

# Weight Management

## Which Way to Go?



**63.1%** of adults<sup>1</sup> and  
**31.4%** of children & youth<sup>2</sup>  
have overweight or obesity.



Extreme diets and commercial weight loss programs are popular, but are they enough for weight management?

### What factors need to be considered for weight management?

**START**

### Client-centred Approach

- Body weight is influenced by lifestyle, mental health, use of medication, food affordability, etc.
- Long-term efficacy of extreme diets and commercial weight loss programs is limited.<sup>5,6</sup>
- For clients wishing to manage weight, practitioners should provide guidance on long-term strategies while ensuring nutritional adequacy.

### Systems and Environments

- Education on sustainable behavioural modifications is important for reducing disease risks.<sup>9</sup>
- Collaborative efforts are needed between primary care systems, family and parents, schools (for children) and society at large for prevention of obesity.<sup>9,10</sup>

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### Energy Balance

- Modifying macronutrients or restricting overall calories are dietary approaches people use for weight loss.
- The body adapts to metabolic changes, making maintaining weight loss difficult.<sup>3</sup>
- Weight loss recommendations should consider factors such as individuals' energy expenditure/intake.<sup>4</sup>

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### Mental Health and Weight Bias

- Obesity and mental illness are linked via multiple pathways in the body.<sup>7</sup>
- Avoiding weight-centred paradigms may reduce physiological and psychological harm for clients.<sup>8</sup>
- Cognitive behavioural therapy and motivational interviewing are useful tools to support behaviour change.<sup>7</sup>
- Practitioners need to recognize their own biases around weight.<sup>8</sup>

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**Weight management involves an interplay of multiple factors, not only diet.**



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