



NEWS RELEASE

# Medifast Scientific & Clinical Affairs Team Showcases New Research in Metabolic Health at ObesityWeek Conference

11/13/2025

Company's Clinical Heritage and Leadership in Metabolic Health Highlighted Through Poster Presentations and Expert Contributions

BALTIMORE--(BUSINESS WIRE)-- **Medifast**, the health and wellness company known for its science-backed, coach-guided lifestyle system, continues to lead the charge in addressing the growing health crisis of metabolic dysfunction by unveiling new research findings during ObesityWeek. Hosted by The Obesity Society in Atlanta, Georgia November 4–7, 2025, the annual conference for obesity researchers and clinicians centers on the latest developments in evidence-based obesity science: cutting-edge basic and clinical research, state-of-the-art obesity treatment and prevention and the latest efforts in advocacy and public policy.

With a proud legacy of more than 40 years of clinical and scientific innovation, the Medifast Scientific and Clinical Affairs (S&CA) team continues to play a pivotal role in driving forward the understanding and management of metabolic health challenges. As part of the company's recently announced strategic transformation centered on metabolic health, Medifast's S&CA team presented two research studies that underscore its commitment to tackling metabolic dysfunction and promoting holistic health:

## **“Mind the Plateau: Addressing Long-Term Weight Loss with Anti-Obesity Medications” –**

This study evaluates the long-term effects of GLP-1 medications\*, noting a weight loss plateau after 96 weeks of treatment with the highest dosage (15mg of Tirzepatide). It also reports a significant rebound in energy



intake following medication discontinuation, leading to weight regain. These findings highlight the importance of integrating comprehensive lifestyle strategies, such as nutrition therapy, lifestyle behavioral support and continuous self-monitoring, both while using anti-obesity medications and if they are discontinued.

**“Associations of Sleep Duration and Quality with Risk of Incident Obesity, Diabetes, and Metabolic Syndrome”** – Sleep disturbances, such as short sleep duration and poor sleep quality, are widespread. Understanding how sleep influences the risk of developing chronic conditions in midlife reinforces the importance of maintaining healthy sleep patterns for overall metabolic health and healthy aging. A secondary analysis from the Midlife in the United States study highlights a connection between poor sleep quality and increased long-term odds of metabolic dysfunction. Specifically, poor sleep quality increased the odds of obesity by 1.8 times and diabetes by 2.5 times over an average 12-year follow-up period. These findings underscore that sleep health should be considered alongside diet and physical activity as a core pillar of preventive health, healthy aging and optimal metabolic health.

"Medifast is dedicated to addressing metabolic dysfunction at its core through science and innovation," said Dr. Satya Jonnalagadda, Vice President of Scientific and Clinical Affairs at Medifast. "Our participation in ObesityWeek is a testament to our continued leadership in metabolic health, and these studies represent the critical role science plays in our mission to empower individuals to transform their lives."

This research reinforces Medifast's broader business strategy introduced in October 2025 with the launch of Metabolic Synchronization™, a breakthrough science that reverses metabolic dysfunction through a targeted reset of the body's metabolism.

"Our comprehensive approach goes beyond weight loss to address vital aspects of metabolic health such as reducing visceral fat, preserving lean mass and protecting healthy muscle, all of which are foundational to lifelong vitality and wellness," added Dr. Jonnalagadda.

In addition to the conference presentations, Medifast Scientific Advisory Board member Dr. Jessica Unick, a Professor at Brown University and Senior Research Scientist at The Miriam Hospital's Weight Control and Diabetes Research Center, co-authored a study alongside Medifast S&CA team members that explored predictors of weight loss<sup>\*\*</sup>. The study emphasized the importance of adherence and early intervention as key predictors of meaningful weight loss.

"ObesityWeek offers a valuable platform for sharing key insights and collaborating with industry thought leaders," said Chris Coleman, Senior Principal Scientist at Medifast. "Our ongoing commitment to scientific research drives innovation as we confront the widespread and often overlooked crisis of metabolic health."

With 30+ peer-reviewed studies, 70+ presentations and more than 40 years of clinical heritage, Medifast continues to set benchmarks for scientific rigor and innovation in the health and wellness industry. The S&CA team leads by example, leveraging their expertise at the crossroads of science and wellness to drive transformative change and support individuals on their wellness journeys.

For more information about Medifast’s commitment to metabolic health and the S&CA team’s ongoing research, visit [www.MedifastInc.com](http://www.MedifastInc.com).

## About Medifast

**Medifast** (NYSE: MED) is the health and wellness company known for its science-backed, coach-guided lifestyle system. Designed to help address the challenges of metabolic dysfunction, the company’s holistic approach integrates personalized plans, scientifically developed products and a framework for habit creation — all supported by a dedicated network of independent coaches. Driven to improve metabolic health through advanced science and comprehensive behavioral support, Medifast has introduced Metabolic Synchronization™, a breakthrough science that reverses metabolic dysfunction through a targeted reset of the body’s metabolism. Research shows the company’s comprehensive system activates strong and targeted fat burn to enhance metabolic health and body composition by reducing visceral fat, preserving lean mass and protecting muscle. Backed by more than 40 years of clinical heritage, Medifast continues to advance its mission of Lifelong Transformation, Making a Healthy Lifestyle Second Nature®. For more information, visit [MedifastInc.com](http://MedifastInc.com), and follow Medifast on **X** and **LinkedIn**.

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\*Medical advice, treatment, prescriptions, and the overall practice of medicine must be provided by a licensed healthcare professional. OPTAVIA and its coaches do not engage in or provide any medical services.

\*\*Coleman CD, Kiel JR, Palacios OM, Bell M, Wilcox ML, Maki KC, Unick JL, Jonnalagadda SS. Early Weight Loss and Other Factors Associated With Clinically Significant Weight Loss in Two Commercial Weight Loss Programmes. *Clin Obes*. 2025 Oct 11:e70046. doi: 10.1111/cob.70046.

Jessica Oring, [jessica.oring@medifastinc.com](mailto:jessica.oring@medifastinc.com)

Source: Medifast