

Using data from China Health and Nutrition Survey (CHNS), this study examines the relationship between diabetes awareness and body weight. By exploiting the changes in awareness of diabetes as a natural experiment, I use a difference-in-differences (DID) approach to identify the causal effect of diabetes diagnosis on body weight. The results show that knowing diabetes would lead to a reduction in body weight by 1.29 kilograms, which is verified by various robustness checks. Moreover, this statistically negative impacts are observed only for those have higher income or higher education attainment. However, the mechanism of how the provision of health information would help people lose their body weight remain still unclear, because most of people's health-related behaviors would not be significantly affected by the diagnosis of diabetes, except for protein intake. Conclusively, providing health information through health checkups would be effective in helping people lose weight, which might alleviate complications and burdens from diabetes.