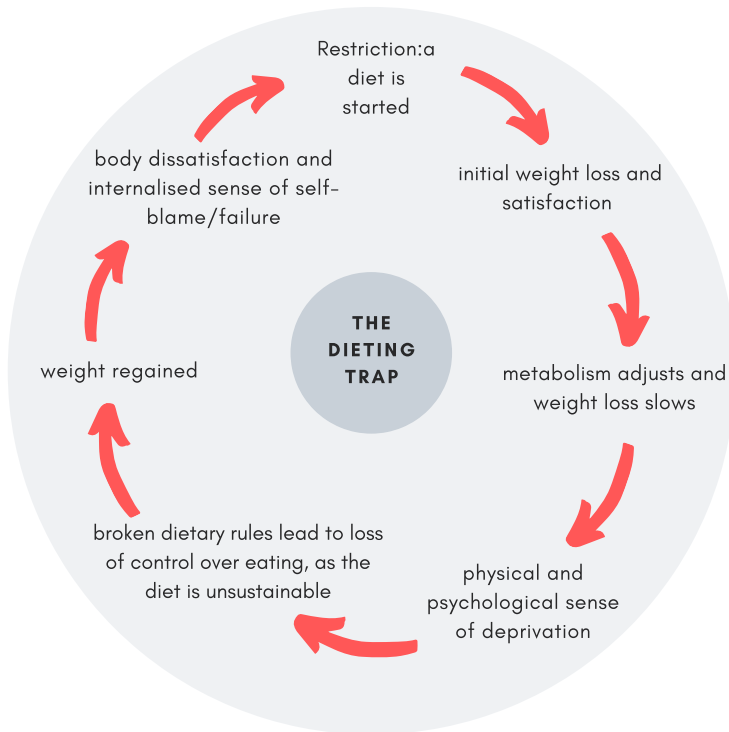


WEIGHT "MANAGEMENT"

SUMMARY FOR GENERAL PRACTICE

FACTS ABOUT WEIGHT: DIETS DON'T WORK



- 95% of people who lose weight on a diet put it back on (or more) within one to five years.
- Dieters are 18 times more likely to develop an eating disorder.
- Diets result in feeling of deprivation - leaving one vulnerable to over eating, or binge eating.
- The dieting industry is a multi-billion dollar industry that capitalises on initial weight loss, blaming the individual when they cannot sustain it. The perfect money making business!
- Cutting carbs doesn't work. Carbs are needed to breakdown fat, without them the body breaks down muscle. Thus, initial weight loss in low carb diets is usually muscle wastage not fat loss.
- Cardiovascular health is a stronger indicator of health than body weight.

WHY IS IT SO HARD TO KEEP WEIGHT OFF ONCE LOST?

- When you have lost weight an appetite regulating hormone called leptin signals to the brain that fat levels are down. The increase in leptin results in an increase in hunger and food required to achieve fullness.
- The "reward" neural networks in the brain become more active, and the "control" networks needed to resist eating become less active.
- The brain signals to the body to slow your metabolism (this means the body uses energy more efficiently, thus reducing the energy required for everyday bodily functions)
- Restrictive diets cause the body to go into a "famine" response and crave calorie dense foods/store additional fat for survival reasons.

IF NOT DIETING THEN WHAT? HEALTH AT EVERY SIZE APPROACH

- **Treatment should focus on health related behaviours rather than weight loss.**
- Acknowledging body diversity and acceptance
- Empathy toward the complexities of weight management
- Over-emphasising weight loss can be counter productive
- Emphasis on intuitive eating, not dieting
- **Eating for well-being not weight management**
- **Increasing daily movement, exercise for enjoyment and other health benefits not weight loss**
- Research shows that **motivational therapies** can assist in behaviour change. Most commonly a lack of self-efficacy that one is capable of change, is an underlying psychological barrier that can be explored with a psychologist.