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FOR IMMEDIATE RELEASE

Brisbane Medical Doctors to Host Free World Obesity Day Event: *Beyond the Scale — Your Weight Loss Questions Answered*

Brisbane, QLD – In recognition of World Obesity Day, a global initiative held annually on 4 March to raise awareness about obesity and promote evidence-based approaches to weight and metabolic health, Brisbane medical clinic MedSurg Weight Loss will host a free public education event aimed at answering common and often misunderstood questions about weight.

The event, “**Beyond the Scale — Your Weight Loss Questions Answered**,” will take place on **Wednesday 4 March 2026 from 6:30 pm to 8:30 pm at the Ron Hurley Theatre, Brisbane** (registration via Eventbrite). The session will feature short expert presentations from MedSurg Weight Loss’ multidisciplinary medical team, followed by a live audience Q&A, providing practical, medically grounded insights into weight management beyond calorie counting and the number on the scale.

The event comes at a time when overweight and obesity rates in Queensland remain high. According to the most recent **measured data from 2022**, sourced from Queensland Health reporting based on the Australian Bureau of Statistics National Health Survey, **68.8% of Queensland adults are overweight or obese**. Among children aged **5–17 years**, **32.6% were overweight or obese** based on measured data.

Long-term trends show that **adult obesity (BMI >30) in Queensland has increased steadily**, rising from **25.0% in 2007–08 to 33.8% in 2022**.

“World Obesity Day isn’t just about awareness — it’s about meaningful conversations that empower people with accurate, medically supported information,” said **Dr Paige Lanyon-Roberts**, Principal GP and owner of MedSurg Weight Loss. “The data clearly show that obesity is widespread and increasing. This isn’t a personal failure — it’s a complex medical condition shaped by biology, environment and societal systems. At this event, we want to move beyond stigma and diet culture and help people understand what’s really going on.”

The session will address:

- Why overweight and obesity develop and why weight loss is so difficult to maintain,
- Evidence-based treatment options, including lifestyle support, weight loss medications and behavioural care,
- Nutrition insights to support patients when they are on a weight loss journey, and,
- How to exercise during weight loss to protect bone and muscle health.

“Obesity is a chronic disease, not simply a matter of willpower,” Dr Lanyon-Roberts said. “By bringing people together for open discussion and expert guidance, we can support healthier lives and reduce the barriers that stop people from accessing respectful and appropriate care.”

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“Beyond the Scale — Your Weight Loss Questions Answered” is free to attend, with registration required via Eventbrite. The event is open to members of the public, patients and healthcare consumers seeking reliable, evidence-based information.

About World Obesity Day

World Obesity Day is observed every year on 4 March and is convened by the World Obesity Federation to raise awareness of overweight and obesity, challenge stigma, improve understanding of obesity as a disease, and drive effective prevention and treatment worldwide.

About MedSurg Weight Loss

MedSurg Weight Loss is a GP-led Brisbane medical practice specialising in evidence-based weight and metabolic health care. The clinic brings together doctors, dietitians, psychologists and exercise physiologists to deliver coordinated, individualised treatment focused on long-term health outcomes beyond the scale.

For more information or to register for the event, visit the Eventbrite page or medsurgweightloss.com.au.

Media Enquiries

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