

'Biggest losers' over time

A close-up photograph of a person's feet standing on a white digital scale. The scale is placed on a light-colored wooden floor. The background is softly blurred, showing what appears to be a kitchen or living area with a yellow object in the distance.

Average weight loss after
30-week competition

129 lbs.

Average weight regained after
6 years

90 lbs.

Source: "Persistent metabolic adaption 6 years after 'The Biggest Loser' competition," *Obesity*, online May 2, 2016. By researchers with NIH, VA, and Towson University.

Infographic by Michael Escalante, VA Research Communications (June 2016)