

Assessing the sustained impact of the Robson Valley Lifestyle in Vanderhoof, BC: A retrospective chart review

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Introduction: This research describes the sustained impacts of participation in the Robson Valley Lifestyle (RVL) which was a low-carb, low-fat diet program in Vanderhoof, BC.

Objectives: This research describes the population that participated in the RVL and compared anthropometric and biochemical data of participants before, immediately after, and 3 to 4 years after participating in the RVL. Additionally, it identifies the number of participants who were seen by a dietitian.

Methods: A retrospective chart review was conducted on RVL participants from the Omineca Medical Clinic in Vanderhoof, BC. Data on various health parameters were collected pre-RVL, post-RVL, and at present. Two-tailed t-tests were conducted between each participants' health data at each time interval. Dietitian involvement during and after the RVL was also tracked.

Results: 38 participants met the inclusion criteria. For pre- vs post-RVL, significant differences (p-value <0.05, 95% CI) were found in BMI (-2.8 kg/m²; CI -3.8 to -1.8), weight (-8.8 kg; CI -10.7 to -7.0), and systolic blood pressure (-5mmHg; CI -9.1 to 0). Comparing post-RVL vs present, significant differences were found in BMI (+3.9kg/m²; CI 2.8 to 5.0), weight (+12.6kg; CI 9.5 to 15.8), systolic (+8mmHg; CI 0.6 to 15.3) and diastolic (+6mmHg; CI 1.5 to 9.5) blood pressure, and fasting glucose (+0.5mmol/L; CI 0.1 to 0.8). Comparing pre-RVL to present, weight (+3.8kg; CI 0.8 to 6.7) and diastolic blood pressure (+5mmHg; CI 0.3 to 8.2) were significantly higher. 0% of participants were referred to a dietitian during the program, and 16% were referred to after.

Conclusion: The initial impact of the RVL has not been sustained.

Significance: This research adds to the body of literature that suggests benefits from restrictive diets are not sustained