Title: Assessing the significance of ethnicity on VLCD induced weight loss and outcomes at 1 year follow up

Introduction:
Few studies have examined the relationship between ethnicity and longer-term outcomes following a very-low-calorie diet (VLCD).

Methods:
Ethnicity, VLCD induced weight loss (LighterLife Total) and weight maintenance outcomes at 1 year were extracted from the LighterLife UK Limited company database.

Results:
Data were available for 5412 participants (4911 females vs 501 males, p = 0.024) (2 Bangladeshi, 20 Pakistani, 23 Black Other, 32 Black African, 47 Black Caribbean, 87 Indian, 5201 Caucasian).

Height (m) and baseline BMI (kg/m²) were greater in Caucasians than Indians (mean ± standard deviation) (1.65 ± 0.08 vs 1.62 ± 0.09, p = 0.018 and 36.4 ± 4.1 vs 34.6 ± 4.1, p = 0.016 respectively); Indians were lighter (kg) (91.5 ± 14.5) than Caucasians (99.4 ± 16.8, p<0.0001) and Black other (105.1 ± 20.5, p = 0.006).

Caucasians lost significantly more weight (kg) (26.0 ± 11.2) than Black Africans (20.2 ± 7.1, p = 0.007) and Indians (20.3 ± 7.6, p <0.0001). Weight loss remained significantly different when baseline weight was taken into account (p<0.0001).

Percent attendance, weeks on weight loss, weight and BMI at year 1 were not significantly different. Despite differences in initial weight loss, percent weight loss maintained at 1 year was not significantly different between the ethnic groups.

Conclusion:
Although interpretation of these data is limited by the differences in sample size between the ethnic groups, it would appear that longer-term outcomes do not differ significantly between these ethnic groups.

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