

Obesity management for people living with diabetes

eden

KEY THINGS TO KNOW WHEN MANAGING OBESITY FOR PEOPLE LIVING WITH DIABETES

TREATMENTS

Tier 4:
Bariatric Surgery

Tier 3:
Specialist weight management clinic

Tier 2:
Lifestyle weight management services

Tier 1:
Behavioural public health initiative

TOP TIPS

Bariatric or metabolic surgery remains the most effective way to achieve long-term weight loss.

Medications like GLP-1 receptor agonists and SGLT-2 inhibitor support weight loss.

Targeting 10-15% of weight loss improves glucose levels and cardiovascular risk.

Behaviour change needs:

- Capability
- Opportunity
- Motivation

DRIVERS

Hunger signals, emotional eating and genetics

Socio-economic factors – including income, housing, education, access to space and food availability

Weight stigma – including stigma in the media and healthcare settings

FACTS

Bodyweight has a heritability of 70%

There are many factors that contribute to obesity. Treating obesity is more than – eat less and move more.

40% of people living with obesity experience weight-related stigma.

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