

## 授課講師學經歷

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課程名稱(主題)	產後不復胖生活型態策略
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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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### 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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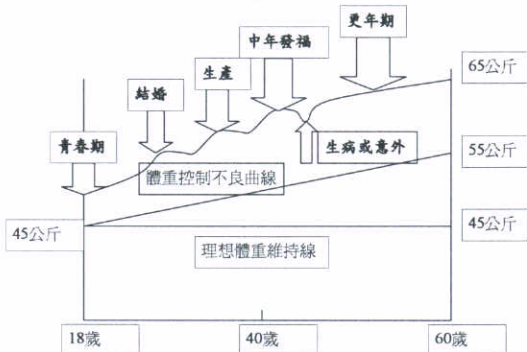
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### 女人體重演化期



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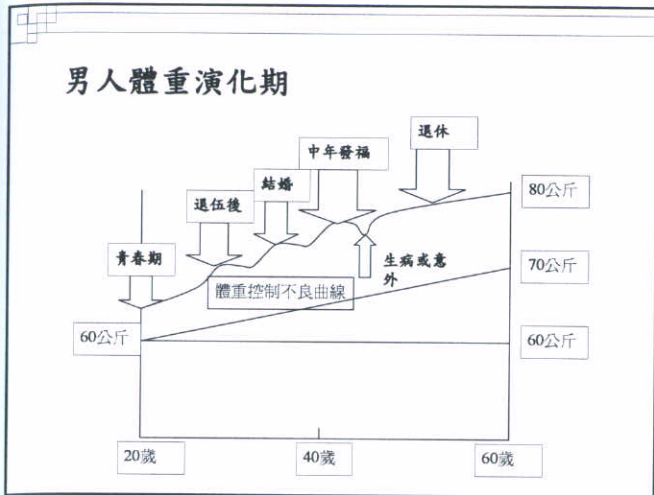
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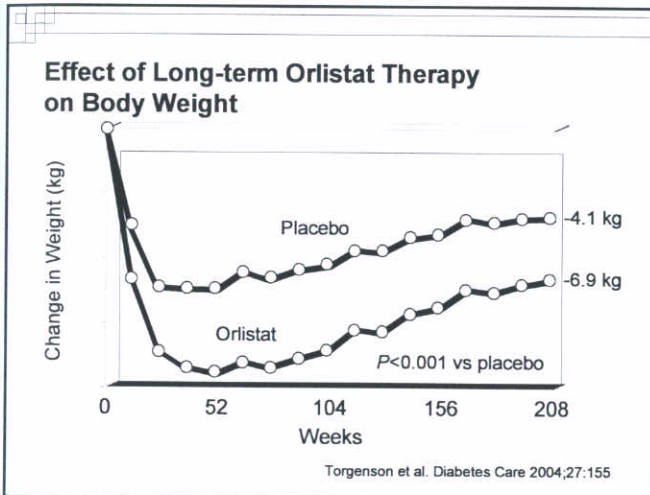
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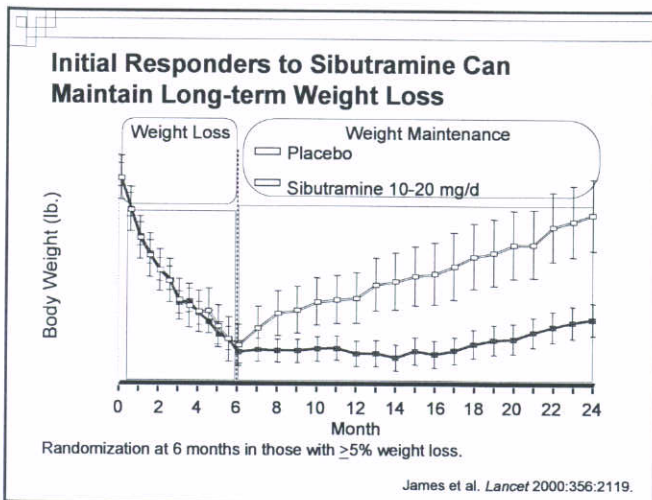
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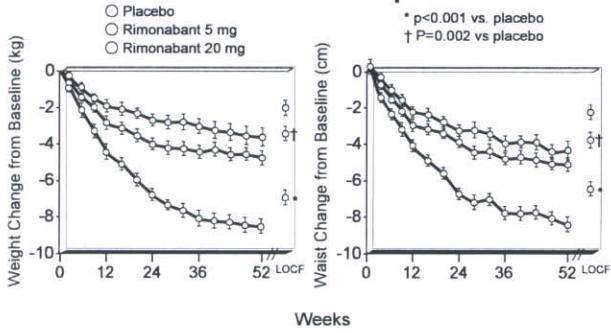
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### Change from Baseline in Body Weight and Waist Circumference: RIO-Europe



