Targeting the Scale

Prevention and Treatment Updates in Standards of Care in Diabetes 2025

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Learning Objectives

1. Describe Standards of Care in Diabetes 2025 guidelines for **Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes**
2. Recognize recommended approaches for **preventing and delaying the onset of diabetes** by implementing lifestyle modifications
3. Compare nonpharmacologic and pharmacologic **treatment options in weight management**

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Introduction

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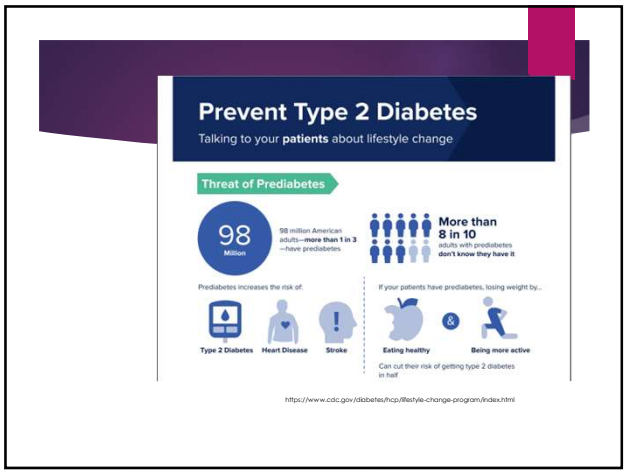
Prevent Type 2 Diabetes
Talking to your patients about lifestyle change
Threat of Prediabetes
98
Million
98 million American adults—more than 1 in 3—have prediabetes
More than 8 in 10
adults with prediabetes don't know they have it
Prediabetes increases the risk of:
Type 2 Diabetes
Heart Disease
Stroke
If your patients have prediabetes, losing weight by...
Eating healthy
&
Being more active
Can cut their risk of getting type 2 diabetes in half
https://www.cdc.gov/diabetes/hcp/lifestyle-change-program/index.html

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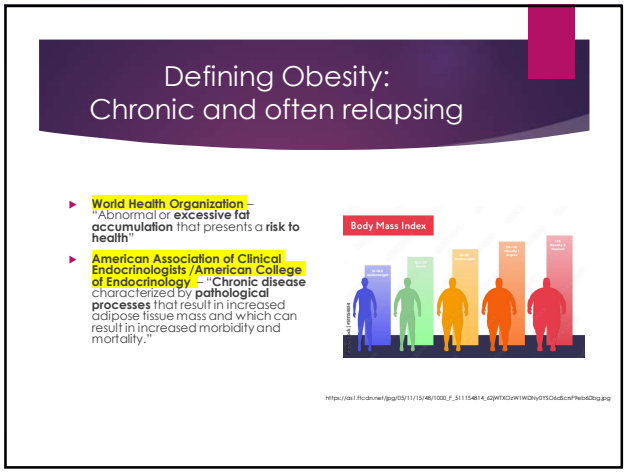
Defining Obesity:
Chronic and often relapsing
World Health Organization – "Abnormal or excessive fat accumulation that presents a risk to health"
American Association of Clinical Endocrinologists /American College of Endocrinology – "Chronic disease characterized by pathological processes that result in increased adipose tissue mass and which can result in increased morbidity and mortality."
Body Mass Index

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What are the potential weight loss benefits?
Obesity is a key pathophysiologic factor in diabetes
Reduces need for glucose lowering medications
Reduces A1C and fasting glucose
May promote sustained type 2 diabetes remission
Improved quality of life Improved cardiovascular outcomes
Reduced mortality

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Assessment and Monitoring

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Good Communication Makes an Impact

- Use person-centered, nonjudgemental language
  - "person with obesity"
- Awareness of implicit and explicit weight-based attitudes
  - Weight stigma, fat bias
  - Prevalent among health care workers
- Increase empathy and understanding about weight management
- Active listening and nonjudgemental language

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Overweight and Obesity Assessment

WHO CLASSIFICATION OF WEIGHT STATUS	
WEIGHT STATUS	**BODY MASS INDEX (BMI), kg/m^2**
Underweight	<18.5
Normal range	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	≥ 30
Obese class I	30.0 – 34.9
Obese class II	35.0 – 39.9
Obese class III	≥ 40

- **BMI is the standard with limitations**
  - Does not assess distribution or health impact
  - Additional measurements: waist circumference, waist-to-hip ratio, and or waist-to-height ratio if needed
  - Does not measure adipose tissue distribution or function
  - Visceral vs. subcutaneous fat distribution
- **Monitor at least annually, every 3 months with active treatment**

