



Perspectives

Gradually, then Suddenly: Nutrition in an Era of Medically Induced Weight Loss[☆]

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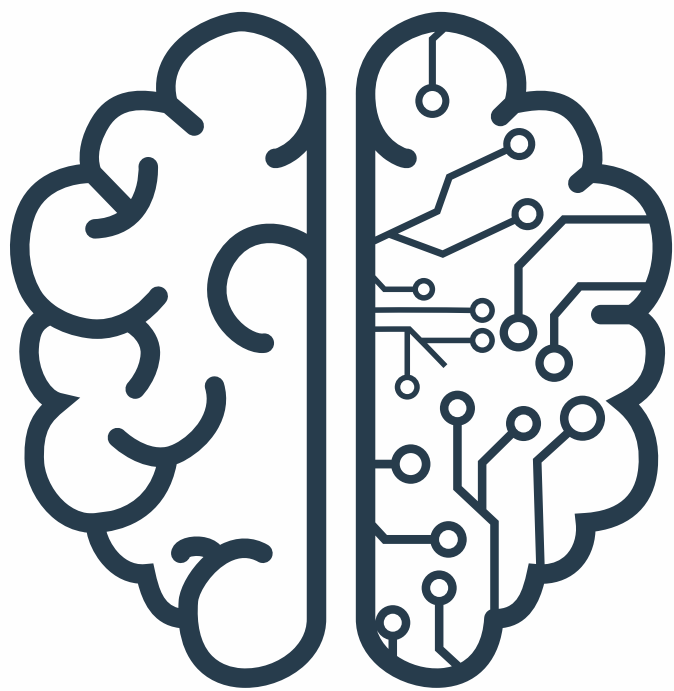
**How might emerging
obesity medications,
such as GLP-1 RAs, **alter**
nutrition's value
proposition?**

Let's explore.

swipe



A host of factors, from ...



physiological cues **to** the built environment

have contributed to make
the issue of chronic
energy (calorie) imbalance
seemingly intractable.

**And for over 50
years, we've tried
to solve **the same
problem.****

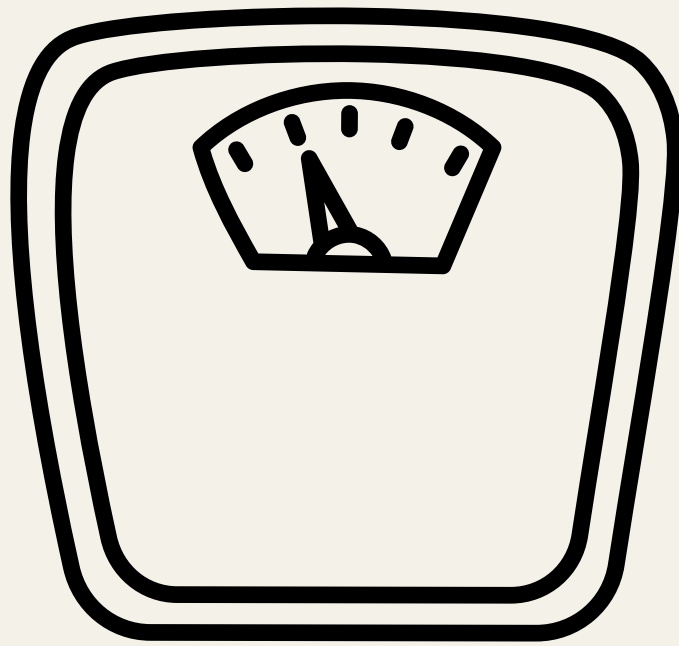
Behavioral weight loss interventions.
Different dietary patterns.
Different approaches.

**Same modest
results.**

The typical lifestyle
intervention achieves
~ 2.4 kg
of weight loss.

And that is in controlled trials.
Real-world results?
Even less consistent.

