

# International Conference on **Obesity and Weight Loss**

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## Personalized Weight-Loss Diet Interventions

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**O**besity has become epidemic worldwide. Diet interventions have been widely accepted in prevention and treatment of obesity; however, considerable individual variability has long been noted in response to diet interventions, which is likely due to modifications of genetic susceptibility. In large prospective studies, we have identified dietary intakes of sugar sweetened beverage and fried amplified genetic effects on body weight and obesity. In randomized clinical trials, we demonstrated that genetic variants related to obesity, insulin resistance and obesity significantly interacted with diet interventions in relation to long-term weight loss, and changes in cardiometabolic risk factors. In addition, we found that genetic variations determining preference to macronutrients modified effects of carbohydrate intakes on weight loss. Our data provide supportive evidence for precision obesity management through diet modifications.

### **Biography:**

Dr. Qi obtained a medical degree in China and PhD at Tufts University in the United States. He is now HCA Regents Distinguished Chair and Professor in Tulane University and Adjunct Professor at Harvard T.H Chan School of Public Health. He has published more than 250 scientific publications and edited a textbook.