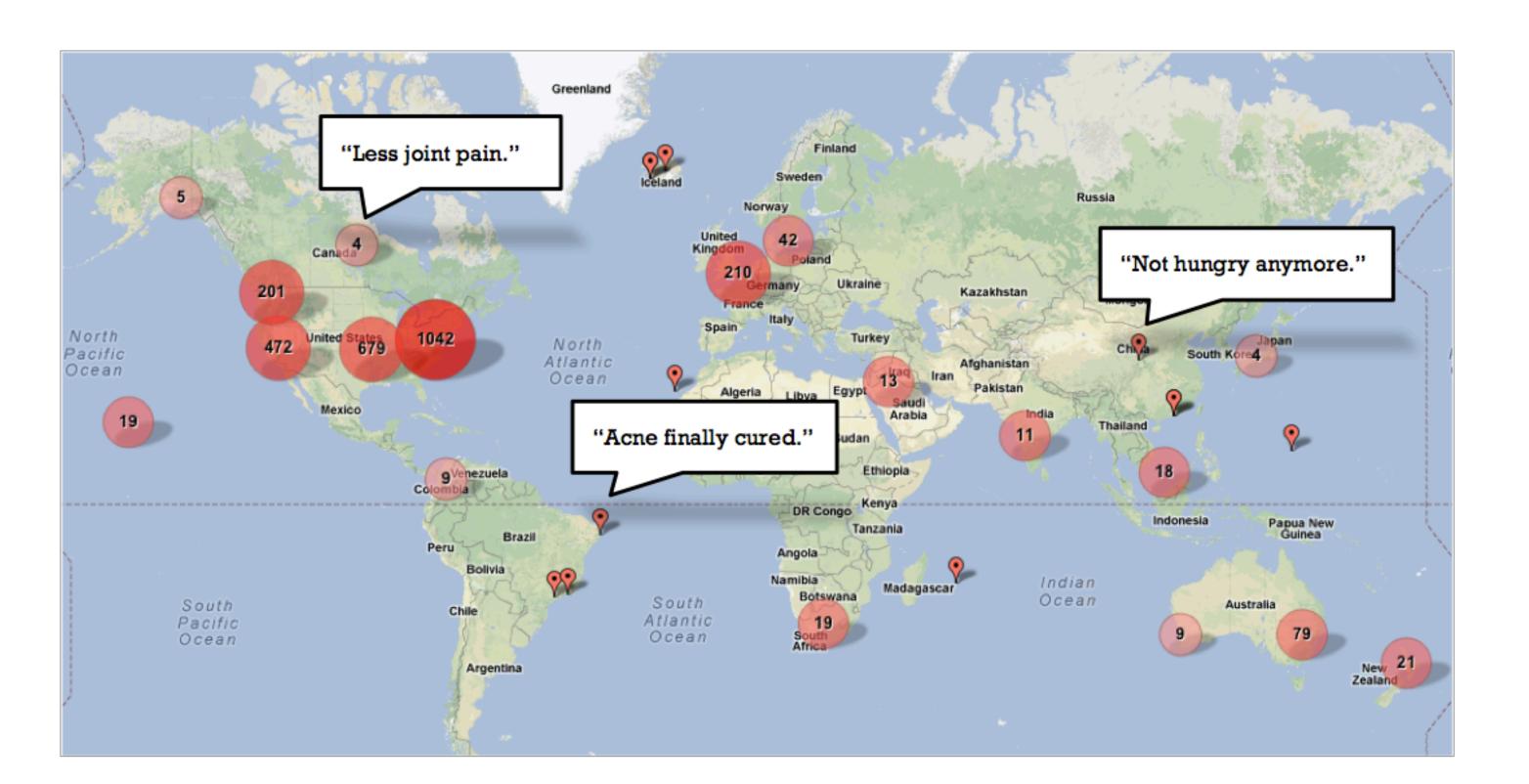
Understanding Weight Loss Through Crowd-Sourced Research

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INTRODUCTION

A largely untapped tool in the line of dietary research is the Internet. If study subjects could reliably input their medical data into an online research database, such a model would dramatically lower costs, expand the study subject population to the entire developed world, and enable one researcher to study thousands or even millions of subjects at once. The Ancestral Weight Loss Registry (awlr.org) is an online registry that tests this research methodology.

METHODS

Subjects fill out an online questionnaire consisting of check box questions and free responses. Before and after pictures are encouraged but not required. To objectively analyze the free text responses, I developed a unique software program that sifts through all entries, categorizing them based upon pre-determined key words related to a given health outcome. Examples include 'hunger', 'acne', 'arthritis', 'irritable bowel syndrome'.

