Obesity and weight management for the prevention and treatment of diabetes: standards of care in diabetes-2026.

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American Diabetes Association (ADA)

American Diabetes Association Professional Practice Committee for Diabetes. 8. Obesity and weight management for the prevention and treatment of diabetes: standards of care in diabetes-2026. Diabetes Care. 2026 Jan 1;49(Supplement_1):S166-S182. [191 references] *PubMed*

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Overview

Guideline Objective

- To provide the components of diabetes care, general treatment goals and guidelines, and tools to evaluate quality of care
- To provide evidence-based recommendations for obesity management, including behavioral, pharmacologic, and surgical interventions, in people with or at high risk of type 2 diabetes

Patient Population

Overweight or obese adult patients with or at high risk of type 2 diabetes

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Assessment and monitoring, including use of person-centered, nonjudgmental language; obesity-related anthropometric measurements; and individualized initial treatment approaches
- Lifestyle management, including nutrition, physical activity, and behavioral therapy
- Considerations for pharmacotherapy
- Treatment with metabolic surgery, including long-term medical and behavioral support and routine monitoring
- Treatment options for patients with type 1 diabetes, including GLP-1 RA-based therapy and metabolic surgery

Note: Full recommendation statements have not been provided because this guideline does not meet EGT's systematic review of the evidence criteria. Refer to the original guideline for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- Introduction and Methodology: *Standards of Care in Diabetes—2026*; 2026 Jan 1.
- Summary of Revisions: *Standards of Care in Diabetes—2026*; 2026 Jan 1.

- Disclosures: *Standards of Care in Diabetes—2026*; 2026 Jan 1.

Implementation Tools

- Slide Set: *Standards of Care in Diabetes—2026*; 2026.
- Standards of Care App for iOS or Android.
- Continuing Medical Education.

Patient Education

No patient education materials available.

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