**Of all the health benefits
diet and nutrition
might enable...**



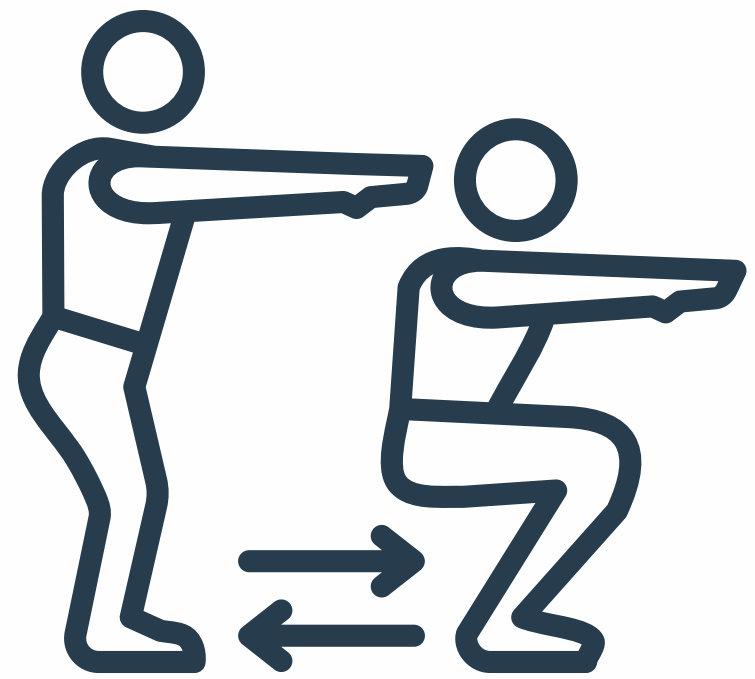
... **durable weight loss
maintenance does not
appear to be one of them.**

But we're **optimistic.**



An evolution in our understanding of the role **physical activity** in health serves as a strong precedent.

Although physical activity was traditionally promoted for weight loss ...



... now, it is **not considered a particularly effective way to increase total energy expenditure and **induce** weight loss.**

Conversely, growing evidence is showing that physical activity helps to:

