

APPENDIX 3: Summary of weight loss interventions¹

Intervention	Summary of effect
<p>Lifestyle modifications alone</p>	<p>>10% weight loss in few studies; weight loss difficult to maintain for many individuals.</p> <p>Study results:</p> <ul style="list-style-type: none"> • Dietary change: average weight loss 3-5 kg at 12months; 0 kg at 5 years • Dietary change and exercise: average weight loss 5-10 kg at 12 months; 0-3 kg at 5 years • Lifestyle change and psychological intervention: average weight loss 3-4 kg at 5 years
<p>Combined lifestyle modifications and anti-obesity medication</p>	<p>>10% weight loss in some but not all studies; weight loss maintained >5 years in some but not all participants.</p> <p>Study results:</p> <ul style="list-style-type: none"> • Orlistat and dietary change: average weight loss 6-10 kg at 12 months; 2-3 kg at 5 years • Phentermine and dietary change: average weight loss 6.4 kg 12 weeks [16] • Liraglutide and lifestyle change: average weight loss 8% at 56 weeks [20]
<p>Combined lifestyle modification and bariatric metabolic surgery</p>	<p>>10% weight loss consistently across studies; weight loss likely to be maintained >5 years</p> <ul style="list-style-type: none"> • Laparoscopic adjustable gastric banding: average weight loss 20% at 12 months; 12% at 10 years • Vertical gastrectomy: average weight loss 25% at 12 months; 16% at 10 years [34] • Roux-en-Y gastric bypass: average weight loss 33% at 12 months; 30% at 10 years

¹ Adapted from the 2013 NHMRC table 6.4 [3].

Call to action to recognise obesity as a disease in Australia

- Obesity is one of the nine National Health Priority Areas in Australia
- However, obesity is currently not recognised as a disease in Australia

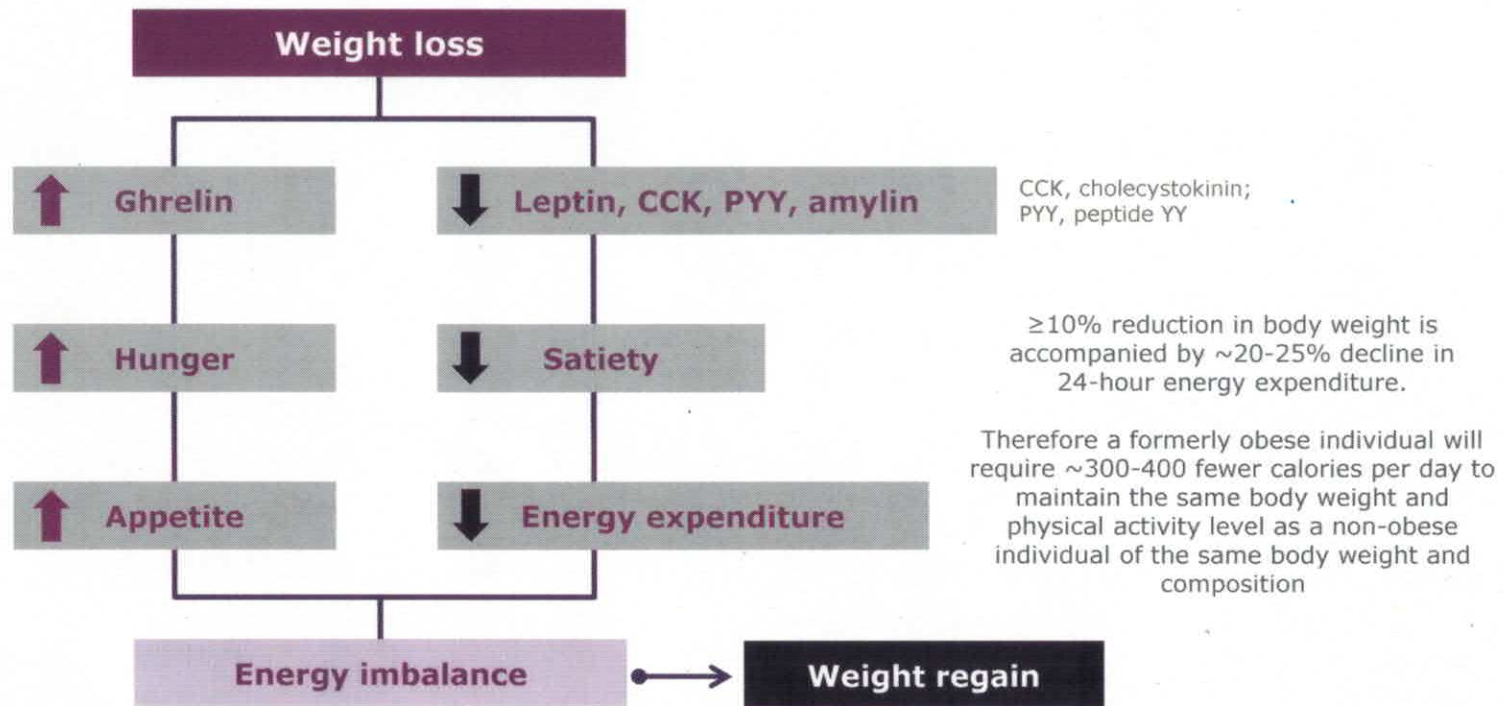


"Recognition of obesity as a disease is essential to reducing the stigma around obesity, and also key to increasing community engagement in practices and policies that reduce obesity rate."



No Time to Weight reports accessed from www.obesityaustralia.org

Challenges in maintaining weight-loss: Physiological barriers to weight-loss



Sumithran P et al. N Engl J Med. 2011;365:1597-604; Rosenbaum M and Leibel RL et al. Int J Obes. 2010;34(01):S47-S55.