



XXIX IFSO World Congress

1-4 September 2026 | Toronto, Canada

REFRAMING THE NARRATIVE: WHY HEALTH GAIN MATTERS — THE ROLE OF INTEGRATED HEALTH

ANGELA LEAL - NUTRITIONIST- MEXICO

TORONTO2026

The Future of Obesity Management:
From Weight Loss to Health Gain



ifso2026.org

NOTHING TO DISCLOSE



Reframing success: What are we really trying to achieve?

Is weight loss itself really the ultimate goal of obesity treatment?



What does “health gain” actually mean?



TRADITIONAL NARRATIVE:

- How much weight did they lose?
- What is their BMI?
- Did they reach the expected %TWL?
- Did they regain weight?



HEALTH GAIN NARRATIVE:

- Is metabolic and cardiovascular health improving?
- Is the person stronger and more functional?
- Are comorbidities improving?
- Is nutritional status adequate?
- Is sleep quality improving?
- Is mental well-being improving?
- Is physical activity increasing?
- Is inflammation decreasing?
- Is gut health improving?
- Is quality of life better?
- Can they sustain the changes?
- What matters to this individual?



SAME WEIGHT LOSS. DIFFERENT HEALTH OUTCOMES.

Two patients. Same %TWL. Very different health journeys.



PATIENT A

25% TWL

-  Comorbidities improving (e.g., diabetes remission, better BP)
-  Preserved muscle & strength
-  Adequate nutritional status
-  Better sleep
-  Physically active & functional
-  Better mental well-being
-  High quality of life
-  Engaged in long-term care

VS

PATIENT B

25% TWL



-  Nutritional deficiencies (e.g., iron, B12, vitamin D)
-  Loss of muscle & strength
-  Poor physical function
-  Disordered eating / grazing
-  Psychological distress
-  Poor sleep
-  Low quality of life
-  Lost to follow-up / inconsistent care



The weight outcome may be the same.
The health outcome is not.

