LET'S TALK ABOUT

WEIGHT MANAGEMENT FOR ADULTS WITH TYPE 2 DIABETES

What challenges might you face?

- Myths about healthy eating³
- Finding time for weight loss⁴
- Lack of access to healthy foods⁵ • Lack of nutritional knowledge³
- Changes in family eating habits and lifestyles⁶

How can you overcome barriers? What next steps should you take?

What diet works?

- \gg MYTH
- "Following trendy diets will get me results fast!"1,7
- **→** FACT CHECK
- Restrict your calories^{7,8}
- Develop a meal plan⁸
- Make small changes to foods already in your diet²
- Consult with a dietitian⁹
- There are many ways to have a successful, healthy diet! What ways best fit you?

Where do you find the time? → MYTH

- "I don't have time to make all these changes to my routine."4
- **→** FACT CHECK
- Save time by following research-supported meal plans¹⁴
- Exercise in 10-minute increments¹⁰

GOAL

5%-10% weight reduction¹ Health benefits can start at 5% weight loss



What motivates you?2

- Is weight control important to you?
- Should you change?
- Are you ready to change? You are going to change!

Discuss with your clinician why weight matters to your diabetes²:

- What do you want to achieve?
- What can you achieve?

Getting out of your usual routine²

- Set goals that fit your current routine
- Start with small steps—do your normal activities longer, faster, or more frequently

Where should you start your weight management journey?

Set yourself up for success by discussing with your clinician:

- What is your goal?
- What can you realistically change in your daily life?
- Who can support and encourage you?
- What do you start with, and what can you add later?
- How does weight loss benefit you and your diabetes management?

What exercise works?

- wo MYTH
- "Working out needs to be long and intense to count."10
- **→** FACT CHECK Exercise can be anything you enjoy
- Consult with your clinician before

as long as you get your heart rate up10

- starting an exercise program¹
- Consider professional exercise guidance or classes11

How do you stay motivated to lose weight?

- Have positive self-talks¹²
- Know when and what to eat¹³ Switch up your exercises¹¹
- Find a workout buddy⁶
- Focus on your success¹

GOAL

- >10% weight reduction¹ • The benefits of weight loss
- continue to add up as you lose even more weight



What if you stop losing weight or hit a plateau?

- \gg MYTH
- "If I don't lose weight, I haven't succeeded."15
- **→** FACT CHECK
- It is better to maintain than regain¹⁵
- Weight control isn't just about losing fat, it's also about gaining muscle¹⁵
- Revisit your diet and exercise plans with your care team9

How do you prepare to lose weight?1

What personal goals do you have for your weight? What goals and timelines are realistic for you to achieve?

What strategies work best for you?1

- Dietary changes
- Physical activity
- Behavioral counseling
- Medications
- Metabolic surgery

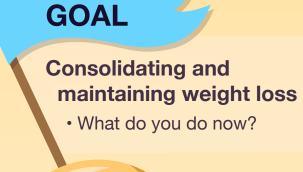


How to keep moving forward!

- Structure and consistency. which are key1
- Weight maintenance programs¹
- Weight management medications¹ Support systems^{1,9}









1. American Diabetes Association Professional Practice Committee. 8. Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes: Standards of Care in Diabetes Care. 2024;47(suppl 1):S145-S157. 2. National Institute of Diabetes and Digestive and Kidney Diseases. Changing your habits for better health. https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health. Accessed January 23, 2023. 3. Landa-Anell MV, Melgarejo-Hernández MA, García-Ulloa AC, et al. Barriers to adherence to a nutritional plan and strategies to overcome them in patients with type 2 diabetes mellitus; results after two years of follow-up. Endocrinol Diabetes Nutr (Engl Ed). 2020;67(1):4-12. 4. Thomas N, Alder E, Leese GP. Barriers to physical activity in patients with diabetes prevention, weight loss, and social support: program participants' perceived influence on the health behaviors of the prevalence of food insecurity is highest among Americans for whom diet is most critical to health. Diabetes Prevention, weight loss, and social support: program participants' perceived influence on the health behaviors of the prevalence of food insecurity is highest among Americans for whom diet is most critical to health. Diabetes Prevention, weight loss, and social support: program participants' perceived influence on the health behaviors of the prevalence of food insecurity is highest among Americans for whom diet is most critical to health. Diabetes Prevention, weight loss, and social support: program participants' perceived influence on the health behaviors of the prevalence of food insecurity is highest among Americans for whom diet is most critical to health. Diabetes Prevention, weight loss, and social support: program participants' perceived influence on the health behaviors of the prevalence of food insecurity is highest among Americans for whom diet is most critical to health. Diabetes Prevention and the prevalence of food insecurity is highest among Americans for whom diet is most critical t their social support system. Fam Community Health. 2013;36(2):158-171. 7. Leibel RL, Seeley RJ, Darsow T, et al. Biologic responses to weight loss and weight regain: report from an American Diabetes Association research symposium. Diabetes. 2015;64(7):2299-2309. 8. Centers for Disease Control and Prevention. Healthy weight. https://www.cdc.gov/diabetes/managing/healthy-weight.html. Accessed January 23, 2023. 9. Foster D, Sanchez-Collins S, Cheskin LJ. Multidisciplinary team-based obesity treatment in patients with diabetes. 2015;64(7):2299-2309. 8. Centers for Disease Control and Prevention. Healthy weight. https://www.cdc.gov/diabetes. 2015;64(7):2299-2309. 8. Centers for Disease Control and Prevention. Healthy weight loss and weight loss 2017;30(4):244-249. Published correction appears in Diabetes Association. Univerself-talk. https://www.diabetes.org/healthy-living/fitness/weekly-exercise and diabetes. aposition statement of the American Diabetes Association. Weekly exercise targets—the magic number: 150. https://www.diabetes.org/healthy-living/fitness/weekly-exercise and diabetes. aposition statement of the American Diabetes Association. Univerself-talk. https://www.diabetes.org/fitness/weekly-exercise and diabetes.org/fitness/weekly-exercise and diabetes. aposition statement of the American Diabetes Association. Univerself-talk. Accessed June 3, 2020. 13. American Diabetes Association. Eating tips before and after exercise. Accessed January 23, 2023. 14. Evert AB, Dennison M, Gardner CD, et al. Nutrition therapy for adults with diabetes or prediabetes and Digestive and Kidney Diseases. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence

Why might you be regaining weight?7

Your body undergoes a change after

losing weight that can result in:

Not feeling as full after a meal

It takes more effort to lose weight

Feeling hungrier more often































































Report. Bethesda, MD: National Institutes of Health; September 1998. NIH publication 98-4083. http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf. Accessed May 28, 2015.























