



DIETARY NUTRITIONAL TREATMENT DROP-OUT RATE IN A COHORT OF PRE-BARIATRIC SURGERY SUBJECTS ACCORDING TO EATING BEHAVIOUR AND GENDER



M. Di Lorenzo¹, C. Gautiero¹, F. Micanti², L. Pistone², M. Musella³, A. Belfiore¹

¹Department of Clinical Medicine, University of Naples Federico II, 80131 Naples, Italy

²Department of Psychiatry and Psychology, Eating disorder and Obesity Unit, University of Naples Federico II, 80131 Naples, Italy

³Department of Advanced Biomedical Sciences, University of Naples Federico II, 80131 Naples, Italy

DISCLOSURES

I have no potential conflict of interest to declare

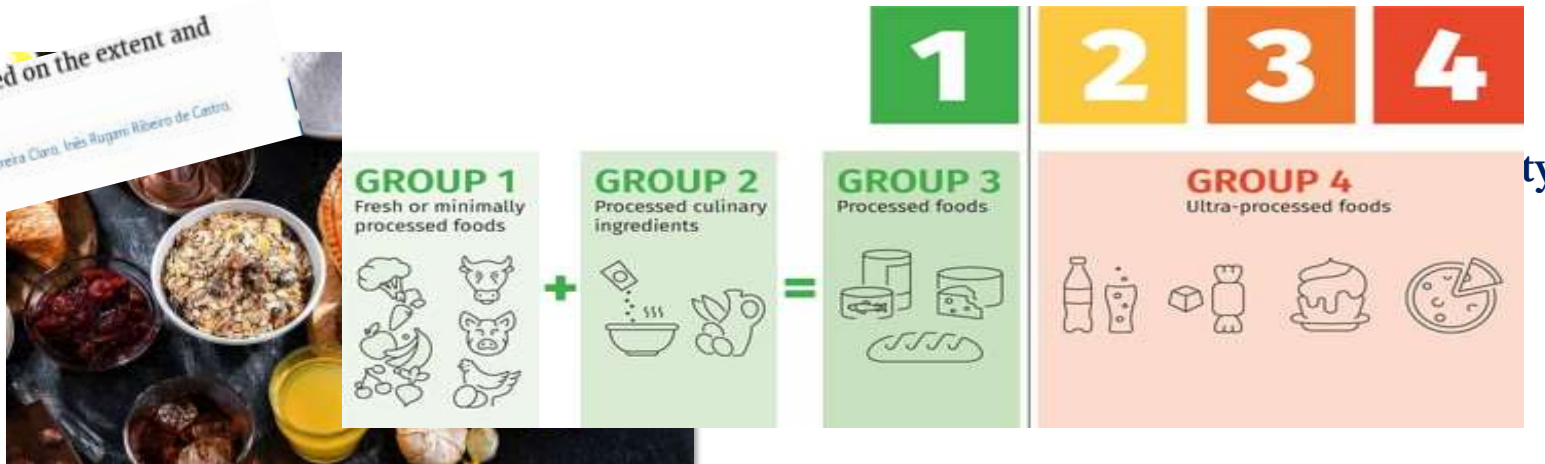
BACKGROUND

Multiple theories have postulated that individual differences in sensitivity or responsivity to food and associated cues may be important factors in overeating and obesity risk.

More specifically, it has been hypothesized that individuals with greater reward sensitivity may have more appetitive motivation to approach palatable food and related cues within their environment, which may contribute to greater dietary intake of palatable foods and excess energy intake.

