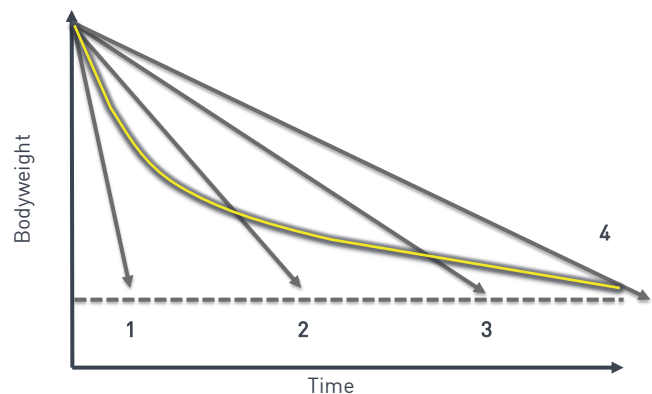**TABLE TASK:**

What Are Some Common Assumptions/Concerns Regarding Fast Rates of Weight Loss?

Assumptions of Fast Rates of Weight Loss

- Ⓜ Lower adherence
- Ⓜ More weight regain
- Ⓜ More hunger
- Ⓜ Slowed metabolism
  - o Especially due to yo-yo dieting
- Ⓜ More muscle loss
- Ⓜ No behaviour change
- Ⓜ Leads to bingeing/EDs
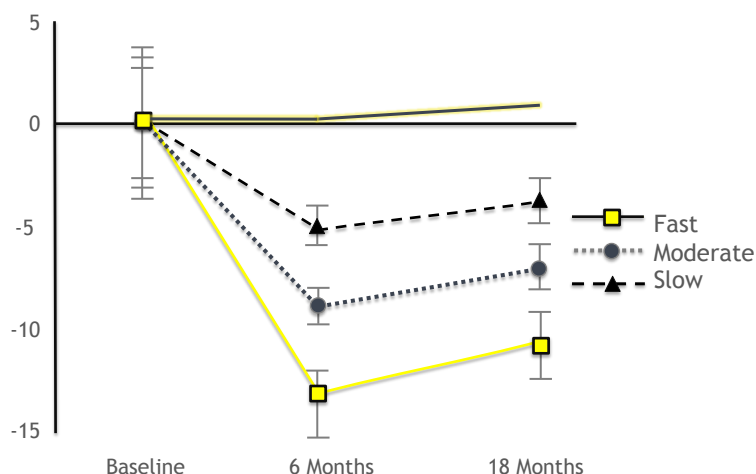
- Ⓜ More than what? Moderate rates?

Fast Rates = Better Adherence?

- ❶ >0.68kg vs 0.23-0.68kg vs <0.23kg/week
  - ○ FAST group had more adherence to programme
    - ❶ Attended significantly more sessions, completed more food records, consumed fewer Calories

"Collectively, findings indicate both short- and long-term advantages to fast initial weight loss"

Adapted from Nackers et al. (2010)

What About Weight Regain?

"95% of pEoPLe rEGaiN all their lost weight"

- ❶ *"25% of our patients were maintaining a 10% reduction in body weight at 7y"* - Anderson et al. (1999)
- ❶ Patients did not gain weight from the end of the VLCD up to 18 months - Jazet et al. (2007)
- ❶ Individuals maintained 67% of their weight loss at 1y, 44% at 2y, 32% at 3y, 28% at 4y - Anderson et al. (2001)
- ❶ After 3-years, nearly 80% of people engaged in the programme had maintained a clinically meaningful weight loss ≥5% - Rolland et al. (2013)
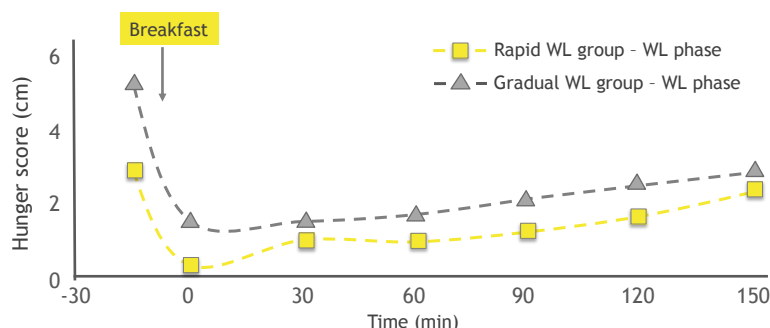
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- Individu .... , 28% at 4y - A

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> *"Fast weight losers obtained greater weight reduction and long-term maintenance, and were **not** more susceptible to weight regain than gradual weight losers"* - Nackers et al. (2010)
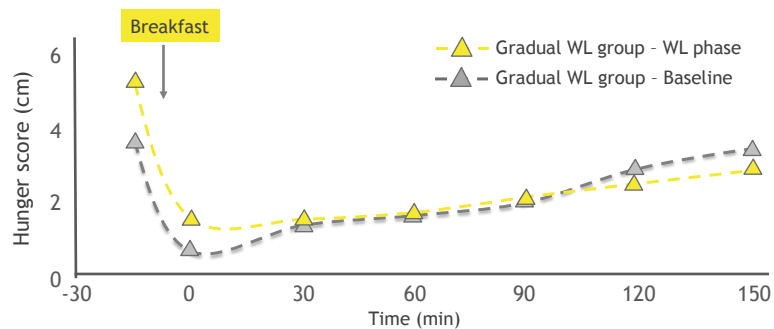

Fast Rates = Less Hunger?