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Weight Management Goals

Weight management should be a **primary treatment goal** in overweight and obesity with type 2 diabetes, along with glycemic management

Weight loss improves outcomes

Weight loss 3-7% of baseline body weight improves glycemia and other cardiovascular risk factors

Greater than 10% of body weight:
- Disease-modifying effects
- Possible remission of diabetes
- Improve long-term CV outcomes

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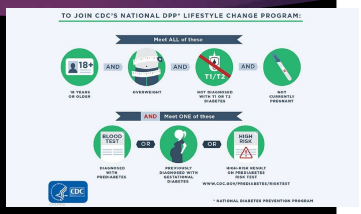
Type 2 Diabetes Prevention

- All adults with overweight or obesity at high risk (as seen in DPP)
- Refer to Intensive lifestyle behavior change program to achieve:
  - At least 7% weight reduction
  - 150 min/week of moderate-intensity exercise



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Diabetes Prevention Program Trial

- Demonstrated outcomes for diabetes prevention
- Reduce the risk of type 2 diabetes by 58% over 3 years
- Follow up of 3 large lifestyle intervention trials
  - Da Qing study: 39% reduction at 30 years
  - Finnish DPS: 43% reduction at 7 years
  - Diabetes Prevention Program Outcomes Study (DPPOS)
    - 34% reduction at 10 years
    - 27% reduction at 15 years

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Diabetes Prevention Program Trial

- Large randomized controlled trial
- Demonstrate lifestyle/behavioral intervention with a meal plan:
  - Individualized
  - Reduced calorie
- Health Outcomes
  - Highly effective in preventing or delaying type 2 diabetes
  - Improve cardiometabolic risk factors
    - Blood pressure, lipids, inflammation
- Strongest evidence in the US for diabetes prevention

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Assessment and Monitoring Summary

- **8.1**: Use person-centered, nonjudgmental language (e.g., "person with obesity")
- **8.2a**: Diagnose obesity using BMI and other **body fat measures** (waist circumference, weight to height ratio)
- **8.2b**: Monitor at least annually; every 3 months during active treatment
- **8.3**: Ensure privacy during anthropometric assessments
- **8.4**: Weight management should be a primary treatment goal
- **8.5**: Even modest weight loss (3–7%) improves outcomes. ≥10% offers greater benefit
- **8.6:** Individualize initial treatment approach based on medical history, preferences, life circumstances and motivation, consider combo treatment if appropriate

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BE PRIME

- **B – Body measurements**: Use BMI plus waist circumference or WHR
- **E – Ensure non-judgmental language:** Person centered
- **P – Primary goal**: Weight management should be a primary treatment goal
- **R – Regular monitoring**: Annually or every 3 months if actively treating
- **I – Individualize care**: Tailor based on history, motivation, and preferences
- **M – Modest loss matters**: 3–7% weight loss improves outcomes
- **E – Ensure privacy**: Respectful, private assessments

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Nutrition, Physical Activity and Behavioral Therapy

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Setting Health Goals

Nutrition, physical activity, and behavioral therapy recommended for T2D and overweight/obesity to achieve both weight and health goals

Interventions include high frequency counseling

More than 16 sessions in 6 months	Focus on nutrition changes, physical activity and behavioral changes	Goal 500-750 kcal/day energy deficiency for weight loss	Create an energy deficit regardless of macronutrient composition

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Setting Health Goals

- Goal to achieve significant weight loss with lifestyle changes
- 500-750 kcal/day energy deficit:
  - Women: 1200-1500 kcal/day
  - Men: 1500-1800 kcal/day
  - With adjustments based on individual's baseline body weight
- Clinical benefits of weight loss begin at 3% weight loss
  - Benefits are progressive – more weight loss achieve more health improvements
- Look AHEAD trial: those that maintained over 10% loss of initial body weight required fewer glucose-, blood pressure-, and lipid-lowering medications compared to those randomly assigned to standard care

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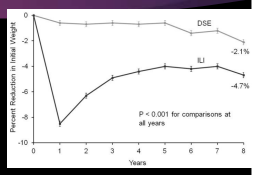
The Look AHEAD trial: Action for Health in Diabetes

- Long-term weight loss study with intensive interventions
- 8 year trial 5,145 overweight/obese adults with type 2 diabetes
- Randomly assigned to either intensive lifestyle intervention (ILI) or usual care of diabetes support and education
- About half of ILI participants lost and maintained ≥5% of body weight



