**【徵求論文發表】  
台灣肥胖醫學會2025年會暨台日韓肥胖醫學討論會**

一、台灣肥胖醫學會訂於民國114年12月14日(星期日)於台大醫院國際會議中心4樓(台北市中正區  
徐州路2號4樓)，舉辦「台灣肥胖醫學會2025年會暨台日韓肥胖醫學討論會」。

二、歡迎會員或非會員踴躍發表與肥胖相關之研究論文，主題涵蓋與肥胖相關基礎研究、流行病學、  
 行為科學、營養、藥物、飲食或外科治療、運動醫學…等。

三、發表方式：口頭報告、海報展示。

四、口頭發表(上午Room402D)：1、請提早於發表前30分鐘報到。請自行攜帶檔案。

2、每人發表時間約7-10分鐘＋提問討論時間約3-5分鐘。  
 壁報發表(全日Room403)：1、**海報尺寸：直式。寬90公分x高150公分以內。**

2、請於當日上午10點前張貼完成，並於當天下午4點30分拆除。

五、截稿日期：114年11月14日（星期五）。

六、錄取公告：預定於114年12月1日（星期五）於學會網站上公告發表時段。

七、投稿方式：**請將word檔案，寄至學會信箱：**[**tmaso.obesity@gmail.com**](mailto:tmaso.obesity@gmail.com)

八、本會提供口頭及海報論文發表競賽獎金或獎狀，年會當日請於中午12點，至Room 401等候授獎。

**【投 稿 格 式】**

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| **台灣肥胖醫學會論文投稿範本** |
| **中文題目：**過重併代謝症候群成人的飲食與運動介入效果：社區基層診所的介入性研究 **英文題目(第一個英文字母大寫)：**Effectiveness of a Diet and Exercise Intervention for Overweight Adults with Metabolic Syndrome: A Community Clinic-Based Quasi-Experimental Study |
| **中文作者(論文報告者 請劃底線標示)：**周孜容1, 李威龍1, 盧佳文2, 黃國晉2, 楊宜青3, 張智仁4, 林文元5 **英文作者(論文報告者 請劃底線標示)：**Tzu-Jung Chou 1, Wei-Lung Lee1, Chia-Wen Lu 2, Kuo-Chin Huang2, Yi-Ching Yang3, Chih-Jen Chang1, Wen-Yuan Lin1 |
| **中文服務單位：**1台大醫院新竹台大分院家庭醫學部、2台大醫院家庭醫學部、3國立成功大學醫學院附設醫院家庭醫學部、4嘉義基督教醫院、5中國醫藥大學附設醫院家庭醫學部**英文服務單位：**1Department of Family Medicine, National Taiwan University Hospital Hsin-Chu Branch; 2Department of Family Medicine, National Taiwan University Hospital; 3Department of Family Medicine, National Cheng Kung University Hospital; 4Ditmanson Medical Foundation Chia-yi Christian Hospital; 5Department of Family Medicine, China Medical University Hospital |
| **摘要：中英文皆可（字數500字以內，包括目的、方法、結果、結論及關鍵字）**  **Abstract （500 words, includes objectives, methods, results, conclusions, and key words）** |
| **Objectives:** Obesity and metabolic syndrome, increasingly recognized as major global public health concerns, are leading causes of mortality worldwide. In response, the Health Promotion Administration of Taiwan's Ministry of Health and Welfare has been actively advocating for the prevention of obesity and metabolic syndrome. Early identification and intervention in individuals with metabolic syndrome are crucial, highlighting the need for lifestyle modifications to prevent the onset of obesity-related metabolic disorders. Understanding the impact of diet and exercise interventions at the primary healthcare level is essential for the development of scalable and sustainable health promotion strategies. This study aimed to assess the effectiveness of a combined diet and exercise intervention program for individuals with obesity and metabolic syndrome in community clinic settings. Additionally, it seeks to explore how sociodemographic factors influence the outcomes of weight reduction.  **Methods:** Patients with 1) BMI ≥ 24 kg/m2, and 2) presence of at least three of the five diagnostic criteria for metabolic syndrome were included. Additionally, patients currently receiving medication for diabetes, hypertension, or hyperlipidemia were also considered eligible. The intervention program focused on lifestyle modifications, including a healthy diet, regular exercise, and disciplined living, over a minimum of three months. Primary outcomes of the study were measured in terms of reductions in waist circumference and body weight. Secondary outcomes included improvements in metabolic parameters, such as blood pressure, serum glucose levels, lipid profiles, and liver function tests.  **Results:** A total of 317 participants were enrolled from 13 community clinics. Post-intervention analysis revealed a mean weight reduction of 4.14 kg (95% CI: 3.60-4.67, p<0.001; pretest: 80.15±18.17 kg, posttest: 76.01±16.12 kg) and a waist circumference decrease of 4.95 cm (95% CI: 4.1-5.9, p <0.001; pretest: 95.97±13.00 cm, posttest: 91.02±12.80 cm). Subgroup analyses, stratified by age, gender, anti-obesity medications, and intervention duration, consistently demonstrated significant reductions across body weight, BMI, and waist circumference. Notably, the weight loss was more pronounced in males, younger participants, and those without underlying diseases. Moreover, the interventions led to significant improvements in metabolic parameters, including systolic and diastolic blood pressure, fasting blood glucose, serum triglyceride, LDL cholesterol, and ALT levels. All five metabolic factors showed significant improvement after the intervention, with an average reduction of 1.27 (95% CI: 1.10-1.41, p<0.001; pretest: 3.05±1.36, posttest: 1.80±1.25) metabolic factors per participant.  **Conclusions:** After lifestyle modifications, individuals with metabolic syndrome and overweight demonstrated an average weight reduction of 4.86% and a decrease in waist circumference of 5.03%. The interventions also contributed to a marked regression in the prevalence of metabolic syndrome. Our results highlight the effectiveness of a diet and exercise program and advocate for the integration of lifestyle interventions in primary healthcare strategies to combat obesity.  Key words: Lifestyle modification; Metabolic syndrome; Obesity; Primary Healthcare |
| **聯絡方式** |
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