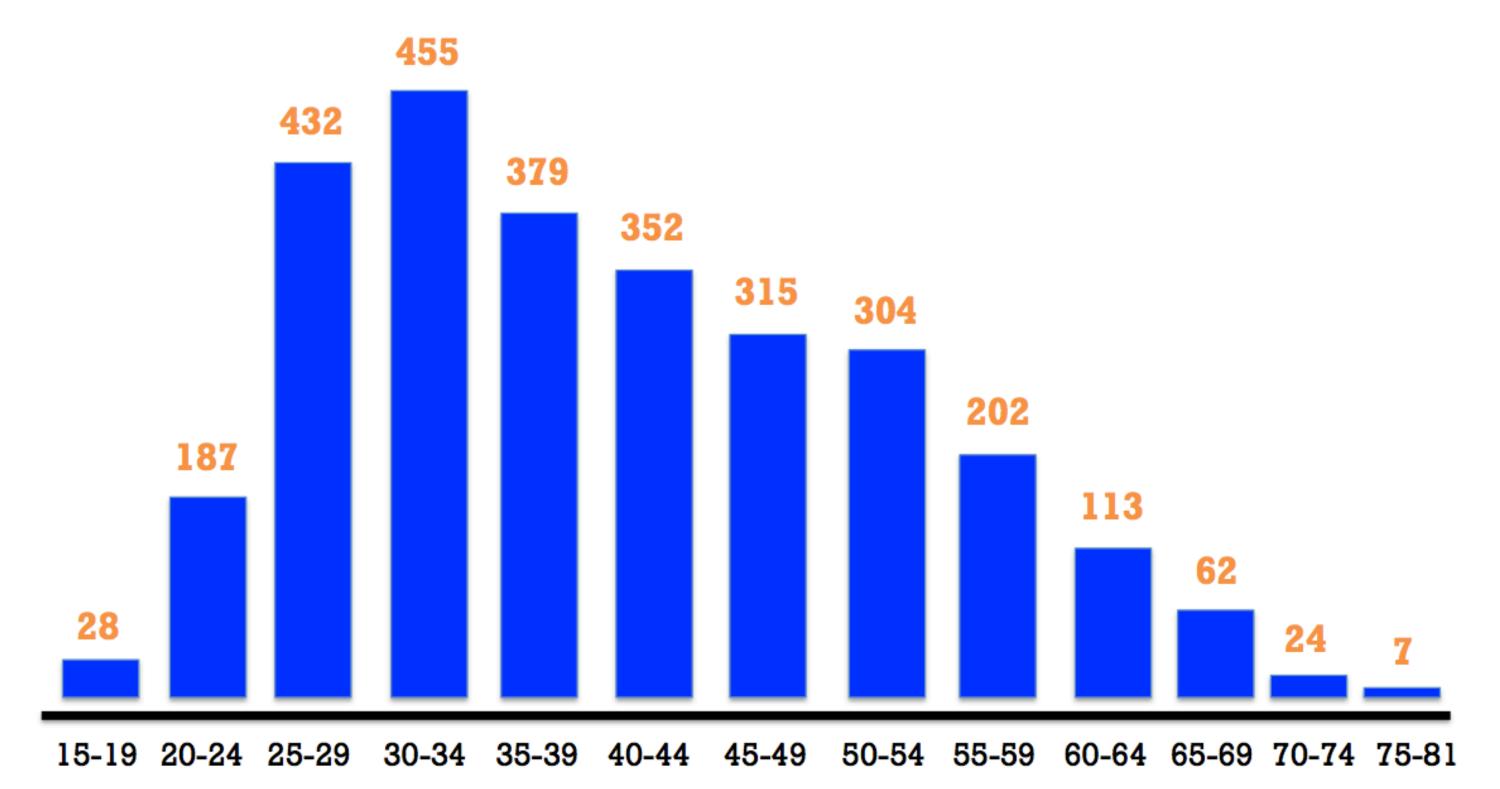
RESULTS

3,100 Members From 55 Countries

From Zimbabwe to Albania, Jamaica to Slovenia, Kansas to South Korea, people from all over the world have registered and given their unique perspective on weight loss. Being centered around a website instead of a physical location enables the Ancestral Weight Loss Registry to collect data from anywhere with an internet connection.

