



Original Article

Assessment of Patients' Perceptions about Modalities of Treatment in some Obesity Clinics (Slimming Centers) in the State of Kedah, Malaysia

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Abstract

Obesity is characterized by excess body fat. Obesity and the problems associated with being overweight are increasing at an alarming rate in Malaysia, due to the eating habits and sedentary lifestyle. The National Health and Morbidity Survey 2006 showed that two out of every five adults were either overweight or obese, and the number of obese adults had more than tripled over a decade. About 38% of youngsters aged 12 to 18 were overweight. Slimming centers and weight loss clinics have mushroomed in Malaysia due to the high obesity incidence rates. Our study focused on obese patients' perception towards benefits and effectiveness of slimming programs in the slimming centers. The study was conducted from February 2012 to April 2012. The highest incidence of obesity was in the age range 51 – 60 years (20.76%) and the lowest in the age range 11 – 20 years (3.77%). The mean body weight and BMI were 81 kgs and 64.36 respectively. The average BMI was 64.36. The slimming centers used three modalities (exercise, diet and medications) – either in single mode or in combination. Of the 53 cases, 3.78% reported using exercise exclusively, another 3.78% used medications solely and 1.89% relied on medication alone. 58.5% underwent a combination of exercise and diet; 11.3% were under the diet and medication regimen; while, 18.87% were undergoing treatment with a combination of exercise, diet and medication. 90.57% were satisfied with their decision to join the weight management program and were motivated to continue. 86.79% were satisfied with the outcome of the program.

Keywords: Obesity, (BMI), Slimming centers

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