

Weight Management Program focusing on Body Composition and Physical Activity at a Primary Care Clinic

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Introduction: Overweight and obesity are increasingly prevalent with a ratio of 1 in 2 among adult Malaysian. 65 percent of staff in a primary care clinic was found to be either obese or overweight. A program (*Fat 2 Fit*) with the aim to empower clinic members to achieve reduction in body fat (BF%) and weight (BMI), improve fitness and build teamwork was initiated in August 2022.

METHODOLOGY

Who: All 17 clinic staff participated in the program.

How:

1. Group physical activities in the form of regular aerobic exercise and monthly outdoor exercise were organized by the clinic. Individual activities were highly encouraged.
2. Body weight and composition analysis were performed monthly in which main results (BF% and BMI) will be shared among participants.
3. Rewards were given to top achievers.

RESULTS



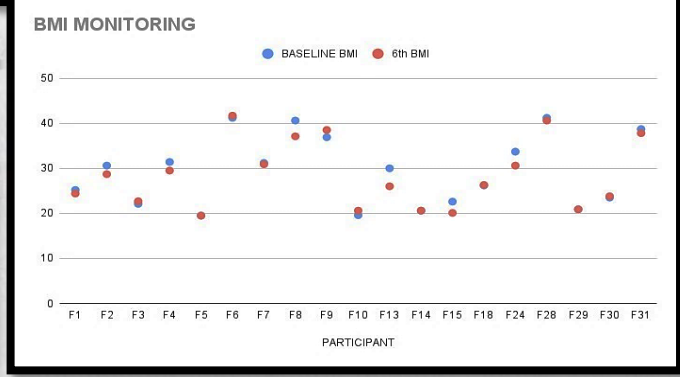
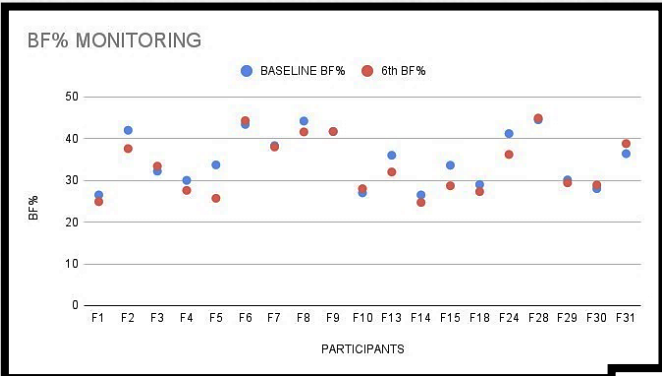
In a period of 4 months, the highest percentage reduction for BF% is 15 while BMI is 10.



For BF%: 58.9% participants achieved reduction, 23.5% static and 35.2% increased.



For BMI: 35.2% achieved reduction, 52.9% static and 11.7% increased



Conclusion: A self-sustaining group exercise program and monitoring using body composition analysis showed positive outcome. Participants are motivated by seeing small yet objective changes.



NEGERI SEMBILAN 2023

25TH FAMILY MEDICINE SCIENTIFIC CONFERENCE

"MIND. BODY. SOUL: A VOYAGE OF WELLNESS"



**Pre-Conference
23 Aug 2023**

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Weight Management Program Focusing on Body Composition and Physical Activity Among Healthcare Staff at a Primary Care Clinic

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Clinical Audit on Management of Type 2 Diabetes Mellitus Patients in Primary Care Clinic UiTM Sg Buloh Campus

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On-Site Breast Cancer Screening: A Community Project

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Road to Recovery: OSCA's Series of Community-Based Intervention Programs for Recovering Addicts

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Initiating of Metformin for Postpartum Prediabetes At Primary Health Care Clinics (KK): Perlis Experience

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Project Formation Of One Stop Centre For Addiction (OSCA) Klinik Kesihatan Durian Tunggal, Melaka

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