

Three-quarters of adults with obesity have attempted to lose weight in the past year, but most have been unsuccessful

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A survey of adults with obesity from six Western European countries highlights the struggle people with obesity endure trying to lose weight,

and sheds new light on what works and what doesn't when it comes to losing weight.

The study by Dr. Marc Evans from University Hospital, Cardiff, UK, and Dr. Jonathan Pearson-Stuttard, from Lane Clark & Peacock LLP, London, UK, and colleagues including from Novo Nordisk, Denmark, a manufacturer of diabetes and [obesity](#) medications and sponsor of the study, is being presented at this year's European Congress on Obesity (ECO) in Maastricht, Netherlands (4-7 May).

"Our [survey results](#) indicate that while the majority of adults with obesity are actively trying to reduce their weight, using a variety of strategies, most are unsuccessful," says Dr. Evans. "This underscores the need for increased support and solutions for weight management. And while obesity's impact on health is well known, our finding that a sizeable proportion of adults with obesity appear at elevated risk of hospitalization or surgery due to multiple underlying illnesses, undoubtedly adds a sense of urgency to tackling Europe's growing [obesity epidemic](#)."

For this study, researchers conducted the cross-sectional RESOURCE survey to collect data on demographic characteristics, comorbidities, treatments, healthcare use, weight loss strategies and weight change in the past year from adults (aged 18 years or older) with obesity (BMI 30 kg/m² or higher) in France, Germany, Italy, Spain, Sweden and the UK. Data were collected between May and June 2021.

Respondents were asked about different methods they have used to lose weight, including commercial weight loss programs, anti-obesity medications, calorie-controlled or restricted diets, exercise, support from weight loss services, and digital health applications.

In total, 1,850 eligible individuals (average age 53 years, 52% female)

with obesity who reported using primary or secondary healthcare services in the past 12 months were included in the analyses. Women who were pregnant were excluded. Over half (56%; 1,042) of participants had a BMI of 30 to

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