**Differences between Weight Maintainers and Regainers**

Some research has found that when the six month ‘honeymoon period’ following bariatric surgery was over, people generally split into one of three groups

1. Weight maintainers
2. Weight regainers who were actively engaged in trying to lose weight
3. Those who regained some weight but were not actively engaged in weight loss.

Authors of the study (Lynch 2016) identified some key differences between the groups as shown below;

|  |  |  |
| --- | --- | --- |
|  | **Maintainers** | **Regained** |
| Hunger & Fullness | Low levels of hunger; do not eat beyond fullness | Hunger between meals; fullness is short lived, will eat beyond fullness |
| Relationship with food | New relationship; food is not my ‘friend’, food does not control me | Retain pre-surgery relationship with food; food is ‘friend’ or comfort and is used for coping |
| Habit formation | New habits formed and consistently used | Few new strategies for weight loss maintenance development or implemented  |
| Awareness of eating | Highly aware of behaviour and weight | Less aware of portion sizes, weight or eating changes |

*Acknowledgement: Adapted from Ratcliffe, D, Living with Bariatric Surgery (2018), Fig12.1Behavioural differences between the groups (Adapted from Lynch (2016))*

**Which group do you fall into?**

**Which behaviours do you recognise?**