

# Mind over matter? Not when it comes to weight loss

A new CSIRO study of 11,000 CSIRO Total Wellbeing Diet members found the strongest predictor of weight loss was engagement with the right digital support tools, rather than being in the right mindset, when starting a diet.

**Analysis found that those with the lowest levels of motivation at the start of the program, lost the most weight.**

Members who reported being disengaged before starting the program in:



Healthy eating lost

**6.5%**

of their starting body weight.



Being active lost

**6.3%**

of their starting body weight.

**FACT: 5% weight loss matters**



It lowers the risk for type 2 diabetes, cardiovascular disease and improve metabolic function in obese and overweight people.

“Sometimes good intentions aren’t enough! I had no structure in place to support my weight loss journey. That’s where the program changed everything for me.”



**Gene lost 38.5 kg**

**CSIRO Total Wellbeing Diet self-monitoring tools helped members achieve weight loss goals including the:**

- 1 Food and exercise tracker
- 2 Positive Psychology tools
- 3 Supportive online community

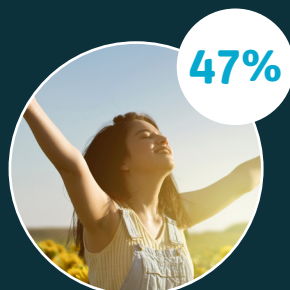


**128,000 Australians** who have taken the Diet Mindset Survey  
**86% revealed health** is a key motivator for weight loss. Other motivators include:



**78%**

HAPPINESS



**47%**

SELF-ACCEPTANCE



**33%**

PURPOSE



**30%**

CONNECTIONS WITH OTHERS



[totalwellbeingdiet.com](http://totalwellbeingdiet.com)

Citation: Brindal, Hendrie, Brooker, Baird. Understanding the mindset of dieters and how mindset relates to weight management. CSIRO. September 2022.