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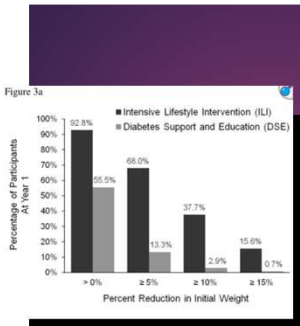

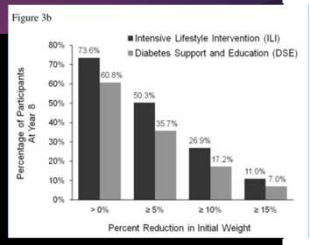

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Nutritional Interventions

- Which nutritional intervention promotes weight loss?
  - Energy deficit is necessary
  - No single way was highlighted as favorable
- Two commonly used approaches:
  - Altering macronutrient content
  - Meal replacement plans
- Reducing processed and ultra-processed foods

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Effective Long-term Maintenance

- For those who achieve weight loss goals, continue to monitor progress
  - Over one year provide monthly weight loss support
  - Self-monitoring of weight – weekly or more frequently
  - Self-monitoring strategies – Food diaries and wearables
  - Encourage regular physical activity (200-300min/week)

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Short-term nutritional intervention

- Structured low calorie diets (800-1000 kcal/day)
  - Prescribed only in select individuals by trained practitioners in medical settings
  - Integrate long term comprehensive weight maintenance strategies
  - Short-term = up to 3 months

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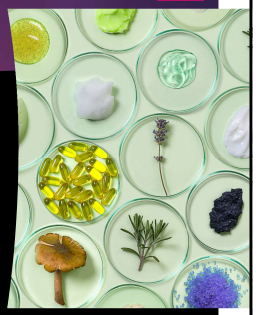
What about nutritional supplements for weight loss?

- No clear evidence that nutritional supplements are effective for obesity management or weight loss
  - Herbs, vitamins and minerals, amino acids, enzymes, and antioxidants
- In cases of documented deficiencies: vitamin B12, vitamin D, and iron
- Protein supplements used as adjuncts to medically supervised weight loss treatments



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Nutrition, Physical Activity and Behavioral Therapy Recommendations

- **8.7**: Lifestyle therapy for both weight and health goals
- **8.8a**: High frequency counseling (≥16 sessions in 6 months) and 500-750 kcal/day energy deficit
- **8.8b**: If access to interventions are limited, consider alternative structured programs (remote access)
- **8.9**: Nutrition recommendations for individual needs; use plans that create energy deficit, regardless of macronutrient composition
- **8.10**: Account for patient's culture, socioeconomic factors, and other social determinants of health
- **8.11**: Ongoing monitoring and support needed for long-term maintenance, provide monthly contact and support
- **8.12**: Very-low calorie meals (800–1000 kcal/day) only under trained supervision and close monitoring
- **8.13**: Nutritional supplements have not been shown to be effective for weight loss, not recommended

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S - Structured sessions: ≥16 sessions in 6 months
M – Monitor & maintain: Ongoing support and monthly follow-up
A – Adjust for access: Remote or alternative programs if needed
R – Respect culture: Consider SDOH and individual context
T – Tailor nutrition: Personalize caloric plans, regardless of macros
N – No quick fixes: VLCD only under supervision
E – Energy deficit: Aim for 500–750 kcal/day
T – Tell patients the truth: Supplements are not recommended

SMART NET

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Pharmacotherapy

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Medications Related to Weight Gain

If possible, minimize medications for comorbid conditions associated with Weight gain

- Anticonvulsants
  - Carbamazepine, gabapentin, pregabalin, and valproic acid
- Antidepressants
  - Mirtazapine and tricyclic antidepressants
- Atypical antipsychotics
  - Clozapine, olanzapine, quetiapine, risperidone
- Antipsychotics
  - Haloperidol
- Corticosteroids
- Insulin
- Medroxyprogesterone

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Diabetes Pharmacotherapy & Weight Loss Efficacy

- **High Intermediate**
  - GLP-1 and GIP/GLP-1 Agonists
  - SGLT-2
  - Pramlintide
- **Neutral**
  - Metformin
  - Alpha-glucosidase inhibitors
  - DPP-4 inhibitors
- **Weight Gain**
  - Insulin
  - Meglitinides
  - Sulfonylureas
  - Thiazolidinediones

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Weight Management Pharmacotherapy Candidates

- FDA approved medications as adjuncts to reduced calorie eating plan and increased physical activity
  - BMI ≥ 30 kg/m^2
  - BMI ≥ 27 kg/m^2 with a weight related comorbidity
- **Lifestyle modifications** recommended for all patients with a BMI of ≥25 kg/m^2
- Improve blood glucose control and may delay progression to type 2 diabetes

