

Types of interventions and expected weight loss

Type of intervention	Expected weight loss
Exercise only*	0 to 3%
Diet + exercise	3 to 10%
Weight loss medications, very low calorie diet	5 to 10%
Endoscopic bariatric procedures	15 to 20%
Bariatric surgery	25 to 30%

(SGH Obesity Centre; Swift et al., 2018*)

