

## *Abstract*

We have studied the impact of weight loss as a possible index for the metabolic syndrome in obese subjects. Glucose disposal rates (used as inverse index for insulin resistance) were measured at one month intervals for 4 months before and after weight reduction, and a weight maintenance diet given to 33 obese females. Weight loss was recorded for all subjects, and glucose disposal rates increased for most of the study group during the study periods. Statistical calculations found that the correlations between these two variables are insignificant. These results therefore indicate that an inverse relationship does exist between weight loss and glucose disposal rates, but that the correlation between these two variables are insignificant and therefore, weight loss as an independent factor is a poor index for the metabolic syndrome.