Intentional weight loss in later life – is it a good thing?

Dr Jennifer Logue
Reader & Honorary Consultant in Metabolic Medicine
Obesity: losing just 13pc of your weight halves Type 2 diabetes risk

A study also reveals that a similar drop in body weight appears to reduce the risk of high blood pressure by up to 25pc

Why COVID-19 is more deadly in people with obesity—even if they’re young

By Meredith Wadman | Sep. 8, 2020, 6:00 PM
Is weight loss good for you?

Why are some people thin?

- Healthy diet
- Physical activity
- Lucky genetics
- Smoking?
- Chronic illness?
- Fatal illness?
Is weight loss good for you?

Sarcopenia

- Normal muscle mass
- Sarcopenia - loss of muscle mass

↓ muscle strength
↓ muscle quantity
↓ physical performance
What can happen when an older adult loses weight?

Low calorie diet:
- ↓ body weight
- ↓ fat mass
- ↓ fat free mass - (↓ muscle and bone)

But what should I do?
Diet and exercise in older adults

107 adults >65 + obesity

Randomly assigned to 1 year of:

- Low calorie diet
- 3 x 90 min exercise classes/ week
- Diet + exercise
- None

Personalised approach
Thank you for listening