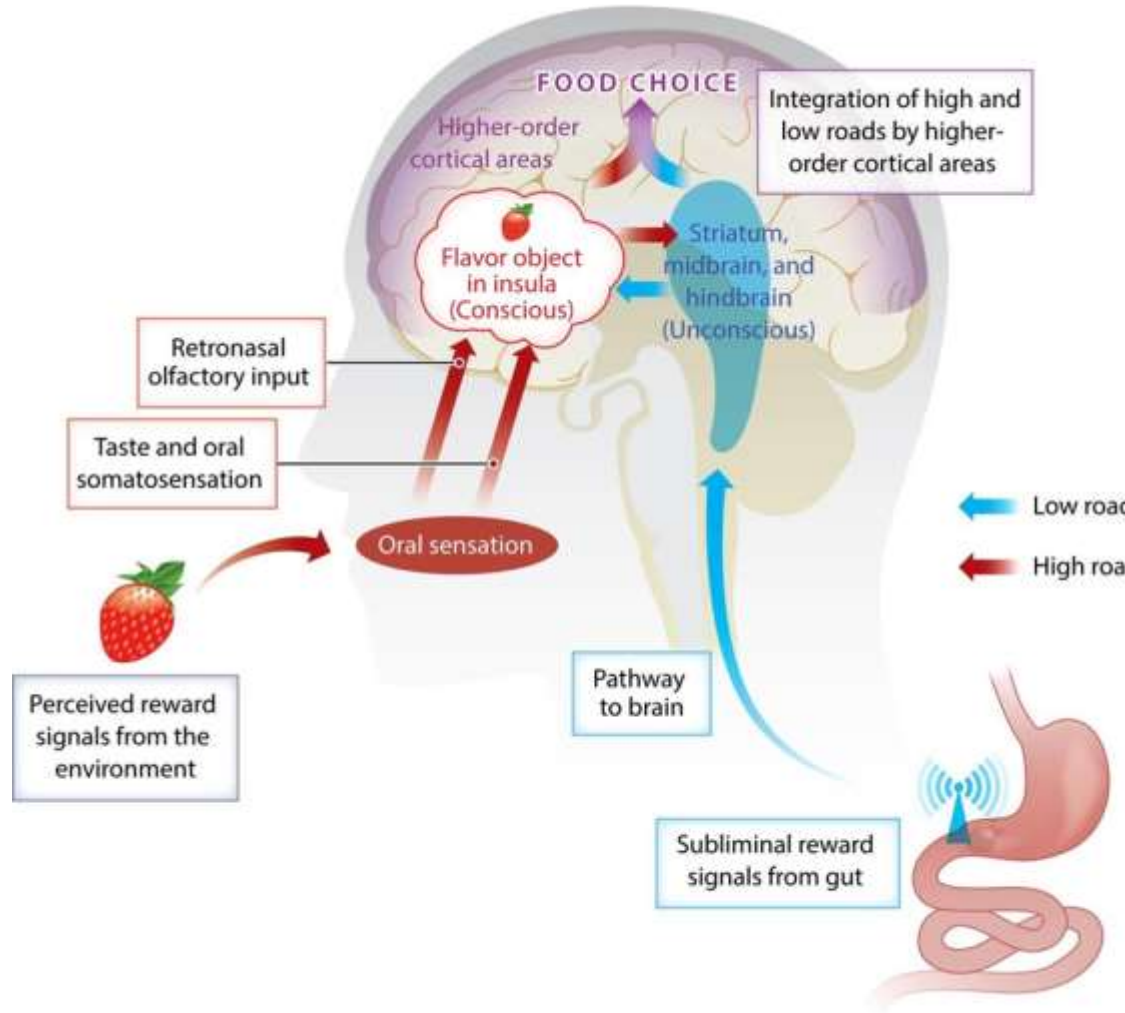
Ultra Processed Food (UPFs)

A new classification of foods based on the extent and purpose of their processing
Carlos Augusto Monteiro¹, Renata Berazzi Levy, Rafael Moreira Claro, Inês Rugani Ribeiro de Castro, Geoffrey Cannon



“Formulations of various ingredients which, in addition to salt, sugar, oils and fats, include food substances not used in culinary preparations, in particular, flavors, colors, sweeteners, emulsifiers and other additives used to mimic the sensory qualities of unprocessed foods or minimally processed products and their culinary preparations, or to mask undesirable qualities of the final product” (*Monteiro et al.2016*).

