DID YOU KNOW?

GLP-1 medications weight regain and stigma

GLP-1 obesity medications

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1

Did you know...

Emerging evidence

indicates that weight regain commonly occurs after discontinuing GLP-1 medications, although weight generally remains below pre-treatment levels. This requires careful interpretation, particularly as the World Health Organization (WHO) recognises obesity as a chronic, relapsing disease.

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2

Hypertension offers a useful comparison:

blood pressure often rises when medication is discontinued, reflecting the ongoing nature of the condition rather than treatment failure. If obesity is similarly recognised as a chronic condition, the same expectations and standards should apply when evaluating weight regain following GLP-1 treatment.

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3

Obesity stigma creates a troubling

paradox: people living with obesity may face judgement for their weight, yet also criticism for using medications to manage it, often dismissed as taking a ‘quick fix’ or the ‘easy way out’. Such attitudes risk reinforcing shame and overlooking the complex biological, social and environmental drivers of obesity.

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4

Weight regain raises legitimate questions

about treatment duration, long-term outcomes, affordability and sustained access to care. These deserve careful, evidence-based consideration rather than polarised debate, stigma or misinformation, ensuring GLP-1 medications are evaluated with the same proportionality afforded to treatments for other chronic conditions.

For more information, search for ‘GLP-1’ at www.gcph.co.uk

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