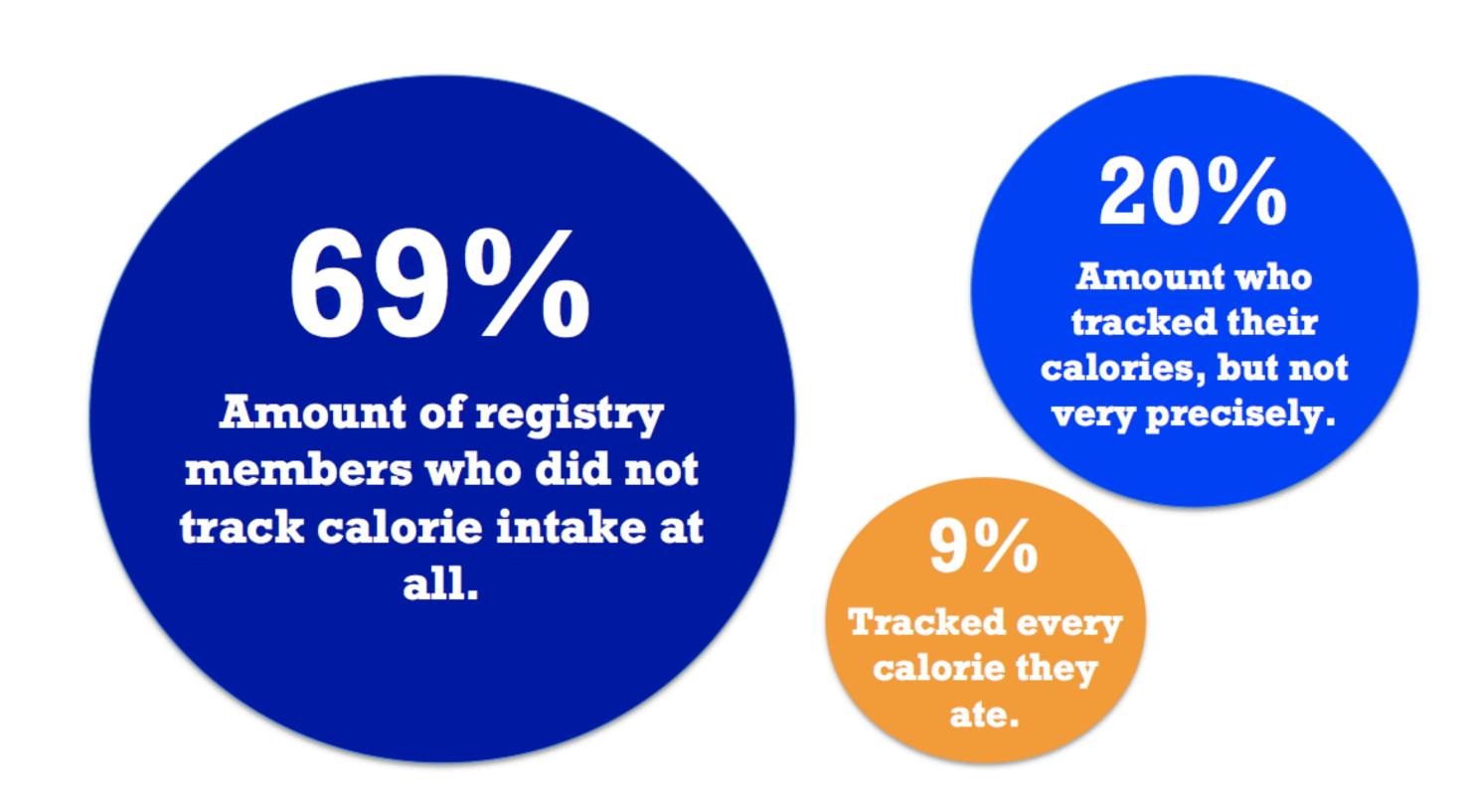
Selected Findings

The first 2,784 to register demonstrated the following demographics: 50.2% male, 49.8% female; age ranging from 15-81 with a mean age of 40.3; 2,649 Caucasian (92%), 94 Asian (3%), 58 Native American (2%), 44 African American (1%). In the 1,761 subjects who reportedly tried a low calorie diet in the past, 88% (n = 1,549) reported being hungry less often when restricting carbohydrates. 10% reported feeling more hungry eating a low carbohydrate diet.



Age Distributed From 15-81

The average age is 40.3, median age is 39, with a standard deviation of 12.2. The youngest person to register was 15 years old, and the oldest was 81.



Calorie Counting Not Very Common

While surprising at first glance, people eating a high protein, high fat diet while low in carbohydrates in randomized clinical trials tend to lose more weight than their low-fat counterparts despite not counting calories. They simply avoid certain foods, eat when they are hungry and stop when they are full.

87% (2,503)

Reported rarely or never feeling hungry between meals while consuming a low carbohydrate or paleo diet.

4.2%

Reported often feeling hungry between meals.

0.8%

Reported always feeling hungry between meals

Not Hungry

The vast majority of registry members report not being hungry between meals when they consume a diet high in protein, fats and vegetables, while low in grains, flour, and sugar. This is likely the most consistent finding in the registry, and supports the general findings of related clinical trials.

CONCLUSION

After 20 months 3,100 people from 55 countries have registered. This sample represents one of the largest international databases of diet and weight loss information to date. Lack of hunger between meals and significant improvements in their weight and diabetes management were among the most notable reported health improvements.

Since the registry consists of self-selected, self reported data, it may be limited by significant selection bias. This crowd-sourced research model can easily be scaled to collect multiple biometric measurements that would dramatically improve internal validity of this research and bring obesity research into the 21st century.