- 2lb vs 4lb weight loss/week
  - Hunger was lower in the fast group
    - *WL led to decreases in RMR in both groups & "WL rate does not seem to have a significant impact on compensatory mechanisms"*

Coutinho et al. (2018)

Fast Rates = Less Hunger?

- ℳ 2lb vs 4lb weight loss/week
  - o Hunger was lower in the fast group
    - ℳ *"Fasting hunger increased significantly with gradual WL only"*

Coutinho et al. (2018)

Fast Rates = Less Hunger?

- ℳ 2lb vs 4lb weight loss/week
  - o Hunger was lower in the fast group
    - ℳ *"Postprandial hunger decreased significantly with rapid WL only"*

Coutinho et al. (2018)
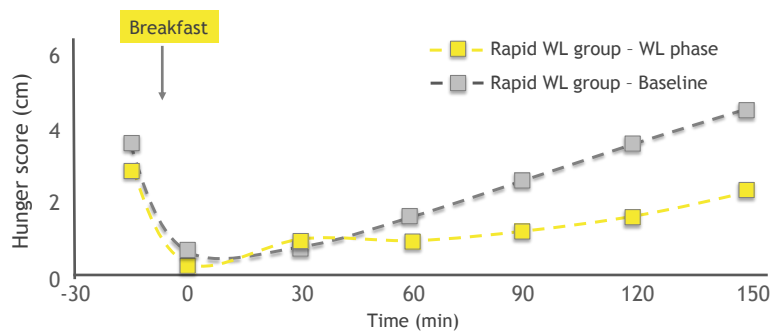
Other Supposed Issues?

Ⓜ Does aggressive dieting increase binge eating?
- Ⓜ *"We conclude that clinically supervised severe dietary energy restriction..does not necessarily trigger binge eating in those without BED"* - Daluz et al. (2015)
- Ⓜ *"Among individuals with clinically relevant pre-treatment BED, severe dietary energy restriction significantly decreased Binge Eating during the WL programme."* - Daluz et al. (2015)

Ⓜ Does aggressive dieting slow metabolism?
- Ⓜ Diet alone (25% restriction)
- Ⓜ Diet + exercise (12.5% + 12.5% restriction)
- Ⓜ VLCD (43% restriction) ~890kcal/day
- Ⓜ Fast rate dieted 8-11 weeks with no greater reduction in metabolism than other groups - Heilbronn et al. (2006)

Ⓜ Does weight cycling have morbidity risks?
- Ⓜ *"...evidence for an adverse effect of weight cycling appears sparse, if it exists at all."* – Mehta et al. (2014)
- Ⓜ *The overwhelming majority of evidence suggests that weight-cycling is not associated with any adverse effects in BW, body composition & metabolic rate"* – Sanaya et al. (2024)
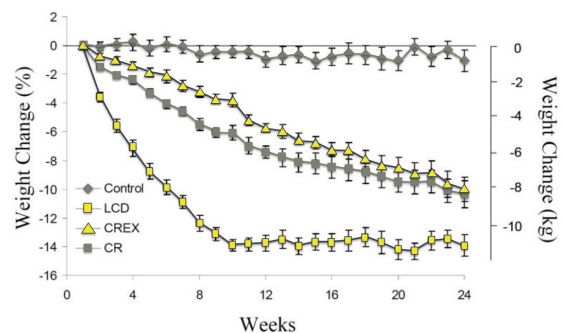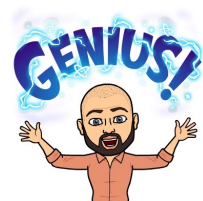

Selling the Benefits of Aggressive Dieting

- Ⓜ Fast & motivating results
- Ⓜ Less time spent dieting!
  - ○ Get results in a matter of weeks!
- Ⓜ Less hunger = a diet that is easier to stick to!

"Better results in a third of the time.....all while being less hungry!!!"

When Fast Rates Might Not be Appropriate

- Athletes – Just don't!
- When adherence IS an issue
- In females who are susceptible to menstrual cycle disruption… (or wanting to conceive)
- When there is no basis for a 'maintenance diet'
- Unmedicated post-menopausal women?
  - Considerations for BMD? - Seimon et al. (2019)
- When reductions in NEAT undermine a larger kcal deficit by significantly reducing expenditure