

# Debunking weight loss plateaus: Science says you don't have to lose to win



Newly published research from CSIRO, Australia's national science agency, proves that weight loss does not follow a linear path, and even with fluctuations, people can achieve significant long-term results.

## Key findings:



**2 in 3 members**

lost at least 5% of their starting body weight by 12 months



**1 in 3 members**

lost at least 10% of their starting weight

## 3 common weight loss patterns

15%

lost weight for 6 months, then maintained for 6 months

11%

lost weight for 3 months, then maintained for 9 months

9%

lost weight for 9 months, then maintained for 3 months

Those who engaged with the online weight loss program's tools regularly achieved significantly **better outcomes**.



While a highly engaged group of members lost more than

**21%**

of their body weight



The study, recently published in the *Journal of Medical Internet Research*, analysed data from more than

**6,500**

**CSIRO Total Wellbeing Diet Online members over a year.**

It found that even those who experienced plateaus or regained weight at times **still achieved clinically significant weight loss over 12 months.**

**"The reality is weight loss isn't linear. Periods of maintenance and regain are normal - but with persistence, meaningful results happen."**

**Dr. Gilly Hendrie**

For CSIRO Total Wellbeing Diet member Sarah, learning to embrace setbacks was key to her 83 kg weight loss.



Sarah joined the online program at 158 kg and over two years, lost more than half her body weight.

"There will always be times when the wheels fall off in a weight loss journey. The difference now is I know how to get back on track and overcome setbacks thanks to the skills I learnt on the CSIRO Total Wellbeing Diet. You can refocus and reset as many times as you need, just don't give up."

Citation: Hendrie GA, Baird DL, James-Martin G, Brindal E, Brooker PG (2025) Weight Loss Patterns and Outcomes Over 12 Months on a Commercial Weight Management Program (CSIRO Total Wellbeing Diet Online): Large-Community Cohort Evaluation Study.



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