BACKGROUND

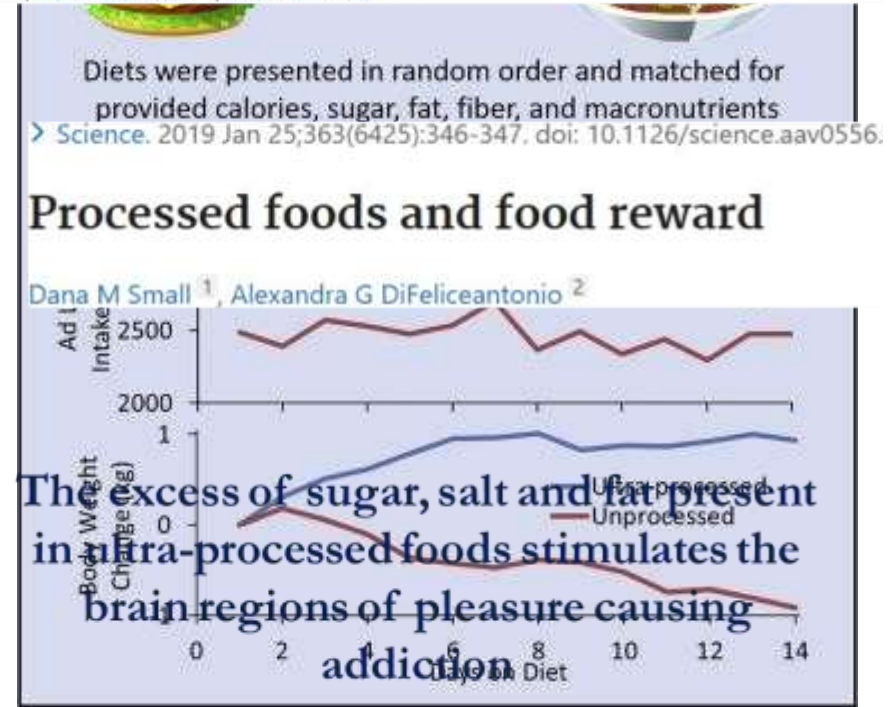


Review > Annu Rev Psychol. 2020 Jan 4;71:139-164. doi: 10.1146/annurev-psych-122216-011643. Epub 2019 Sep 27.

Rethinking Food Reward

Ivan E de Araujo^{1 2}, Mark Schatzker², Dana M Small^{2 3}

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AIM OF THE STUDY

The aim of this study was to assess, during the pre-bariatric period, if there was an association between gender, eating behaviour patterns, eating habits and nutritional treatment drop-out rates in our cohort of subjects.



STUDY DESIGN



baseline

- ✓ Psychiatric counselling
- ✓ Anthropometric measurements and body composition analysis
- ✓ PREDIMED Questionnaire
- ✓ NOVA Food Frequency Questionnaire (NFFQ)

