

# LET'S TALK ABOUT WEIGHT MANAGEMENT FOR ADULTS WITH TYPE 2 DIABETES

**What challenges might you face?**

- Myths about healthy eating<sup>3</sup>
- Finding time for weight loss<sup>4</sup>
- Lack of access to healthy foods<sup>5</sup>
- Lack of nutritional knowledge<sup>3</sup>
- Changes in family eating habits and lifestyles<sup>6</sup>

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

**What diet works?**

→ **MYTH**  
"Following trendy diets will get me results fast!"<sup>7,7</sup>

→ **FACT CHECK**

- Restrict your calories<sup>7,8</sup>
- Develop a meal plan<sup>8</sup>
- Make small changes to foods already in your diet<sup>2</sup>
- Consult with a dietitian<sup>9</sup>

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."<sup>4</sup>

→ **FACT CHECK**

- Save time by following research-supported meal plans<sup>14</sup>
- Exercise in 10-minute increments<sup>10</sup>

**GOAL**

**5%-10% weight reduction<sup>1</sup>**

- Health benefits can start at 5% weight loss

**What motivates you?<sup>2</sup>**

- 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 diabetes:<sup>2</sup>**

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

**Getting out of your usual routine<sup>2</sup>**

- 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?<sup>1</sup>**

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?**

→ **MYTH**  
"Working out needs to be long and intense to count."<sup>10</sup>

→ **FACT CHECK**

- Exercise can be anything you enjoy as long as you get your heart rate up<sup>10</sup>
- Consult with your clinician before starting an exercise program<sup>1</sup>
- Consider professional exercise guidance or classes<sup>11</sup>

**How do you stay motivated to lose weight?**

- Have positive self-talks<sup>12</sup>
- Know when and what to eat<sup>13</sup>
- Switch up your exercises<sup>11</sup>
- Find a workout buddy<sup>8</sup>
- Focus on your success<sup>11</sup>

**GOAL**

**>10% weight reduction<sup>1</sup>**

- 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?**

→ **MYTH**  
"If I don't lose weight, I haven't succeeded."<sup>15</sup>

→ **FACT CHECK**

- It is better to *maintain* than *regain*<sup>15</sup>
- Weight control isn't just about losing fat, it's also about gaining muscle<sup>15</sup>
- Revisit your diet and exercise plans with your care team<sup>9</sup>

**How do you prepare to lose weight?<sup>1</sup>**

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?<sup>1</sup>**

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

**Why might you be regaining weight?<sup>7</sup>**

Your body undergoes a change after losing weight that can result in:

- Feeling hungrier more often
- Not feeling as full after a meal
- It takes more effort to lose weight

**How to keep moving forward!**

- Structure and consistency, which are key<sup>1</sup>
- Weight maintenance programs<sup>1</sup>
- Weight management medications<sup>1</sup>
- Support systems<sup>19</sup>

**GOAL**

**Consolidating and maintaining weight loss**

- What do you do now?

References  
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