Semaglutide found to reduce body weight regardless of patient characteristics

May 13 2021

New research presented at this year's European Congress on Obesity (held online, 10-13 May) shows that treatment with the drug semaglutide reduces body weight in adults with overweight or obesity, regardless of their baseline characteristics.

However, the study showed that female participants had slightly better results than males and also that participants with the lowest starting body weight responded slightly better than those with higher body weights. The study is by Professor Robert Kushner, Feinberg School of Medicine, Northwestern University, Chicago, IL, U.S., and colleagues.

Semaglutide is already approved for treatment for type 2 diabetes in multiple countries, and is under development for treatment of obesity. The STEP trials published over the past year have established the efficacy and safety of semaglutide 2.4 mg in treating people with overweight and obesity. In this new analysis of data from the STEP 1 trial (see link below), the researchers investigated weight loss in subgroups of participants based on their baseline characteristics.

In STEP 1, adults without type 2 diabetes with either a body mass index (BMI) of at least 27 kg/m^2 plus one or more weight-related comorbidities, or a BMI of 30 kg/m^2 or above, were enrolled. Participants were randomised to a once-weekly injection of semaglutide 2.4 mg or placebo, both plus lifestyle intervention, for 68 weeks.

The authors looked at what proportions of the participants achieved

different levels of weight loss with semaglutide from baseline to week 68 (