

Food on Prescription 2025

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Beyond the scale: what GLP-1s and health coaching are teaching us about personalised nutrition and behavioural care

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The rapid rise of GLP-1 receptor agonists has transformed metabolic care, yet beneath the headlines about weight loss lies a complex nutritional and behavioural story. This presentation explores emerging patterns in the eating behaviours and nutritional needs of patients using GLP-1 medications, drawing on real-world clinical and digital health data from a health coach-led integrative behavioural programme.

While many patients experience reduced appetite and caloric intake, our insights show striking variability in dietary quality, nutrient sufficiency, and the development of sustainable eating patterns. Without tailored guidance, treatment can increase the risks of protein and micronutrient insufficiency, disordered eating, and sarcopenia. For many patients, baseline eating behaviours are concerning: over the last 12 months, around 40% of patients report eating protein-rich foods only once a day, around 20% a few times a week, and 40% have fewer than 3 glasses of fluids a day. Most patients report a history of weight loss followed by weight regain (67% of men, 58% of women), which can affect self-efficacy and attitudes to behaviour change.

The session will present case studies illustrating how an integrative, multidisciplinary approach, combining behavioural coaching, nutrition science, and digital tracking, can optimise outcomes and mitigate risks to health and wellbeing. Pharmacological appetite modulation demands proactive, personalised nutritional monitoring, and behavioural support remains critical for translating treatment into sustainable lifestyle change. Clinicians, dietitians, and behavioural specialists can realise the full therapeutic potential of GLP-1s while protecting against unintended consequences. By examining the lived nutritional journeys of patients on GLP-1s, we demonstrate that the future of metabolic care lies not just in powerful molecules, but in personalised, integrative medicine.

Beyond appetite: what GLP-1 use reveals about menopause, nutrition, and the need for personalised women's health

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As GLP-1 receptor agonists transform metabolic and weight management care, a new and underexplored narrative is emerging, particularly among women. In our behavioural programmes, 49% of female GLP-1 users are of peri- or menopausal age (40–60), and 44% of those reporting peri- or menopausal symptoms use hormone replacement therapy (HRT), far higher than the 14% HRT use in the general UK female population aged 45–64.

A survey of 1,342 female patients aged over 18 found that 45% experience perimenopausal (17%) or menopausal (28%) symptoms. Changes in body shape or weight gain were reported by 68%, with fatigue, anxiety or stress, brain fog, joint or muscular discomfort, and sleep issues the most common symptoms.

These findings point to a critical intersection between pharmacological appetite regulation, hormonal transition, and behavioural and nutritional wellbeing. An integrative, personalised approach across the pillars of lifestyle medicine appears important for effective, holistic care.

This presentation explores the nutritional and behavioural implications of GLP-1 therapy in women undergoing menopausal transition, drawing on real-world insights from an integrative digital health setting. Without tailored support, overlapping factors may heighten the risks of protein and micronutrient deficiencies, disordered eating, sarcopenia, and mood instability. Some symptoms may also blur the distinction between medication effects and menopausal physiology.

Through personalised nutritional planning, behavioural coaching, and hormonal awareness, we are helping women adapt. Two key themes emerge:

1. GLP-1 therapy frequently intersects with menopausal transition, requiring sensitive and informed care.
2. Nutritional interventions must be individualised, not generalised from non-menopausal populations.

Ultimately, the session argues for a more personalised model of obesity and metabolic care, one that recognises that women's responses to GLP-1 therapies are shaped as much by hormonal context and behavioural patterns as by pharmacology itself.