

The main findings of the study are that attending a clinical weight management program improved the health of obese patients who have health problems. This reinforces that lifestyle factors should be the primary goal over weight changes for obese patients with health problems. This is because over 90% of individuals who lose weight will regain that weight if not more within a few years, thus focusing on lifestyle changes may be a more sustainable option.

Certainly, the importance of diet and physical activity for health is well established. However, these health improvements are generally only thought to apply to those with health problems (i.e. elevated blood pressure, blood sugar or high cholesterol). In patients who are healthy (i.e. do not have high blood pressure, diabetes, high cholesterol, etc.), weight loss also improved some of these health markers, albeit less than those with diagnosed health conditions.

However, there was the unexpected finding that healthy patients who did not lose weight had increases in triglycerides. It is unclear if these patients did not adhere to the weight management program which is why they did not lose weight or if they had a resistance to weight loss which has also been hypothesized by researchers. Half of these patients did gain weight, and this may be have at least in part been responsible for the decline in health which reinforces the negative health effects of weight gain.

This means that it is important for health practitioners and individuals to regularly monitor their health markers and body weight. Try not to gain weight and if your health is not optimal, then dietary and exercise improvements are very important for improving health.

Reference: Liu RH, Wharton S, Sharma AM, Ardern CI, Kuk JL. [Influence of a clinical lifestyle-based weight loss program on the metabolic risk profile of metabolically normal and abnormal obese adults.](#) Obesity (Silver Spring). 2013 Aug;21(8):1533-9.

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