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

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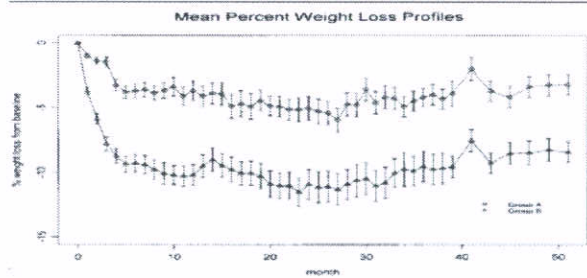
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### Meal Replacement and Weight Maintenance



Obes Res 2000;8:399-402

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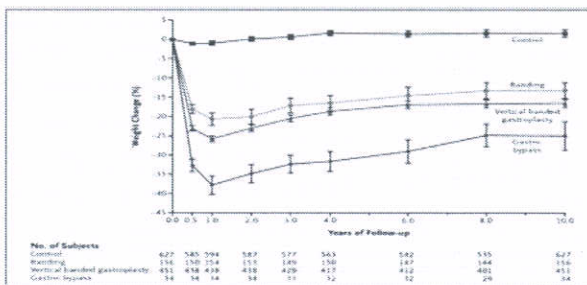
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### Bariatric Surgery and Weight Maintenance



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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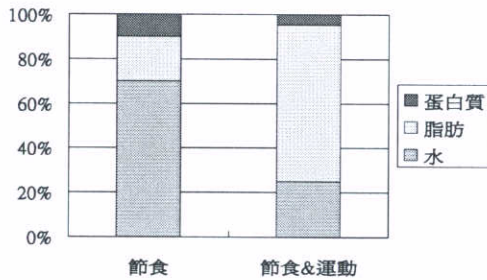
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## Diet and Exercise, alone and combined




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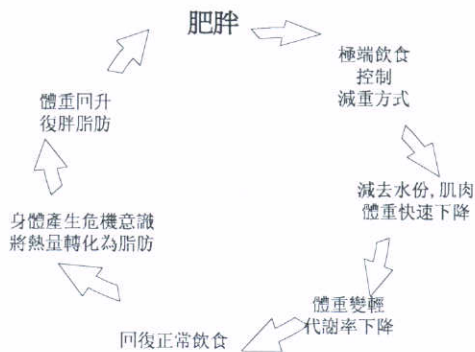
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## Yo-yo effect




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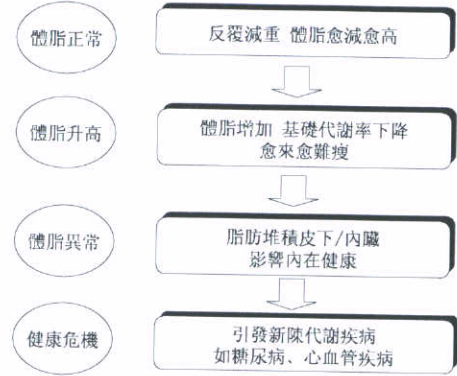
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### 溜溜球效應的危機




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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

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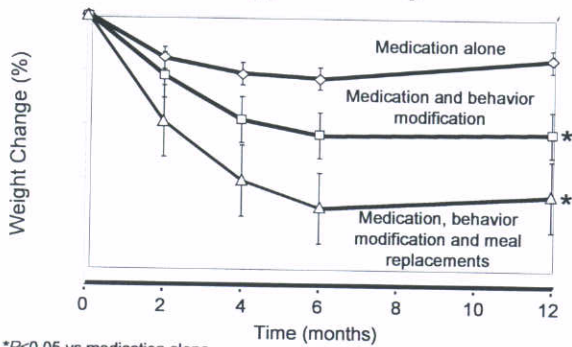
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### Additive Effects of Behavior and Diet Therapy with Pharmacotherapy for Obesity



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

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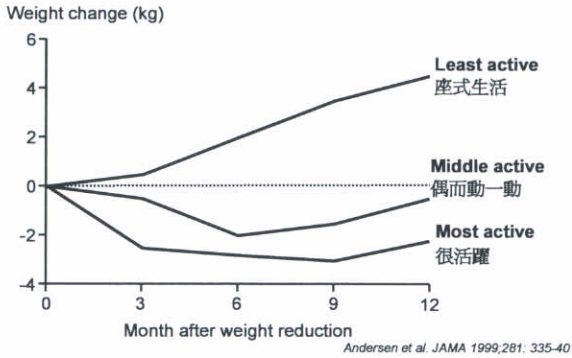
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### 如何避免復胖？

