

## **Topic:** Injectable weight-loss medication's role on sustainable nutrition

*Type:* Bachelor / Master thesis

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Obesity and related health issues are major concerns globally, impacting both individual health and broader societal costs. Injectable weight loss medications, such as GLP-1 receptor agonists, have emerged as potential tools for facilitating weight loss (Ghusn et al., 2022; Prillaman, 2023). However, the socio-economic and behavioural impacts of these medical interventions are not understood yet. The planetary health diet, as defined by the EAT-Lancet Commission, emphasizes sustainable eating patterns that support human health and environmental sustainability (Willet et al., 2019). Research for this thesis shall seek to explore how injectable weight-loss medications might influence behaviours and diets in alignment with these goals.

The primary objectives of this thesis are:

- to analyse how injectable weight-loss medications influence individual behaviours and dietary choices.
- To assess the socio-economic factors that affect the acceptance and efficacy of injectable weight-loss medications.
- To evaluate the potential of injectable weight-loss medications in supporting the adoption of a planetary health diet.

The thesis can cover different perspectives and apply various methods, from a systemic literature review to a market analysis, (social) media analysis and surveys.

### **References**

Ghusn W, De la Rosa A, Sacoto D, Cifuentes L, Campos A, Feris F, Hurtado MD, Acosta A. Weight Loss Outcomes Associated With Semaglutide Treatment for Patients With Overweight or Obesity. *JAMA Netw Open*. 2022 Sep 1;5(9):e2231982. doi: 10.1001/jamanetworkopen.2022.31982

Prillaman, M. (2023) „The ‚breakthrough‘ obesity drugs that have stunned researchers”. *Nature Feature*. <https://www.nature.com/articles/d41586-022-04505-7>

Willet, W. et al. (2019) “Food in the Anthropocene: The EAT–lancet commission on healthy diets from sustainable food systems,” *The Lancet*, 393(10170), pp. 447–492. Available at: [https://doi.org/10.1016/s0140-6736\(18\)31788-4](https://doi.org/10.1016/s0140-6736(18)31788-4)