



British Dietetic Association medications for obesity resource

Implementation support

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[The British Dietetic Association \(BDA\) has developed 'Medications for obesity: A guide to eating and living well'](#), an evidence-based resource to support people who are taking medicines for obesity. It offers practical guidance from dietitians on how to eat and live well, manage side effects, and maintain overall health while using these medicines. This includes advice about protein intake, preserving muscle mass and avoiding micronutrient deficiencies. It also explains how these medicines work and provides information on movement and being active, food noise and longer-term lifestyle changes to prevent weight regain after stopping treatment.

Disclaimer

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