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# How Much Weight Do I Need to Lose?

**The good news is that losing a few pounds can make a difference in your health.**



## **Losing just 3% to 5% of your weight (ie, if you weigh 200 pounds, losing 6 to 10 pounds) can lower:**

- blood sugar
- risk for developing diabetes
- triglycerides, a type of fat in the blood

## **Losing a little more weight is even better**

Losing 5% to 10% of your weight (10 to 20 pounds if you weigh 200 pounds) can:

- lower your blood pressure
- improve your cholesterol
- reduce need to take medicine for blood pressure, diabetes, and lipids
- lower triglycerides and blood sugar even more

## **Losing weight can also help with problems like:**

- sleep apnea
- liver damage
- osteoarthritis (wear and tear on knees and other joints)

## **Losing weight helps you feel better**

- gives you more energy
- makes it easier for you to move around
- improves your quality of life
- helps keep you from having weight-related health problems in the future

## **Best ways of losing weight and keeping it off**

- Small changes in your eating can make a big difference
  - Eat smaller portions
  - Remember, protein helps fill you up
  - Limit sugary drinks like soda, juice, and special coffee drinks—they are full of calories
  - Minimize snacking

- Be active—aim for 30 to 40 minutes of activity most days of the week
  - Do things you enjoy and ask a friend to join you
  - Walk more, dance more, take the stairs, and play with your children or grandchildren—all activity counts
  - Join an exercise class
- Weigh regularly
- Get a good night's sleep; when people are tired, they often crave fatty or sweet food (most adults need 7 to 9 hours of sleep a night)

## **What about medications to lose weight?**

- Sometimes medicine can help people lose weight.
- Ask your healthcare provider if medicine is right for you.
  - Your weight should be checked after 3 months to see if you have lost at least 5% of your weight
  - If you have not lost weight, your healthcare provider may want to put you on another medicine or a different treatment plan

## **Bariatric surgery**

- For those who need to lose more weight for their health, surgery may be helpful
- The average long-term weight loss with sleeve gastrectomy is about 24% and about 33% with gastric bypass
- Devices and endoscopic therapies, such as a stomach “balloon,” usually result in less weight loss than bariatric surgery

## **Do not give up!**

- Most people try many times to lose weight
- Everyone loses weight at a different pace
- For most people, their weight loss slows down over time and then levels off after 6 to 12 months
- After your weight loss slows down, most people gradually regain some weight; regaining weight may be slower if you take weight loss medicine or you have had bariatric surgery
- If you are struggling, consider consulting with an obesity medicine specialist

Katherine H. Saunders, Weill Cornell Medical College, New York, New York, USA, Nichola Davis, NYC Health and Hospitals, Bronx, New York, USA, and Scott Kahan, Johns Hopkins School of Public Health, Baltimore, Maryland, USA

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