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OBESITY;

Reports from **Florida State University**, College of Medicine add new data to research in obesity

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A report, 'Comparison of physician weight loss goals for obese male and female patients,' is newly published data in Preventive Medicine. According to recent research from the United States, "The aim of this study was to compare physicians' weight loss goals for obese male and female patients. This study was conducted in 2008-2009 in Florida, USA."

"Physicians (N=108; 79.6% primary care specialty) reviewed two hypothetical clinical scenarios that were identical with respect to health status and obesity (BMI=33 kg/m²) but differed in the gender of the patient. Physicians then completed a survey about the need for weight loss, intentions to provide weight loss counseling, and weight loss goals (i.e., ideal, successful, and acceptable goal weights) for each hypothetical patient. Physicians strongly agreed that both patients should lose weight and physician counseling and/or treatment referrals would be appropriate; however, physician weight loss goals for male and female patients differed. BMI values calculated from the suggested ideal, successful, and acceptable weight goals were significantly lower for female patients than male patients, 22.0 vs. 25.2 kg/m²; 25.4 vs. 27.8 kg/m²; and 27.0 vs. 29.2 kg/m², respectively, P values <.001. Physicians endorsed significantly more stringent weight loss goals for obese female patients than obese male patients. Regardless of patient gender, physician goals exceeded the 5-10% losses currently recommended," wrote G.R. Dutton and colleagues, **Florida State University, College** of Medicine (see also [Obesity](#)).

The researchers concluded: "Additional research is needed to better understand this gender discrepancy in physician expectations for obese patients."

Dutton and colleagues published their study in Preventive Medicine (Comparison of physician weight loss goals for obese male and female patients. Preventive Medicine, 2010;50(4):186-8).

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