1

Maintain purposeful weight loss

2

Attenuate weight gain

3

Improve various health domains
independent of weight change

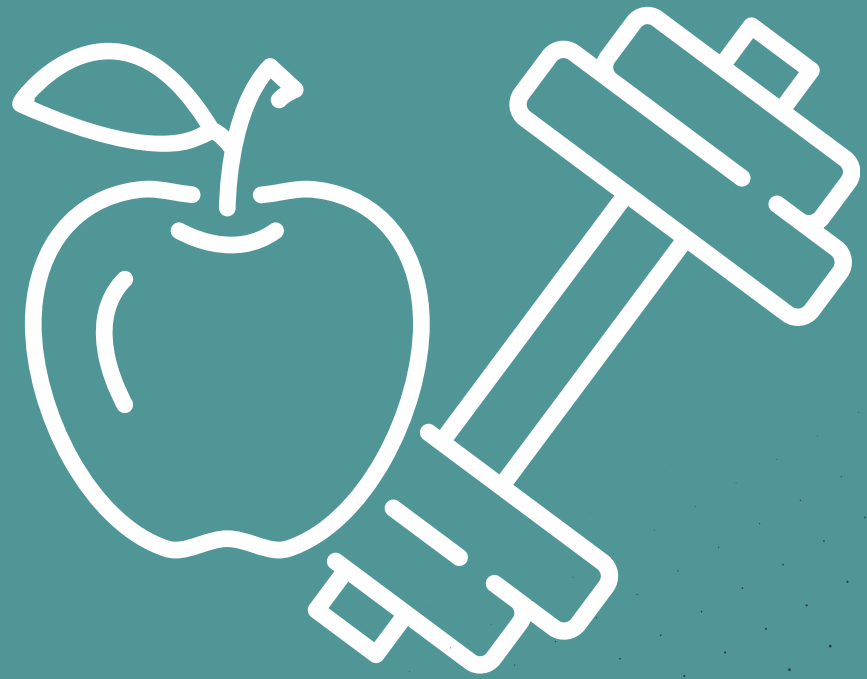
Glycemic control

Cardiovascular health

Cognitive function

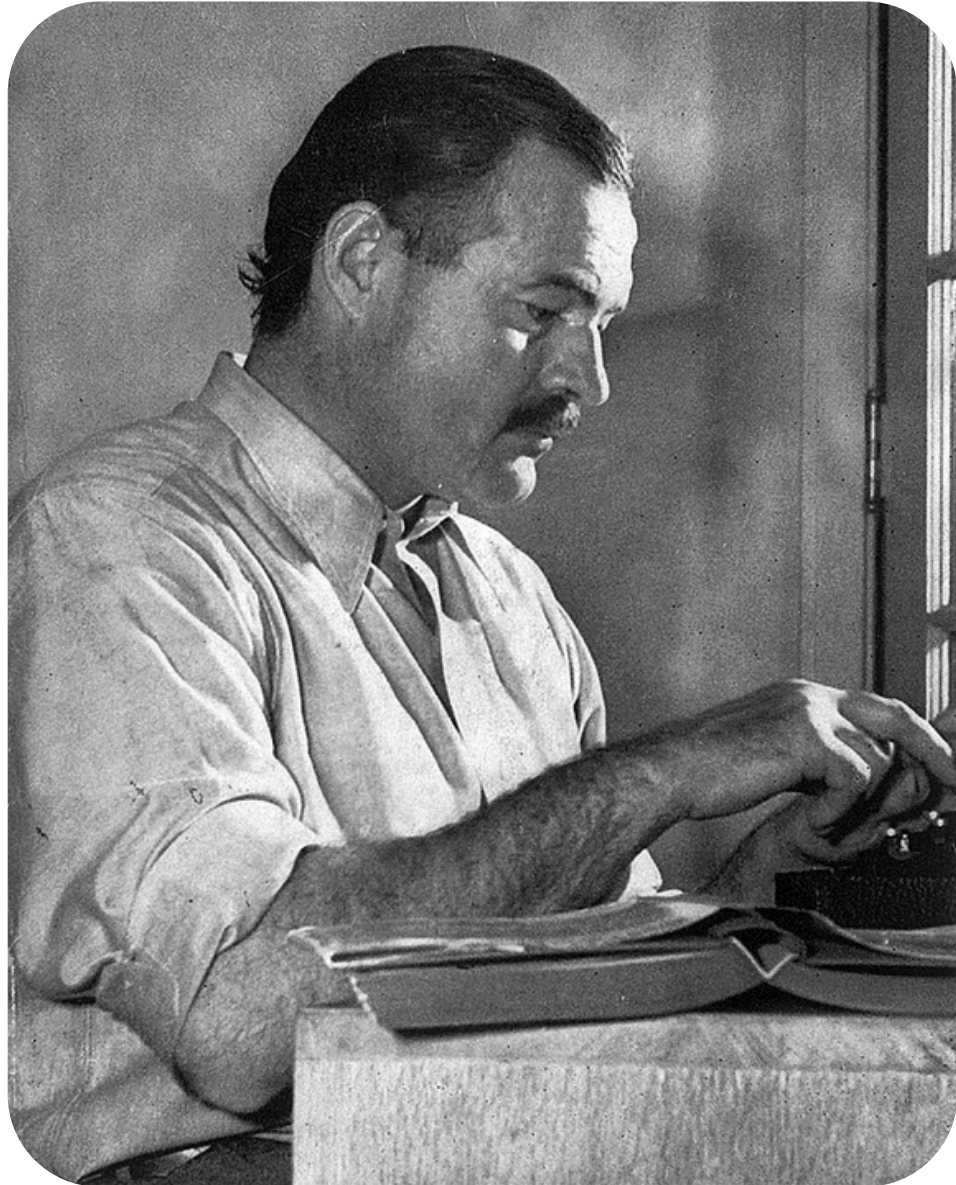
Physical activity appears to be less effective at promoting what it is stereotypically associated with – weight loss – **but more effective in practically every other domain.**

We wonder ...



Might the same happen with how nutrition is evaluated and deployed?

***Gradually,
then
suddenly...***



(Thanks, Ernest)

**... emerging obesity medications
stand to make chronic
energy imbalance
more tractable
in practice.**

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This was **Part I** of **II**.

Stay tuned & find the full article at:

The Journal of Nutrition

Bergia, Davis, Campbell

Gradually, Then Suddenly: Nutrition in an
Era of Medically Induced Weight Loss.
2025, doi:10.1016/j.tjnut.2025.09.033.



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