

Poster-261

Effectiveness of the Zone.health Program on Fatty Liver Improvement (MASH & MASLD) in Obese Patients

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Background: Metabolic dysfunction associated with steatotic liver disease (MASLD) affects around 25% of the global population and over 50% of obese individuals, leading to an increased risk of chronic liver disease. MASLD and Metabolic Associated Steatohepatitis (MASH) present challenges in their treatment, necessitating integrated approaches involving dietary adjustments, continuous personalized monitoring and tailored pharmacological interventions. This study assesses how the Zone.Health program, a 6-month comprehensive weight loss plan combining GLP-1 therapy with ongoing lifestyle changes and digital support, improves fatty liver markers in obese patients.

Methods: A retrospective study of 75 patients with MASH and MASLD participating in the Zone.Health program was assessed at the midway mark (3 months). A multidisciplinary approach involving physicians, dietitians, coaches and sport scientists delivered personalized behavioral modifications, supported by a dedicated mobile application and an integrated clinician portal. Data collected included biomarkers such as Fibroscan and Body Composition Analysis (BCA) to assess liver health (stiffness and UAP) and metabolic status within the Zone.Health weight loss program.

Results: Among the participants, 24.0% were diagnosed with MASH and 70.7% with MASLD, with an average age of 44.24 years. A reversal rate (to normal range) of 17.4% was observed in patients with MASH, and 10.2% in those with MASLD in 3 months. Overall, 28.0% of the participants achieved normal levels for both MASH and MASLD after 3 months. Additionally, significant improvements were observed in UAP (-5.3%), ALT (-20.6%), weight (-8.3%), waist circumference (-6.1%), fat mass (-14.1%), LDL (-9.2%), and cholesterol (-8.4%) ($p < 0.05$). A correlation was observed indicating reductions in BMI were found to cause decreases in UAP, HbA1c, and HDL ($p < 0.05$).

Conclusions: A technology enabled, integrated weight loss program such as Zone.Health, can effectively be used to improve a range of liver function markers in a short period of time with the potential to be used as a supporting tool in managing and reversing fatty liver disease for patients with obesity.