3 months

hypocaloric
low-carb diet

6 months

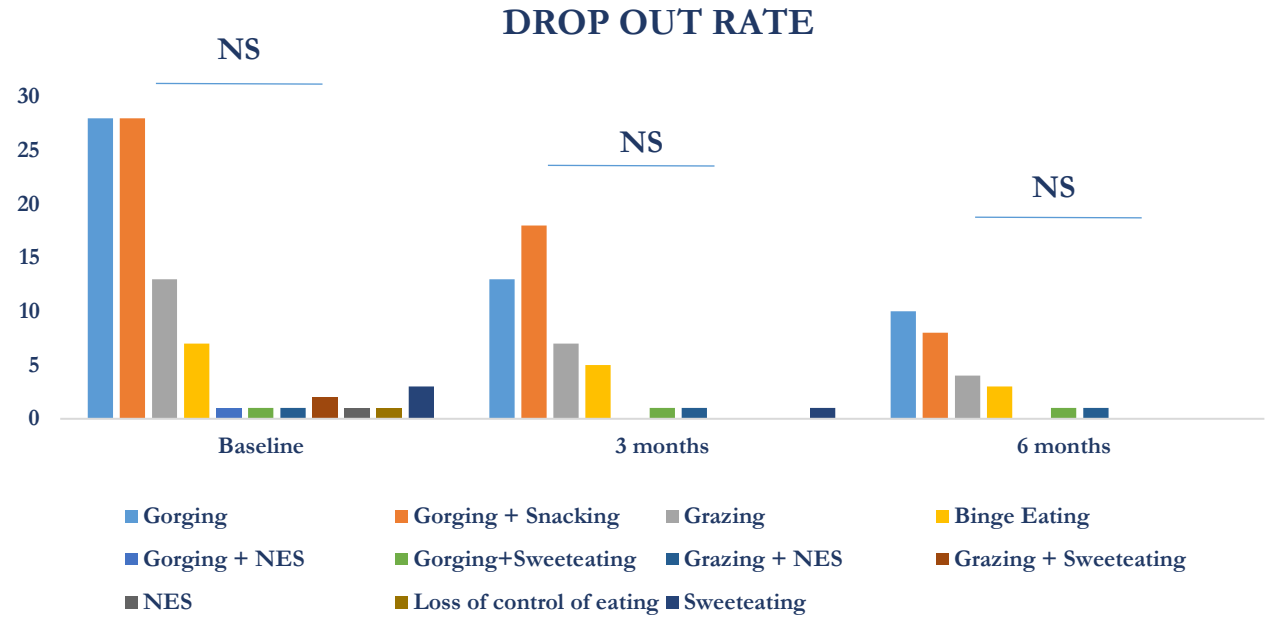
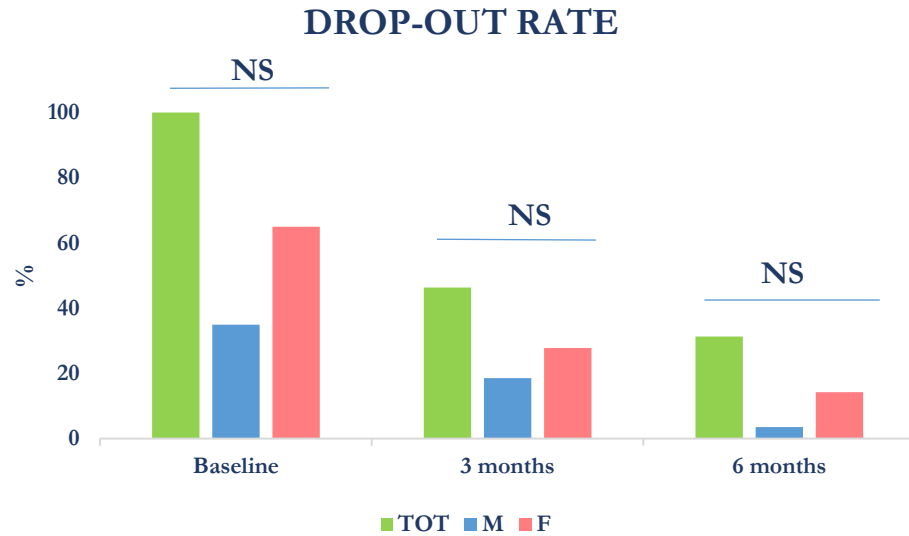
- ✓ Drop-out rate
- ✓ Anthropometric measurements

Study Population	Male (n=56)	Female (n=56)
Age	40,6 ± 10,2	40,6 ± 10,2
Body weight, kg	104,2 ± 26,9	104,2 ± 26,9
BMI, kg/m ²	44,7 ± 6,9	44,7 ± 6,9

94 items with relative frequency of consumption and portion size identified according to the Italian reference portions

≥10: high adherence

RESULTS



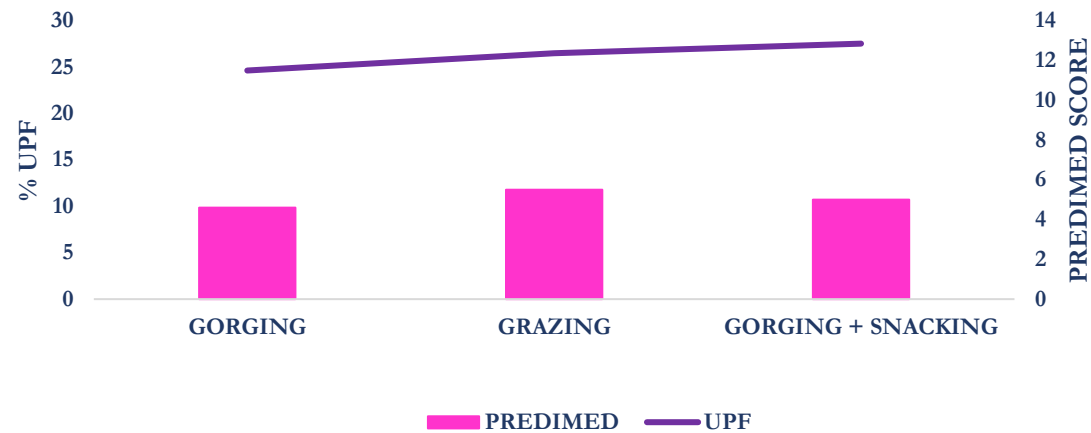
After 6 months we lost 68,6% of patients with no significant differences among gender and eating behaviour

