### Abstract: Introduction & objective:
Obesity is the most common chronic metabolic diseases in the world. It is leady factor of most diseases and may decrease the public health level. The prevalence of obesity in Iranian women reported 25-30 percent with 11th rank in the world. This study was carried out to determine the effect of nutritional education on weight reduction in women.

### Methods:
An experimental study was carried out and 100 obese women (BMI ≥ 30) were selected from a private nutritional clinic. The convenience sampling method was applied. Variables such as age, weight and height were measured. The face to face nutritional education and low calorie diet was introduced. Weight and height were measured again after four month follow up. All data were collected and analyzed by descriptive (frequency, percent, mean) and inferential (paired t-test) statistics using SPSS software version 15.

### Findings:
The mean age was 29.6 ± 7.9 years and height was 160.5 ± 5.2 centimeters. Before and after education, the women weight was 85.2 ± 12.7 and 71.2 ± 11.1 kg respectively. There was significant differences in weight between before and after education (p < 0.001).

### Conclusion:
The findings showed that nutritional education is effective on decreasing weight. Planning of an educational program for increasing the knowledge of women using media such as TV, newspaper and face to face education is highly recommended in population of kermanshah.

**Keywords:** nutritional education, women, obesity

**Presentation:** Poster