

WRAPAROUND SUPPORT FOR CLIENTS ON GLP-1 MEDICATIONS

Medication-based approaches to weight loss must be supported by a Lifestyle Medicine wraparound service to protect individuals from unintended harm and to achieve sustainable weight loss that improves health outcomes.

Using a Lifestyle Medicine approach to long-term conditions such as obesity can:

- Promote safe and sustainable weight loss through nutrition education and behaviour change
- Support improvements in dietary intake to reduce the risk of deficiencies and malnutrition
- Address the wider drivers of obesity including stress, social isolation, poor mental wellbeing, inactivity, sedentary behaviour and poor-quality sleep
- Improve metabolic markers, including blood pressure, lipid profiles and blood sugar control
- Enhance psychological wellbeing and quality of life

