

Weight management treatments increase weight loss in patients with obesity, finds study

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For patients with obesity, weight management treatments (WMTs) are associated with an increased probability of 5 percent or greater weight loss, according to a [study](#) published online Feb. 15 in *JAMA Network Open*.

James Henderson, Ph.D., from the University of Michigan in Ann Arbor, and colleagues characterize weight status and WMT use among [primary care patients](#) in a retrospective, population-based cohort study.

Patients with obesity and WMT exposure, including nutritional counseling, very low-calorie meal replacement (MR), antiobesity medications (AOM), and [bariatric surgery](#), and matched controls were included.

The researchers found that from 2017 to 2019, there was an increase in the prevalence of obesity among 138,682 patients, from 39.2 to 40.7 percent; among people with obesity, WMT use increased from 5.3 to 7.1 percent.

The one-year probability of 5 percent or greater weight loss without WMT exposure was 15.6 percent in a multistate model (10,180 patients; 33.549 patient-years). The probability of 5 percent or greater weight loss was higher with year-long exposures to any WMT (23.1, 54.6, 27.8, and 93.0 percent for nutrition counseling, MR, AOM, and bariatric surgery, respectively).

"Low rates of WMT utilization hindered population-level benefit. Health systems and insurers should consider novel strategies to enhance preference-sensitive use of WMT to optimize achievement of 5 percent or [greater weight loss](#) among individuals and populations with [obesity](#)," the authors write.

More information: James Henderson et al, Weight Loss Treatment and Longitudinal Weight Change Among Primary Care Patients With Obesity, *JAMA Network Open* (2024). [DOI: 10.1001/jamanetworkopen.2023.56183](#)

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