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Weight Management Pharmacotherapy

Medication Name	Medication Class
Semaglutide, Liraglutide	GLP-1 agonist
Tirzepatide	GIP/GLP-1 agonist
Phentermine *FDA approved Short-term use only*	Sympathomimetic amine anorectic
Phentermine/Topiramate ER	Sympathomimetic amine anorectic/ Antiepileptic
Orlistat	Lipase Inhibitor
Naltrexone/Bupropion ER	Opioid antagonist/Antidepressant

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Weight Management Selection

- What factors would you consider in selecting the most appropriate medication?
  - Possible adverse effects & safety
  - Co-morbid conditions
    - Migraines
    - Smoking cessation
  - Current Medications
  - Cost

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General Treatment Principles

- Monitoring each month first 3 months, then every 3 months
- May use chronically to control weight loss
  - Potential for weight
- Goal: at least 5% of body weight after 12 weeks at maximum
- Generally NOT recommended for patients who are pregnant, breastfeeding, or trying to conceive

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Phentermine

USE in weight loss:	USUAL DOSE:
Anorectic – reduces appetite	15-37.5mg po daily in the morning
SIDE EFFECTS:	**SAFETY/CLINICAL PEARLS:**
Dry mouth, headache, dizziness, insomnia, irritability, increased blood pressure, elevated heart rate	Avoid abrupt discontinuation Taken earlier in the day to avoid insomnia Caution with cardiovascular disease Generally used short-term to "jump-start" weight loss

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Phentermine/Topiramate ER

USE in weight loss:	DOSE:
Reduces appetite	Titrate dose, maintenance 7.5mg/46mg to 15mg/92mg every morning
SIDE EFFECTS:	**SAFETY/CLINICAL PEARLS:**
Insomnia, dizziness, confusion, constipation, dry mouth, paresthesia, increased BP/HR,	Avoid abrupt discontinuation Taken earlier in the day to avoid insomnia Cognitive impairment Birth defects – pregnancy test Kidney stone risks – stay hydrated Monitor for worsening depression, suicidal thoughts

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GLP-1 Agonists
GIP/GLP-1 Agonist

USE in weight loss:	DOSE:
Reduce appetite, improve satiety, decrease food intake, and delay gastric	*Dose titration to minimize GI side effects** Maintenance dose: Semaglutide 2.4mg SC once weekly Liraglutide 3mg SC once daily Tirzepatide 10-15mg SC once weekly
SIDE EFFECTS:	**SAFETY/CLINICAL PEARLS:**
GI (N/V/D/C and esophageal reflux)	Monitor for pancreatitis Not for use during pregnancy Personal or family history of certain types of thyroid cancer Injection site reactions Tirzepatide – may delay absorption of oral contraceptives

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Orlistat

USE in weight loss:	**DOSE:**
Prevents absorption of dietary fat, pancreatic lipase inhibitor	OTC: 60mg po TID with meals Rx: 120mg po TID with meals
SIDE EFFECTS: GI effects, rectal oily spotting and stool, flatulence with oily discharge, fecal urgency	**SAFETY/CLINICAL PEARLS:** Potential malabsorption of fat soluble vitamins and other meds Counsel patients to lower dietary fat intake, possibly add psyllium fiber supplement Advise taking multivitamin including vitamins A, D, E, K

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Naltrexone/Bupropion

USE in weight loss:	**DOSE:**
Regulate appetite and reduce cravings	8mg/90mg po BID (after titration)
SIDE EFFECTS: Nausea, headache, constipation, insomnia, elevated heart rate	**SAFETY/CLINICAL PEARLS:** Avoid with a high fat meal Seizure risk Contraindications: Abrupt d/c of alcohol, BZDs, Barbiturates, antiepileptic meds, any opioid use, ESRD, h/o seizures

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Pharmacotherapy Recommendations

- **8.14**: If possible minimize medications that cause weight gain
- **8.15**: Weight management pharmacotherapy considered with overweight or obesity with lifestyle changes
- **8.16**: Combine meds with lifestyle changes
- **8.17**: Preferred treatment with GLP-1 RA or GIP/GLP-1 RA considering added weight-independent benefits
- **8.18**: Screen for malnutrition in patients with significant weight loss
- **8.19**: Continue pharmacotherapy long term to sustain weight loss, sudden discontinuation could result in weight gain
- **8.20**: Reevaluate if goals not met; consider intensifying therapy

