Changes in Diet and Lifestyle and Long-Term Weight Gain
Outlines

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Reasons & Purposes

• Reasons
  Many people want to lose weight.
  The obese increase is a big problem.
  We likely to have an unsteady lifestyle.

• Purposes
  Understanding what lifestyle is bad for our health.
  Trying to change our way of life.
Survey ~Summary~

• Theme
  To investigate the relationship between multiple lifestyle and long-term weight gain.

• Subjects of this Survey
  50,422 female registered NHS (The Nurses’ Health Study)
  47,898 younger female registered NHSII
  22,557 male registered HPFS
  (The Health Professionals Follow-up Study)
Survey ~Methods~

• Exclusion

  People with obesity, diabetes, cancer, or cardiovascular, pulmonary, renal, or liver disease.

  Those with an implausible energy intake.

  Those with more than 9 blank responses on questionnaires.

  Those were newly pregnant, and over 65 years old.
Survey ~Methods~

• Lifestyle Assessment
  Participants answered questionnaires concerning medical history, lifestyle, and health practices.

• Weight Changes
  Weight changes were evaluated both absolutely (pounds) and relatively (percentages).
Survey ~Questionnaires~

• Surveyed Topics
  Fruits  Sugar-sweetened beverages
  Vegetables  Sweets & Desserts
  Whole grains  Processed meats
  Refined grains  Unprocessed red meats
  Potatoes  Fried foods
  Potato chips  Trans fat
  Whole-fat dairy products  Nuts
  Low-fat dairy products  100%-fruit juices
  Diet sodas  Alcohol drinks
Survey ~Methods

• Statistical Analysis

  Assess relationships within 4-year periods over a period of 12~20 years.

  Multivariable models were used to adjust for age, BMI in 4-year period.

  Total energy intake, biologic factors, and medications were not included as covariables.
# Conclusion

<table>
<thead>
<tr>
<th>Bad for our health</th>
<th>Good for our health</th>
</tr>
</thead>
<tbody>
<tr>
<td>French fries</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Potato chips</td>
<td>Nuts</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Fruits</td>
</tr>
<tr>
<td>Sugar-sweetened beverages</td>
<td>Whole grains</td>
</tr>
<tr>
<td>Unprocessed red meats</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Watching TV too much</td>
<td>etc.</td>
</tr>
<tr>
<td>Smoking</td>
<td>Moderate sleep</td>
</tr>
<tr>
<td>etc.</td>
<td>etc.</td>
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Thank you for listening.

Do you have any question?