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METABOLIC FACTOR: A STABLE MEASURE OF BIOLOGICAL PREDISPOSITION FOR OBESITY

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A new metric called Metabolic Factor (Resting Metabolic Rate/Weight) has previously been established that can differentiate between people who are obese, overweight and of normal weight. Previous studies were re-analyzed and found that people who lost weight did not experience a change in their Metabolic Factor. The current study measured the Metabolic Factor of 18 individuals before and after bariatric surgery. As expected, individuals lost nearly 100 pounds and therefore lowered their Resting Metabolic Rate from 2,614.3 to 1,954.4 kcal ($p < 0.05$). However, the pre-operative Metabolic Factor of 8.1 (1.1) calories/pound did not change significantly as it slightly increased to 8.6 (0.88) after surgery ($p = 0.19$). Weight loss was not statistically significantly correlated with change in Metabolic Factor ($r = 0.22$). The follow up Metabolic Factor negatively correlated with post-operative BMI, $r = -0.48$ ($p < 0.05$), indicating the higher the Metabolic Factor, the lower the post-operative BMI. This study seems to establish the possibility that Metabolic Factor is not simply a function of one's current weight, but instead might be a stable characteristic unique to each individual.

Biography

Brandon Davis earned his Ph.D. in Counseling Psychology from Texas A&M University in 2004. He began performing bariatric surgery pre-operative evaluations in 2006 and has now done over 1,300 such assessments. In 2011, he expanded his services to provide therapy to people struggling with obesity. In 2013, he earned a certification in bariatric counseling from the American Association of Bariatric Counselors. He has published two studies in the field of bariatrics relating to Metabolic Factor, which is a method of assessing a biological predisposition for obesity.

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