#### Body weight changes and physical activity



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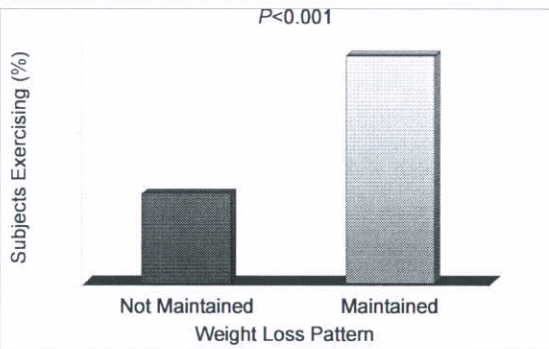
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### 運動與減肥後的維持



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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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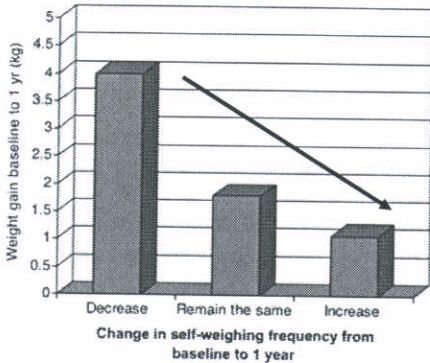
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## NWCR



Obesity, 2007;15:3091

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## Summary of Commercial Weight Loss Program

Program	Staff/Qualifications	Diet	Physical Activity	Behavioral Modifications	Support
<b>Weight Watchers</b>	Behavioral Science instructor, Certified personal trainer, Certified Exercise Coordinator	Low-calorie, exchange diet where program does not track	"Card 45 min" included in program	Included weight loss support materials	Group sessions, weekly coaching
<b>Jenny Craig</b>	Licensed exercise specialist	Low-calorie diet of convenience of frozen meals, prepared weekly	Cycle-based walking/step-counting	Included as Weight Watchers	Included as weight loss support
<b>L.A. Weight Loss</b>	Registered dietitian	Low-calorie diet	Optional walking/step-counting	Included as Weight Watchers	Individualized services & lower weekly fees
<b>Health Management Programs</b>	Medical Director and other health care providers	Low-calorie diet	Walking and other exercise included in program	Included in program	Group sessions and weekly coaching, phone telephone support
<b>OPTRAST</b>	Licensed physician and other health care providers	Low-calorie diet prepared through meal replacement products	Physical activity module taught in 8-week classes	Included in 8-week classes, some management and which support emphasized	Group sessions and weekly coaching, some telephone support
<b>Take Off Pounds Sensibly</b>	MD or registered dietitian	Low-calorie diet prepared through meal replacement products	How to include in 12-week classes	May be included in 12-week classes	Included as Take Off Pounds Sensibly
<b>Web.com</b>	Company-trained counselor and lifestyle dietitian	Low-calorie diet prepared through meal replacement products	Physical activity module as part of program	Included in program	Individualized group support
<b>eDiets</b>	Group leader started by certified dietitian	Low-calorie diet prepared through meal replacement products	Members make plan with their health care provider	Included in curriculum	Group format, weekly support
<b>Diets.com</b>	Volunteer chapter leaders	No specific recommendations	Members make plan with their health care provider	12-week program	Group format, weekly support, optional

Ann Intern Med 2005;142:56-66

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## Cost of Commercial Weight Loss Program

Program	Membership Fee or Initial Cost	Perodic Fees	Meal Plan	Other	Estimated Cost at 4 Months
Weight Watchers	\$85 for first week (with membership fee)	\$12/week on a 300-350-calorie per day	Not required	None	\$167
Jenny Craig	\$181 for 4-6, \$364 for 1-y	None	\$70-\$100/week	\$10 for 2nd or 3 weeks per month	\$1,219
L.A. Weight Loss	\$88	Upfront cost of \$75 plus multiplier by the number of meals calculated for reach goal weight	None	\$10 for optional walking intensive	Not calculated
Health Management Programs	\$65-\$240 for medical evaluation	\$50/week for medical visits and behavior modification classes, \$20 for laboratory tests	\$65/week-\$86/week for meal replacement diet plan	Maintenance visits at extra cost	\$1,700-\$2,100
OPTRAST	\$190-\$300 for medical evaluation	\$35/week for meal replacement meals, \$50/week for laboratory tests	\$12/week for "nut 120" meal replacement	Maintenance visits at extra cost	\$1,800-\$2,300
Take Off Pounds Sensibly	None	Not required	\$70/week or \$90/week diet or meal replacement	Physician visits at extra cost	\$600
Web.com	None	\$26/2 meal	None	Individual counseling with support at extra cost	\$60
Take Off Pounds Sensibly	\$50	\$3-\$5 for 1-1-week	None	None	\$26
Diets.com	None	None	None	None	\$0

Ann Intern Med 2005;142:56-66

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## 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

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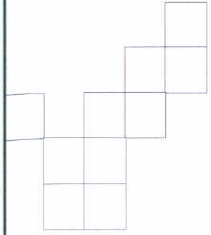
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Thanks for your attention

劉燦宏

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