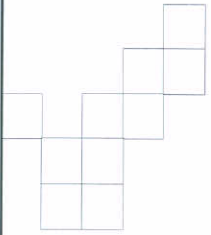
## Cost of Commercial Weight Loss Program

| Program                             | Membership Fee or Initial Cost             | Periodic Fees   | Meal Plan  | Other  | Estimated Cost of 3-Month Program |
|-------------------------------------|--|---|--|--|-----------------------------------|
| <b>Weight Watcher</b>               | \$38 for first month (with membership fee) | \$12/week, incl. 1600-1800-calorie diet   | Not required                                       | None   | \$167                             |
| <b>Jenny Craig</b>                  | \$131 for 6 mo., \$266 for 1 y             | None  | \$70-\$106/week<br>\$150-\$150/week                | \$10 for 2nd of 2 weight loss manuals            | \$149                             |
| <b>L.A. Weight Loss</b>             | \$80                                       | Upfront costs of \$7/week multiplied by the number of weeks calculated as health goal weight          | None   | \$10 for optional walking videotape              | Not calculable                    |
| <b>Health Management Resources</b>  | \$25-\$40 for medical evaluation           | \$50/week for medical visits and behavior modification classes; \$210 for laboratory tests            | \$65/week-\$86/week for very-low-calorie diet plan | Maintenance visits at extra cost                 | \$1100-\$1400                     |
| <b>OFFRASE</b>                      | \$150-\$300 for medical evaluation         | \$15/week for medical visits; \$10/week for behavior modification classes; \$110 for laboratory tests | \$75/week for "full fast" meal replacement         | Maintenance visits at extra cost                 | \$1800-\$2100                     |
| <b>Intact: Take Charge for Life</b> | None                                       | Not required  | \$70/week or \$36/week (if meal replacement)       | Physician visits at extra cost                   | \$606                             |
| <b>eDiets.com</b>                   | None                                       | \$65/week (meal)  | None   | Individual counseling with experts at extra cost | \$65                              |
| <b>Take Off Pounds Sensibly</b>     | \$100                                      | \$1-\$2 to \$1/week   | None   | None   | \$36                              |
| <b>Diets.com Anonymous</b>          | None                                       | Dietitians  | None   | None   | \$0                               |

Ann Intern Med 2005;142:56-66

## Summary

- Goal setting
- Targeting decreased caloric intake
- Increasing physical activity
- Making patients accountable and vigilant
- Teaching skills related to problem solving and relapse prevention
- Helping patients realize that successful weight loss maintenance is possible



Thanks for your attention

劉燦宏

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