RESULTS

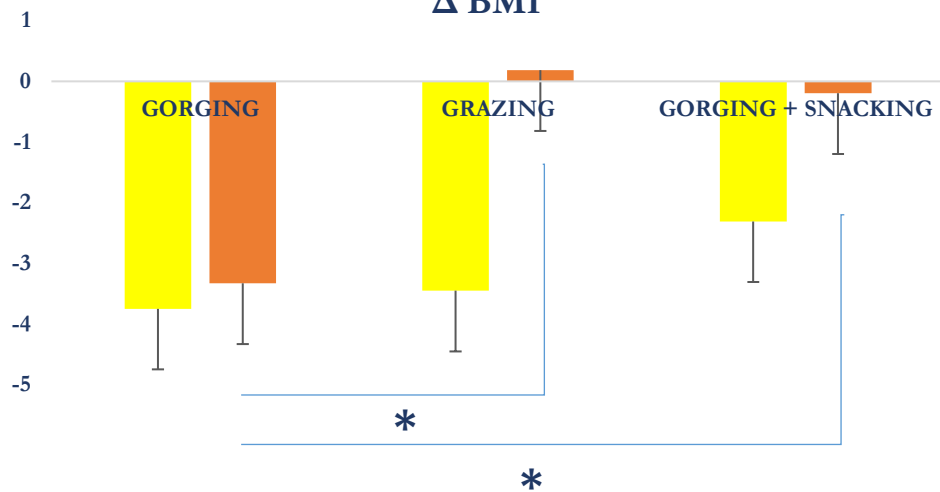
% UPF



ASSOCIATION PREDIMED-NFFQ QUESTIONNAIRES



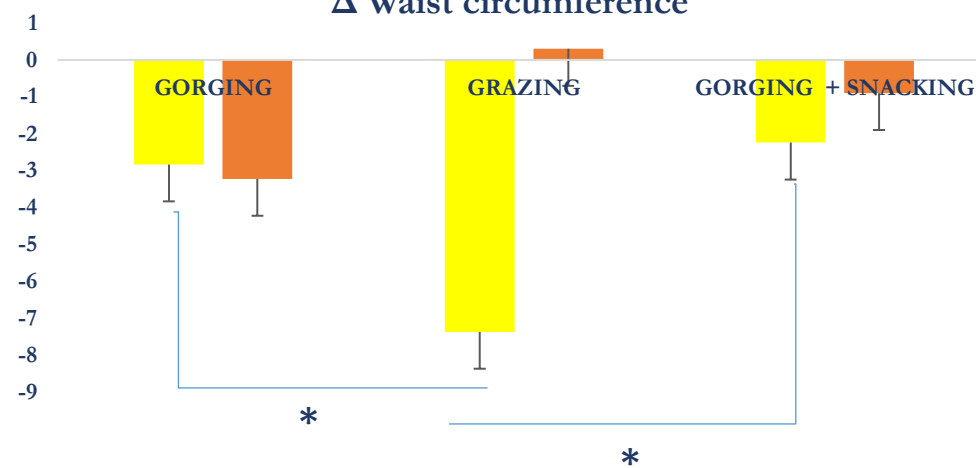
Δ BMI



**p* < 0,05

3 months 6 months

Δ Waist circumference



**p* < 0,05

3 months 6 months

CONCLUSIONS

No association between pre-bariatric surgery drop-out rate and eating behaviour as well as gender

Timing of pre-bariatric period

The high consumption of UPFs could be one of the factors responsible for the drop out and the reduced long-term adherence to a low-calorie diet



FUTURE PERSPECTIVES

Agree on bariatric surgery within three months of starting the diet therapy

Implement public health strategies that promote healthy diets and limit UPFs consumption:

- ✓ UPFs tax
- ✓ Marketing regulation
- ✓ Control of labeling standards



Dr. Mariana Di Lorenzo, PhD

Resident in Scienza dell'Alimentazione

Department of Clinical Medicine and Surgery

University of Naples Federico II

marianadilorenzo.mdl@gmail.com