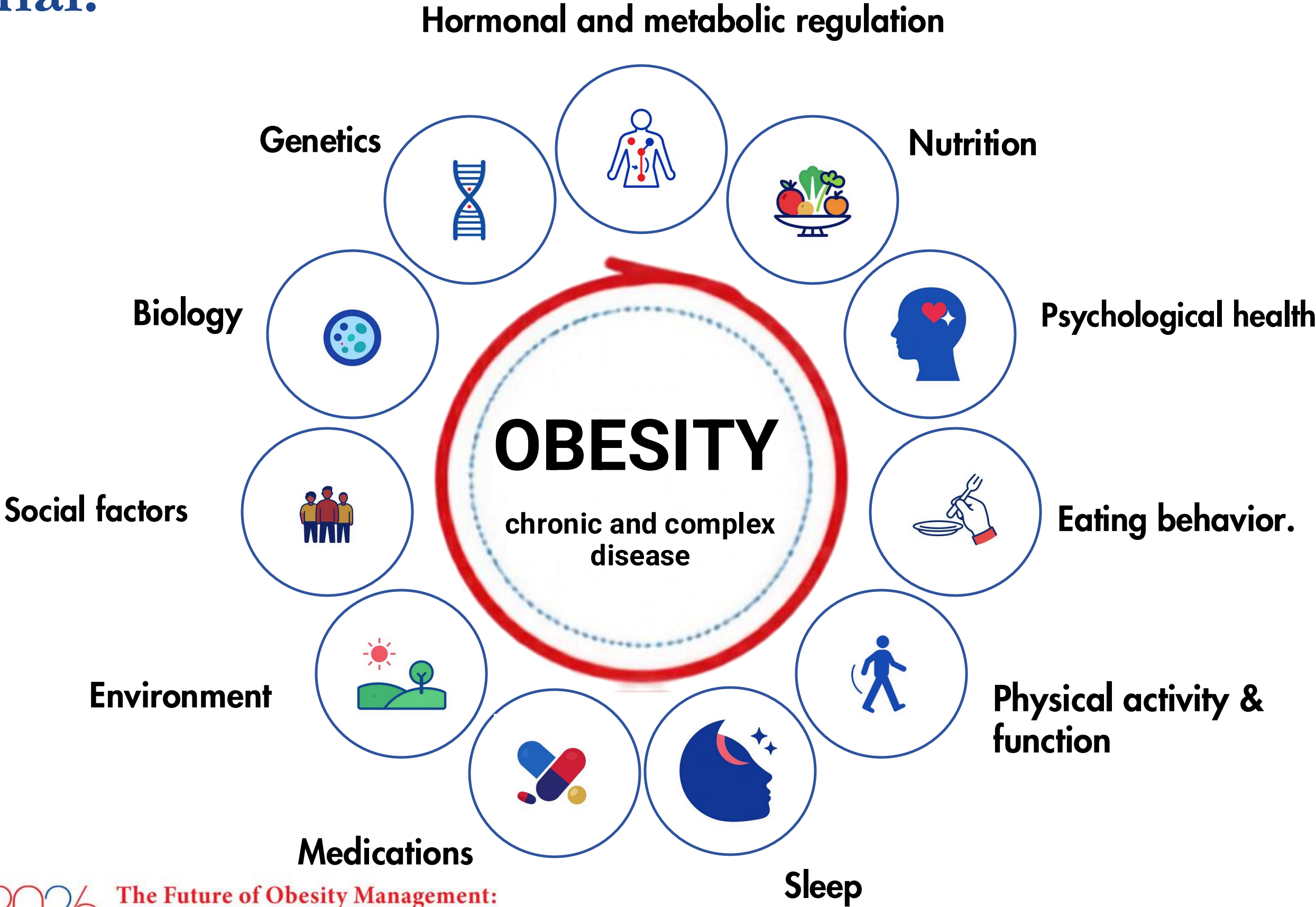


Health gain is multidimensional and individual.
What matters to this person?

van Gelder SB, et al. Quality of Life After Metabolic and Bariatric Surgery: Effects of Weight Recurrence up to 5 Years. *Obes Surg.* 2026.
de Vaan LE, et al. Development of a Core Outcome Set for Long-term Outcomes After Metabolic and Bariatric Surgery (DELTO Study). *Obes Surg.* 2025.



Obesity is complex, so why would success be one dimensional?



Bariatric surgery changes weight — but it also changes the person’s health needs

AFTER MBS:



Produce substantial and durable Weight loss
Reduce Cardiometabolic risk
Improve Mobility / function
Improve Quality of life

LIFE LONG HEALTH NEEDS:



NUTRITION:

- Nutritional monitoring
- Micronutrient supplementation



MUSCLE AND FUNCTION:

- Physical activity
- Muscle preservation.

