



## Weight Inclusive Care for Type-2 Diabetes

Insulin resistance causes weight gain and eventually leads to type-2 diabetes. There is no evidence that weight loss improves long term health outcomes in people living with T2DM, but there is evidence that it causes harm.

Type 2 diabetes has a strong genetic link and research suggests that insulin resistance causes weight gain, not the other way around as most health professionals have been led to believe. It is therefore significantly harder for people with underlying insulin resistance to lose weight, forcing them to consider more drastic and dangerous measures in order to achieve the weight loss goals they are set.



A weight-centered approach to diabetes care is based on outdated beliefs that are not supported by good quality evidence. Studies that follow up participants beyond 6 months have found no long term improvements in diabetes control following intentional weight loss, and there is even evidence that they are worse off compared to those who maintained the same weight throughout.

Weight stigma is the manifestation of weight bias through harmful social stereotypes that we associate with people with larger bodies. The vast majority of people living with diabetes feel stigmatized by their health professionals and this is an independent risk factor for poor health outcomes.

It may also explain low adherence, reluctance to engage with services and/or medical avoidance.



Weight management programs have little to no long term benefits since up to 95% of dieters regain the weight. Yet they remain the first line management for T2DM. They predispose people to eating disorders and long term weight cycling (which is another independent risk factor for poor health outcomes), and perpetuate weight stigma.



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