

Weight loss benefit: How much weight loss I needed?

A weight loss of 5% has significant health benefits, and a sustained weight loss of 10–15% or more can further enhance these benefits and provide additional weight-loss related improvements to health^{1,2}.

Weight loss Benefits^{1,2}:

Diagnosis	Weight loss target	Expected outcome
 Metabolic syndrome	10%	Prevention of type 2 diabetes
 Type 2 diabetes	5-15%	Reduction in HbA1c; reduction in diabetes medication, diabetes remission if short duration
 Dyslipidaemia	5-15%	Lower triglycerides; increase HDL, decrease LDL
 Hypertension	5-15%	Lower blood pressure; decrease in medication
 NAFLD	10-40%	Reduction in intrahepatocellular lipids and inflammation
 PCOS	5-15%	Ovulation; reduction of hirsutism; decrease in androgen levels; increase in insulin sensitivity
 Sleep apnoea	7-11%	Decrease apnoea/hypopnoea index
 Asthma	7-8%	Improvement of FEV1
 GERD	≤10%	Reduced symptoms



Reference:

1. Weight Loss and Improvement in Comorbidity: Differences at 5%, 10%, 15%, and Over | Current Obesity Reports (springer.com)
2. European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care | Obesity Facts | Karger Publishers