THE PROCEDURE ALONE CANNOT
ADDRESS
EVERY DIMENSION OF HEALTH



~36%

VITAMIN D DEFICIENCY

>5 years after MBS
54-study meta-analysis



Greater weight loss can
coexist with greater absolute

MUSCLE LOSS

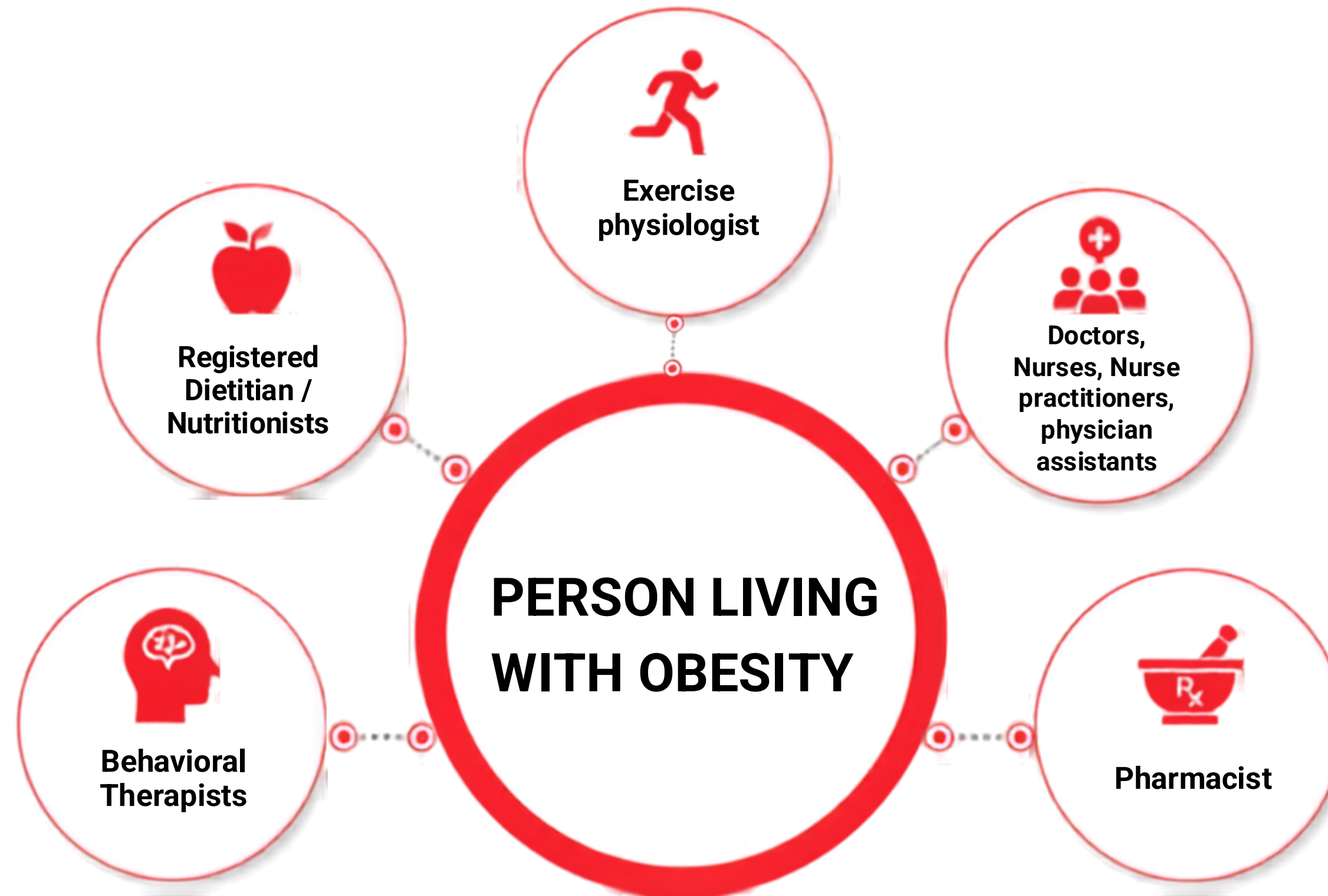
64-study meta-analysis

HEALTH NEEDS EVOLVE OVER TIME:

Eating behavior • Mental health • GI symptoms/complications
Medication adjustment • Reproductive health • Weight recurrence



This is where Integrated Health changes the outcome



Not multidisciplinary care. **Integrated care.**



Integrated health is not simply having a dietitian, psychologist, nurse, physician and surgeon involved in the same patient.
It means that these professionals communicate, share goals, identify risks together and respond to the changing needs of the person across the continuum of care



IDENTIFY → INTERVENE → SUSTAIN

PROBLEMS

HEALTH OVER TIME

NO SINGLE PROFESSIONAL SEES THE ENTIRE PICTURE



Health gain changes the questions we ask

“How much weight have you lost?”



“HOW ARE YOU FEELING?, CAN YOU MOVE BETTER?, ARE YOU STRONGER?, ARE YOU SLEEPING BETTER?, HOW IS YOUR RELATIONSHIP WITH FOOD?, ARE YOU MEETING YOUR NUTRITIONAL NEEDS? WHAT ARE YOU STRUGGLING WITH RIGHT NOW?,WHAT IS IMPORTANT TO YOU AT THIS STAGE OF TREATMENT?”

Because two patients with exactly the same percentage of weight loss may have completely different health outcomes.



TAKE HOME MESSAGES



1.

Weight loss matters – but it is not the whole outcome

2.

Health gain is multidimensional and individual.

3.

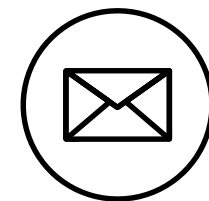
Integrated Health is essential to translate effective obesity treatment into meaningful, sustainable health outcomes.



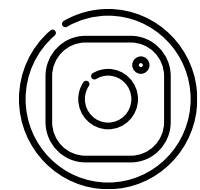
WHAT HEALTH DID YOU GAIN?



THANK YOU.



nut.angelaleal@gmail.com



[nut.angelaleal](https://www.instagram.com/nut.angelaleal)



XXX IFSO WORLD CONGRESS

“Advancing Multimodal Obesity Care”

24–27 August 2027

ifso2027.org



IFSO
PARIS 2027

See you in
PARIS

