

Tackling obesity among malaysian adults: Exploring the usage of ketogenic diets as an effective weight loss strategy

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ABSTRACT

Introduction: Malaysia has some of the highest rates in obesity amongst our neighboring Southeast-Asian countries. According to the National Health & Morbidity Survey (NHMS) 2023, there is a rising trend in obesity amongst Malaysian adults. Adult obesity rates in Malaysia have steadily risen over time, from 15.1% in 2011 to 21.8% in 2023. Increasing numbers of obese patients which are more at risk of medical conditions such as diabetes and cardiovascular disease will undoubtedly increase the strain on healthcare resources and services. One of the key recommendations in NHMS 2023 for the prevention of obesity is to encourage healthy diets. This review explores the ketogenic diet as a potentially effective strategy for weight loss in obese Malaysian adults. **Materials and Methods:** This review carried out a narrative synthesis of articles which were published since 2020 to the present day. The literature search was conducted using PubMed with appropriate terms for the search strategy (obesity, weight loss, diet, ketogenic, low carbohydrate high fat) with inclusion limited to studies offering free full-text access. **Results:** Out of 119 results available from the search, 7 papers were chosen for further study. Most results showed that ketogenic diets were successful in reducing body weight in obese patients significantly. In fact, one review concluded that ketogenic diets were superior in creating greater weight loss compared to other low carbohydrate diets. **Conclusion:** Obesity remains as a pressing public health issue amongst adults in Malaysia. Evidence suggests that ketogenic diets may serve as an effective intervention for weight reduction. Effective strategies for weight loss such as ketogenic diet, should be considered for use in the prevention of obesity in adults and recommended guidelines on its appropriate usage should be implemented to aid clinical practice.

Keywords: Obesity, Weight Loss, Diet, Ketogenic, Low Carbohydrate High Fat