



International Conference on  
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## **TITLE: Intermittent fasting as a lifestyle strategy for treating overweight or obese adults: a systematic review**

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### **ABSTRACT**

Rapid urbanization has occurred in many parts of the world, accompanied by massive growth in the industry, particularly in food manufacturing. This has resulted in 24-h easy accessibility to energy-dense foods and soft drinks that is high in sugar. The consumption of high-fat and sweetener-containing foods has been linked to the rapid rise in obesity and various metabolic health disease. However, obesity-related diseases may be reduced by losing weight and improving body structure. This can be accomplished through physical activity and dietary changes that increase muscle mass or decrease body fat. Growing attention has been seen in the potential of intermittent fasting (IF) to reduce body weight and enhance various health parameters. The present systematic review was conducted according to the Cochrane guidelines. We conducted a systematic search of the Science Direct, Web of Science, Cochrane, and Scopus databases from 2010 until June 2021, and reviewed 23 selected publications, to determine the efficacy of intermittent fasting following these criteria: (1) Randomized Clinical Trial (RCT) with obese and overweight adult participants (2) Does not use special nutritional supplement for weight loss during the intervention (3) study duration  $\geq$  4 weeks. Two investigators independently screened the titles and abstracts of the articles to evaluate eligibility for inclusion. If consensus was reached, articles were either excluded or moved to the next stage (full text). The full texts of the selected articles were appraised critically to determine eligibility for inclusion in the systematic review. The findings showed IF were favourable for promoting weight loss and metabolic improvements in people with overweight or obesity by significantly lowering body weight, body mass

index (BMI), fat mass (FM), waist circumference (WC), triglyceride (TG), and low-density lipoprotein LDL in the short term. Thus, IF represents a safe approach for treating overweight and obese adults, as it can improve overall health, despite a few articles reporting on minor adverse events throughout the intervention.

### **BIOGRAPHY**

Azizah Mat Hussin has completed her PHD from Newcastle University, UK in 2018, in the field of Nutrition. Currently, she is the Head of Section for Environmental Healthcare, Institute of Medical Science Technology, Universiti Kuala Lumpur (UniKL). Before joining UniKL in 2008, she was a Research Officer in Ministry of Health Malaysia. Her research area is in community health, nutrition in women and elderly, vitamin D and endothelial function. She has been conducted various research particularly in knowledge, attitude & practice (KAP) among rural women on reproductive health, an association of vitamin D status with physiological and biochemical markers of endothelial function in overweight and obese post-menopausal women, ageing, vitamin D and NO production, feasibility study of a mixed-method intervention to reduce salt intake & increase high-nitrate vegetable consumption in middle-aged & older Malaysian adults with elevated blood pressure. She has been presenting her research studies in various countries such as France, England, Scotland, Ireland, Netherlands and Malaysia. She has been a supervisor and co-supervisor to more than 30 bachelor and master students since 2010.



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