

# Navigating the Impact of Weight Loss on Body Composition: Strategies for Adults with Diabetes and Obesity

## Test Questions

- Which of the following statements related to sarcopenia obesity in an adult with diabetes is true? (Circle all that apply.)
  - Sarcopenia is inevitable in all adults who are aging, even in those who are obese.
  - Type 2 diabetes may increase the risk of sarcopenia due to insulin resistance in the skeletal muscle.
  - Individuals who experience weight cycling are at high risk for sarcopenia.
  - Diagnosis of sarcopenia is dependent on BIA (Bioimpedence testing), a standard for adults over age 50.
- Evidence shows that GLP-1 RA therapy may have a positive impact on skeletal muscle and lean body mass despite significant loss of fat mass.
  - True
  - False
- What is the recommended amount of protein intake for an adult with diabetes and/or obesity who is taking a GLP-1 RA in combination with an intensive lifestyle intervention plan?
  - At least 0.8 g/kg/day
  - 0.8 – 1.0 g/kg/day
  - 1.0 – 1.2 g/kg/day
  - >1.5 g/kg/day if lifestyle is sedentary.
- In an obese adult with type 2 diabetes weighing 198 pounds and taking a GLP-RA medication, which of the following strategies would you recommend as part of the daily routine? (Circle all that apply.)
  - Aim for 1 meal a day, with consumption of as much protein as possible to meet the minimum RDA.
  - Target 3 meals a day, with a focus on protein rich foods, aiming for at least 30 g protein/meal.
  - Avoid resistance training for the first 6 months of weight loss but add 30 minutes of aerobic exercise daily.
  - Add resistance training to the daily routine a minimum of twice a week.
- In adults undergoing a weight loss plan which includes GLP-1 RA therapy, it is important to discuss ongoing strategies for muscle maintenance such as protein intake and resistance training. These strategies can be discontinued once medications are stopped.
  - True
  - False
- In combination with exercise, adding whey protein to the diet, a protein source high in leucine, may help improve muscle strength and function in adults with sarcopenia.
  - True
  - False

# Navigating the Impact of Weight Loss on Body Composition: Strategies for Adults with Diabetes and Obesity

## Test Answers

1. Which of the following statements related to sarcopenia obesity in an adult with diabetes is true? (Circle all that apply.)
  - a. Sarcopenia is inevitable in all adults who are aging, even in those who are obese.
  - b. Type 2 diabetes may increase the risk of sarcopenia due to insulin resistance in the skeletal muscle.
  - c. Individuals who experience weight cycling are at high risk for sarcopenia.
  - d. Diagnosis of sarcopenia is dependent on BIA (Bioimpedance testing), a standard for adults over age 50.
2. Evidence shows that GLP-1 RA therapy may have a positive impact on skeletal muscle and lean body mass despite significant loss of fat mass.
  - a. True
  - b. False
3. What is the recommended amount of protein intake for an adult with diabetes and/or obesity who is taking a GLP-1 RA in combination with an intensive lifestyle intervention plan?
  - a. At least 0.8 g/kg/day
  - b. 0.8 – 1.0 g/kg/day
  - c. 1.0 – 1.2 g/kg/day
  - d. >1.5 g/kg/day if lifestyle is sedentary.
4. In an obese adult with type 2 diabetes weighing 198 pounds and taking a GLP-RA medication, which of the following strategies would you recommend as part of the daily routine? (Circle all that apply.)
  - a. Aim for 1 meal a day, with consumption of as much protein as possible to meet the minimum RDA.
  - b. Target 3 meals a day, with a focus on protein rich foods, aiming for at least 30 g protein/meal.
  - c. Avoid resistance training for the first 6 months of weight loss but add 30 minutes of aerobic exercise daily.
  - d. Add resistance training to the daily routine a minimum of twice a week.
5. In adults undergoing a weight loss plan which includes GLP-1 RA therapy, it is important to discuss ongoing strategies for muscle maintenance such as protein intake and resistance training. These strategies can be discontinued once medications are stopped.
  - a. True
  - b. False
6. In combination with exercise, adding whey protein to the diet, a protein source high in leucine, may help improve muscle strength and function in adults with sarcopenia.
  - a. True
  - b. False