



XXIX IFSO World Congress

1-4 September 2026 | Toronto, Canada

TORONTO 2026

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



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THE SPOUSAL HALO EFFECT

Dietary adaptation after metabolic bariatric surgery

Response-Dependent Spousal Dietary Adaptation After Metabolic Bariatric Surgery:
A Prospective Dyadic Study

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FACULTY DISCLOSURE

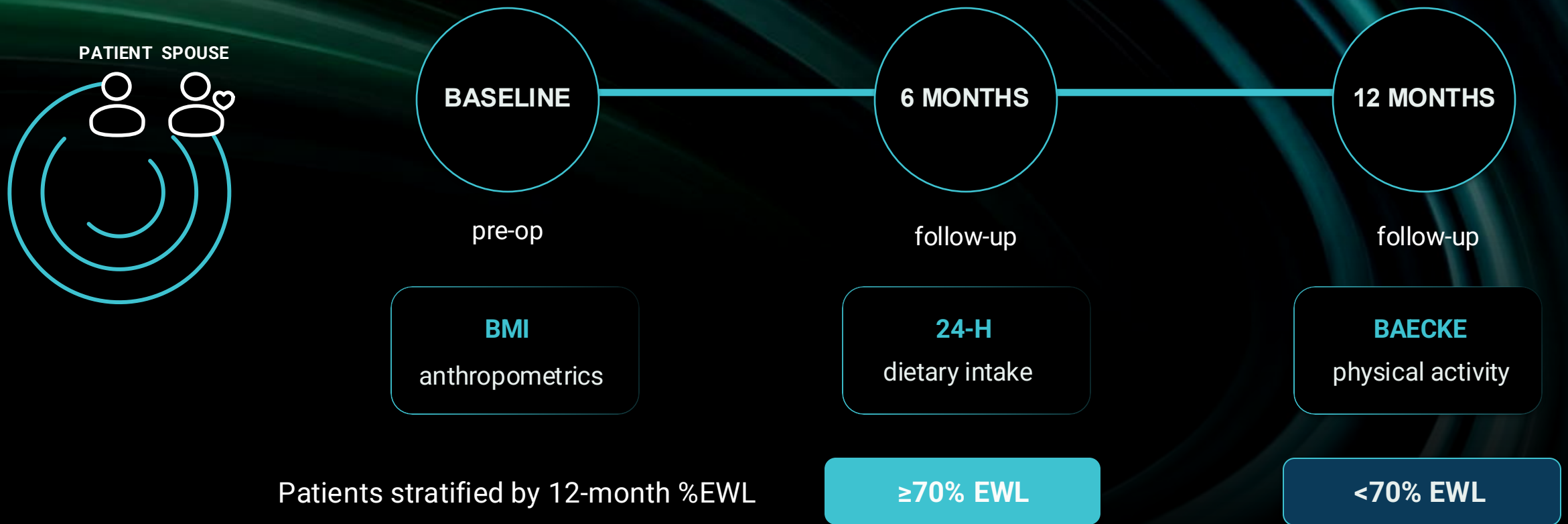
NOTHING TO DISCLOSE

The authors declare no financial relationships or conflicts of interest related to this presentation.

THE STUDY

11 Patient - Spouse Dyads

Pilot Prospective Cohort: follow-up: baseline → 6 months → 12 months



OVERALL COHORT FINDINGS

Overall, no significant change was observed in spouses' BMI, physical activity, or total caloric intake.

SUBGROUP ANALYSIS

PATIENT %EWL $\geq 70\%$



-341

kcal/day

p = 0.048



-22.8

g/day

p = 0.041



-1038

mg/day

between-group
p = 0.003

PATIENT %EWL $< 70\%$

No comparable dietary changes

were observed in the $< 70\%$ EWL group.

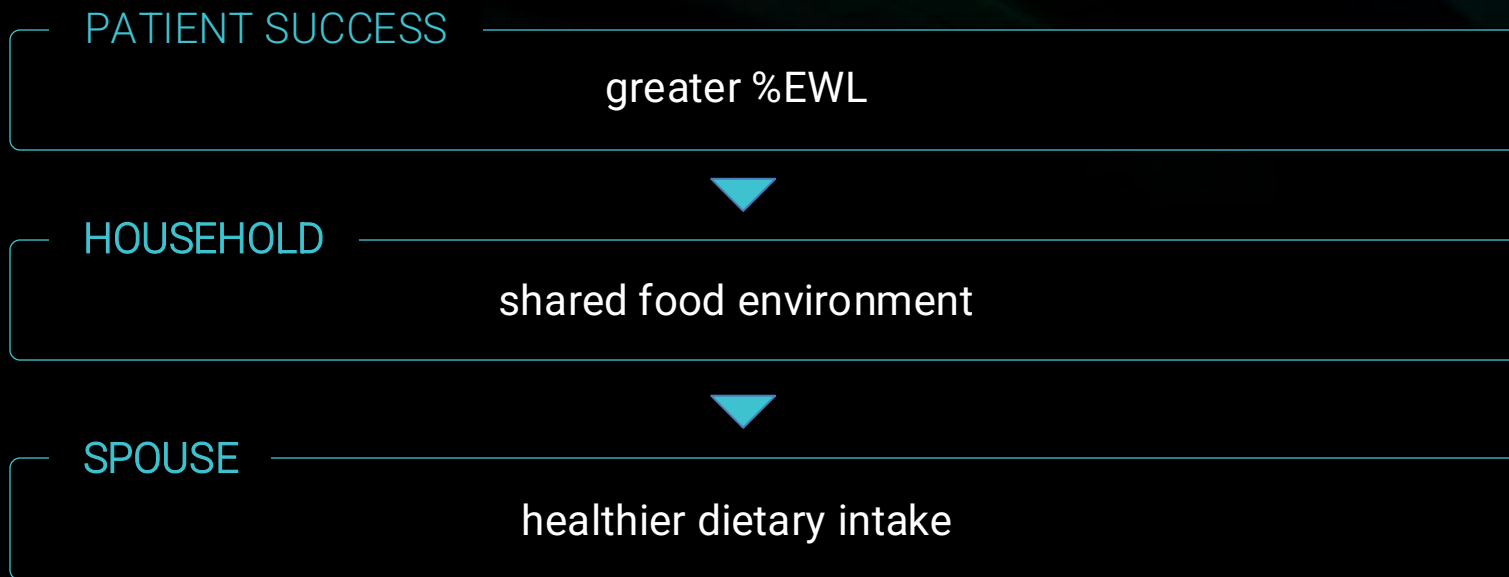
The signal appeared only among spouses of
higher-response patients.

A selective, response-dependent “Halo Effect”

WHAT MIGHT THIS MEAN?

Our findings suggest a spousal “Halo Effect.”

Greater patient weight loss was associated with healthier dietary adaptation in spouses.



Family-inclusive nutrition strategies deserve further study.

TAKE-HOME MESSAGE

Bariatric surgery may change more than the patient.

Greater patient weight loss was associated with healthier dietary changes in spouses.

Family-inclusive nutrition deserves further investigation.

Thank you

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