

What is “Optimal Weight Loss”?

Key Takeaways

- ▶ It is difficult to have a specific measure for how much weight an individual should aim to lose as this has not traditionally been a factor we can manage adequately
- ▶ New weight-loss options are effective, and so there is a need to set new goals and targets
- ▶ Evidence now shows that losing $\geq 15\%$ of starting body weight affects most of the complications associated with obesity
- ▶ A good target would be a BMI of ≤ 27 , or waist-to-height ratio of ≤ 0.53
- ▶ At this level, people have a normal risk of developing complications
- ▶ But too much weight loss can also be detrimental, so aim for BMI 22–27

BMI, body mass index

Source: Aronne L. Interview: What is “Optimal Weight Loss”? [The Best of Obesity Week. November, 2024.](#)