Beyond the scales: New CSIRO study reveals what you really gain from losing weight

A new study from CSIRO, Australia's national science agency, has found the benefits of weight loss extend well beyond the number on the scales.

90% **of survey respondents** who lost over 15kg reporting improved health, wellbeing and energy and mobility.

72% **of members** who lost at least 5kg reported improvements in their health and satisfaction with life following the CSIRO Total Wellbeing Diet.

The survey of 1,300 past & present CSIRO Total Wellbeing Diet Members found that those who achieved greater weight loss reported greater improvements to their quality of life.

Additional benefits commonly reported by members included: improved fitness, body image, self-confidence, vitality and mood.

64% of members with type 2 diabetes reported an improvement in their condition, with 12% reporting they no longer had it.

40% of members experienced improvements in their mental health, blood pressure and cholesterol.

32% of members managing a chronic condition reported a reduced reliance on medication and associated costs.

30% of members reported improvements in chronic pain, osteoporosis, sleep apnoea, and arthritis.

"This study shows that weight loss can deliver so much more than a number on a scale. It has the power to transform how people feel, move, live, and even how they spend. The flow-on effect of improved health, mood, and confidence can change someone's whole outlook on life."

Dr. Gilly Hendrie

87% **of members** living with obesity also reported living with at least one chronic health condition. Management of their condition was found to improve after following the CSIRO Total Wellbeing Diet.

Particularly interesting among the findings was the shift in spending away from less healthy choices such as convenience snacks, takeaway, dining out and alcohol, with people spending $315 less a month.

Instead, people reported spending a bit more on healthier choices like groceries and physical exercise, about $325 a month.

totalwellbeingdiet.com

Citation: Hendrie GA and Baird DL (2025) Health benefits of the CSIRO Total Wellbeing Diet: Insights from a member survey. CSIRO, Australia.