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EFFECT OF EXERCISE TRAINING ON WEIGHT CONTROL IN PATIENTS WITH CHRONIC HEART FAILURE

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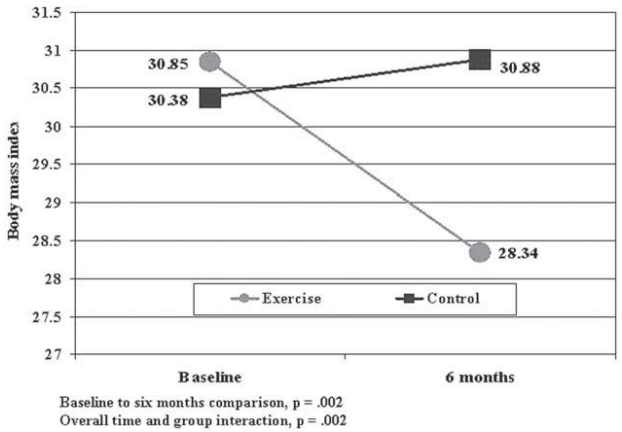
Exercise is an important behavior for long-term weight control in obese individuals. However, little evidence exists confirming such findings in chronic heart failure (HF) patients.

Methods: Using a prospective, experimental design, we described the effects of 24 weeks of home-based walking program on weight control in obese (body mass index ≥25) HF patients randomized to exercise (n=48) and a control group (n=51). Weight changes between the 2 groups at baseline and 6 months were compared using repeated measures ANOVA. We compared patients who had lost, gained or had no weight changes over time using Chi-square statistics.

Results: Demographic and clinical data were similar in the 2 groups at baseline. Patients who were in the exercise vs. control group demonstrated improvement in their weights from baseline to 6 months (Figures 1 and 2).

Conclusion: Our findings demonstrate the beneficial effects of a home-based walking program on weight control in HF patients, suggesting that exercise produces physiological, behavioral, and psychological effects that may facilitate weight loss in this population.

Figure 1. Comparison of weight changes as measured by body mass index in exercise (n=48) and control group (n=51)



Baseline to six months comparison, p = .002
Overall time and group interaction, p = .002