JCHS
Journal of Clinical and Health Sciences
#2
2026

SUPPLEMENTARY ISSUE

Malaysian Obesity Society
MYOS

2ND NATIONAL OBESITY SCIENTIFIC CONFERENCE

ABSTRACT BOOK



11th - 12th April 2026
Connexion Conference & Event Centre,
Kuala Lumpur, Malaysia

Theme
Obesity as a Treatable Chronic Disease: Science, Strategy, and Success

Issue **September** 2026 | Volume **11** Issue **02 (Supplementary)**
eISSN 0127-984x
jchs-medicine.uitm.edu.my
Universiti Teknologi MARA

Journal of Clinical and Health Sciences, Vol 11 Issue 2(Supplementary) 2026
The 2nd Malaysian Obesity Society (MYOS) National Obesity Scientific Meeting (NOSC)
Obesity as a Treatable Chronic Disease: Science, Strategy and Success, 11th – 12th April 2026
https://doi.org/10.24191/jchs.v11i2.13578

PD-34

A multi-disciplinary Weight Management Clinic (WMC) in a tertiary university hospital: Patient Demographics and Experience

Aimi Fadilah Mohamad[1], Nuraini Eddy Warman[1], Nur Haziqah Baharum[1], Mohd Hazriq Awang[1], Fatimah Zaherah Mohamed Shah[1], Rohana Abdul Ghani[1]

Endocrine Unit, Faculty of Medicine, Kampus Sungai Buloh, Universiti Teknologi MARA (UiTM)

Corresponding Author email: aimimohamad1@gmail.com

Introduction:
The Weight Management Clinic (WMC) in Universiti Teknologi MARA (UiTM) is a multi-disciplinary clinic with emphasis on lifestyle interventions and psychological input. Sessions are personalised (one-on-one) as well as in grouped settings for diet, exercise and psychotherapy. Pharmacotherapy option initiated after 6 months. Participants were enrolled for a 1 year period with 1-2 monthly interval visits.

Methods:
A retrospective analysis of patients attending WMC from 2016 to 2023 was performed. Baseline demographic and anthropometric data were analysed. Weight changes after 6 months of programme and attrition rate were analysed. Paired T-test was used to analyse weight and BMI changes, using SPSS software.

Results:
A total of 216 patients attended the WMC at initial visit. Mean age was 38.8 ± 12.4 years with equal gender distribution. Mean weight at baseline was 119.3 ± 31.0 kg with mean BMI of 44.4± 9.9 kg/m^2. Prevalence of obesity related comorbidities in the population were as follows: 53% with dyslipidemia, 49% hypertension, 34% obstructive sleep apnea, 26% osteoarthritis, 22% diabetes mellitus, 19% fatty liver, 15% of women have polycystic ovarian syndrome (PCOS) and 6% have history of coronary artery disease. At 6 months of the programme, the attrition rate was 42%. There was a statistically significant reduction of weight after 6 months, with mean weight loss of 2.89 ± 5.8 kg (p-value <0.001). Reduction in BMI was also statistically significant at 1.1 ± 2.0 kg/m^2 (p-value <0.001).

Conclusion:
The patients who were referred to the weight management clinic are more likely to have a high BMI, mostly classified into obesity class III. 20-50% of the patients have at least one obesity- related comorbidity. Attrition rates were high, likely due to frequent interval visits of the programme. Despite this, those who continue achieved statistically significant weight loss and BMI in the first 6 months.