

2025 FACT SHEET – DIABETES AND METABOLIC SURGERY

OVERVIEW

- [Randomized controlled clinical trials, clinical studies, guidelines, and worldwide experience](#) have shown metabolic/bariatric surgery is more effective than medical management of diabetes in people with severe obesity and even those with more moderate disease.
- More than [38.4 million children and adults](#), or 11.6% of the U.S. population have diabetes and 1.2. are diagnosed every year. Obesity and diabetes are often referred to as twin epidemics.

Metabolic/Weight-Loss/Bariatric Surgery is Diabetes Surgery

- Metabolic and bariatric surgery led to superior glycemic control compared with medical/lifestyle intervention with less diabetes medication usage and higher rates of diabetes remission ([JAMA 2024](#)).
- American Diabetes Association's (ADA) [2025 Standards of Care in Diabetes](#) states a "substantial body of evidence, including data from large cohort studies and randomized controlled (nonblinded) clinical trials, demonstrates that metabolic surgery achieves superior glycemic management and reduction of cardiovascular risk in people with type 2 diabetes and obesity compared with nonsurgical intervention."
 - Recommends patients consider metabolic surgery as a weight and glycemic management approach in people with diabetes with BMI ≥ 30.0 kg/m² (or ≥ 27.5 kg/m² in Asian American individuals).
 - Also recommends "weight management pharmacotherapy should be considered for people with diabetes and overweight or obesity along with lifestyle changes."
 - According to studies presented at the [American College of Surgeons](#) (ACS), the long-term cost effectiveness of bariatric surgery is greater than GLP-1 RA weight loss drugs alone, but a combination of the two treatments is more cost effective than surgery alone.
- A [2024 JAMA study](#) showed people with type 2 diabetes and obesity who had metabolic surgery "achieved better long-term blood glucose control compared to people who received medical management plus lifestyle interventions."
 - Patients were also more likely to stop needing diabetes medications and had higher rates of diabetes remission up to 12 years post-surgery.
- [STAMPEDE Trial](#) (*NEJM*, 2017): Landmark 5-year study found over 88% of surgical patients maintained healthy blood glucose levels without the use of insulin; 29% of gastric bypass patients and 23% of gastric sleeve patients achieved and maintained normal blood glucose levels compared to just 5% of those on intensive medical therapy alone.
- [Metabolic Surgery in the Treatment Algorithm for Type 2 Diabetes: A Joint Statement by International Diabetes Organizations](#) published in *Diabetes Care* (2016) was endorsed by 45 international professional organizations who recommend metabolic surgery for certain categories of people with diabetes, including those with mild obesity who fail to respond to conventional treatment.