

**THE IMPORTANCE OF DIETARY, PHYSICAL ACTIVITY AND BEHAVIOURAL
CHANGES OF INDIVIDUALS WHO MAINTAINED WEIGHT LOSS AFTER
ATTENDING THE ROMANO FOUNDATION CONSULTANCY CLINIC**

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Background- There is an increase in the level of Obesity in individuals in Trinidad and Tobago. There are also many individuals who have taken the step to improve their life by attending weight loss clinics that are available throughout the country, one being The Romano Foundation Nutritional Consultancy Clinic. Many of the behaviours associated with weight loss and weight loss maintenance, according to studies, are dietary changes, increase in physical activity and lifestyle modifications.

Objective – To determine whether dietary, physical activity and lifestyle changes are important to clients of the Romano Foundation who have lost and maintained weight loss.

Design - a total of 141 (31 males, 110 females) clients were selected using convenience sampling. The data collection was carried out on both locations of the Romano Foundation. Data was analyzed using SPSS and the statistical tests performed were Chi-squared Test, Binary Logistic Regression and Multivariate Regression Analysis.

Results- Majority of the respondents said dietary changes, increase in physical activity and behavioural modifications changed their lives in a positive way, thus showing the importance of dietary changes in weight loss and weight loss maintenance. Ethnicity was the only predictor of weight loss and age was significant in determining who meets target weight. Also, there is no association between individuals who have lost and maintained weight and individuals who have lost but did not maintain weight loss

Conclusion – Dietary changes, physical activity and behavioural modification are all important to the members of the Romano Foundation Nutritional Consultancy Clinic. There is no association between individuals who have lost and maintained weight and individuals who have

lost but did not maintain weight loss while on The Romano Foundation weight loss program. Additionally, age is the only predictor of meeting the target weight by the clients and ethnicity was the only predictor of weight loss. Tests proved that the Romano Foundation does not discriminate against gender, age, ethnicity, education level or income level.