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PLAN WISE

- P – Prefer GLP-1/GIP agonists
- **L – Lifestyle + meds** (combine for best results if indicated)
- **A – Assess malnutrition** in significant weight loss
- **N – Never stop abruptly** – leads to regain
- **W – Watch for weight-gaining meds**
- **I – Individualize based on comorbidities**
- **S – Screen for response** and adjust if goals unmet
- **E – Extend therapy long-term** for maintenance

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Metabolic Surgery

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Types of Bariatric Surgery/Procedures

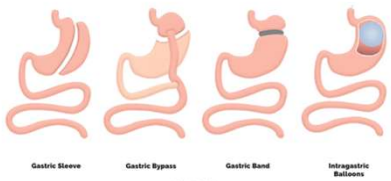

Image taken from: https://badgut.org/information-centre/a-z-digestive-topics/bariatric-surgery/

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Metabolic Surgery Outcomes

- Glycemic control
- Reduction of cardiovascular risk factors
- Type 2 diabetes remission (younger age, shorter duration od T2D, lesser severity of diabetes)
- Reduces incidence of microvascular disease
- Improves quality of life
- Decreases cancer risk
- Decreases all-cause mortality

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Metabolic Surgery Recommendations

- **8.21**: Consider for BMI ≥30 (≥27.5 for Asian Americans) for weight and glycemic control in patients with diabetes
- **8.22**: Performed in high-volume centers experienced in bariatric surgery
- **8.23**: Assess patients co-morbid psychological conditions that may interfere with outcomes
- **8.24**: Receive long-term follow up including medical care, behavioral support and nutritional monitoring
- **8.25**: Manage post-surgical hypoglycemia with education, medical nutrition therapy with a registered dietitian and CGM for improved safety
- **8.26**: Routinely screen for psychosocial and behavioral health changes, refer as needed
- **8.27**: Monitor for weight regain or loss at least every 6–12 months

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SCALE

- **S – Screen mental health** (pre/post-surgical)
- **C – Continue care**: Long-term behavioral & nutritional support
- **A – Assess outcomes**: Weight regain or loss every 6–12 months
- **L – Look for hypoglycemia**: Use CGM and medical nutrition therapy
- **E – Evaluate readiness** for surgery and refer to high-volume centers

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Review Time!

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Question 1

- **AK is a 39 year old female patient interested in discussing weight loss treatment options. She is currently on metformin 1000mg po BID and has a BMI of 29 kg/m² with hypertension. What makes her eligible for weight management pharmacotherapy based on ADA 2025 guidelines?**

A. BMI is over 28 kg/m²
B. Adequate weight loss not achieved with metformin
C. Presence of a comorbidity
D. This patient is not eligible for weight management treatment

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Question 2

- **WG a 59 year old male patient who lost 12% of body weight over 6 months with Wegovy 2.5mg SC every week and lifestyle intervention wishes to stop taking his medication due to the high monthly costs. What advice should the pharmacist give?**

A. WG could discontinue this medication since a weight loss of over 10% has been achieved
B. WG should wait until 16% of body weight is lost before discontinuing this medication
C. WG could switch to another medication like phentermine for long term maintenance
D. WG should be counseled that discontinuation may lead to weight regain and other cost saving strategies can be explored

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Question 3

- **According to the ADA 2025 guidelines, which statement best reflects appropriate monitoring of weight in patients undergoing treatment?**

A. Weight should be assessed only at diagnosis
B. Weight monitoring every 6 months is sufficient
C. Monitor weight every 3 months during active treatment
D. BMI alone is enough for assessment on annual visits

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Question 4

- **Which of the following caloric intake ranges is recommended for structured energy deficit in women aiming for weight loss?**

A. 900–1200 kcal/day
B. 1500–1800 kcal/day
C. 1200–1500 kcal/day
D. 1000–1100 kcal/day

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Question 5

- **According to ADA 2025 guidelines, how should very-low-calorie diets (VLCD) be prescribed?**

A. Only before bariatric surgery
B. Only by registered dietitians and nutritionists
C. In select individuals, under medical trained supervision
D. Not appropriate for any patients

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Question 6

- **What is the ADA recommendation regarding nutritional supplements for weight loss?**

A. May be used in short-term treatment plans
B. Recommended in patients under 65 years old
C. Should not be recommended due to lack of evidence
D. Best when combined with nutrition and physical activity

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Summary

- **Obesity is chronic condition**
  Key pathophysiologic driver of diabetes
- **Combine lifestyle changes, pharmacotherapy if indicated, and consider surgery options if appropriate**
- **Weight management is a crucial part of prevention and diabetes care**
- **Every pharmacist can be well equipped to support patient-centered strategies to improve prevention and care**

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