

"We cannot change anything until we accept it. Condemnation does not liberate, it oppresses."-

Carl Jung

Our current approach to weight management- the simplistic mantra of “eat less, move more”- does not work. Tackling obesity requires holistic, individualised thinking and government action informed by real patient experiences. This is not just a medical condition, but one of the most pressing public health challenges of our time.

As someone with [lived experience](#) of obesity and someone who is early in my advocacy journey, I feel compelled to speak out. Obesity is not a failure of willpower. It is the outcome of a complex interplay of biology and modern lifestyles. Patients like me must be at the centre of shaping solutions. We are not just case studies- we are enablers of change.

My personal guiding principle- feeling empowered to be enabled- could help inform a more human, patient-centred framework. Let’s adopt a mindset where those with lived experience leads the conversation. We need a voice in the design of the solutions that affect our health and lives.

Shame, fear and stigma only block progress. Empowerment and accountability are not opposites- they go hand in hand. We must co-design a future where care is compassionate and realistic, while also encouraging ownership of our wellbeing.

Weight bias is real and deeply damaging. Research shows how stigma negatively affects physical and mental health, as well as access to care. Safe, judgment-free spaces are vital for people to speak honestly about their challenges. Tailored solutions- not one-size-fits-all strategies- must be developed in collaboration with primary care, local government, and industry partners.

Recent developments like the Lancet Commission [report](#) on the future of obesity are encouraging. These publications help shift how society perceives people living with obesity from blame to understanding. Additionally, the arrival of GLP-1 receptor agonists has been revolutionary, offering new therapeutic options. But these advances must be part of a wider, integrated system combining medication, surgery, digital tools, and multidisciplinary team support. These elements must work together, not in silos.

There is also a vital role for the private healthcare sector. Many employer health benefit schemes exclude weight management services and that must change. Weight management is a clinical need, not a cosmetic luxury. Making private options more accessible could relieve NHS pressure and speed up treatment for many.

As we move care into community settings, we must protect clinical standards while embracing new ways of working. This will be challenging but doing nothing is no longer an option. Current systems are failing too many.

My journey now focuses on long-term management, not just treatment. I’m optimistic, energised, and determined to contribute meaningfully. This is a pivotal moment. With the right collaboration and courage, we can transform how society supports people living with obesity.

Let’s be bold. Let’s hold our nerve. Let’s pioneer a better future.

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