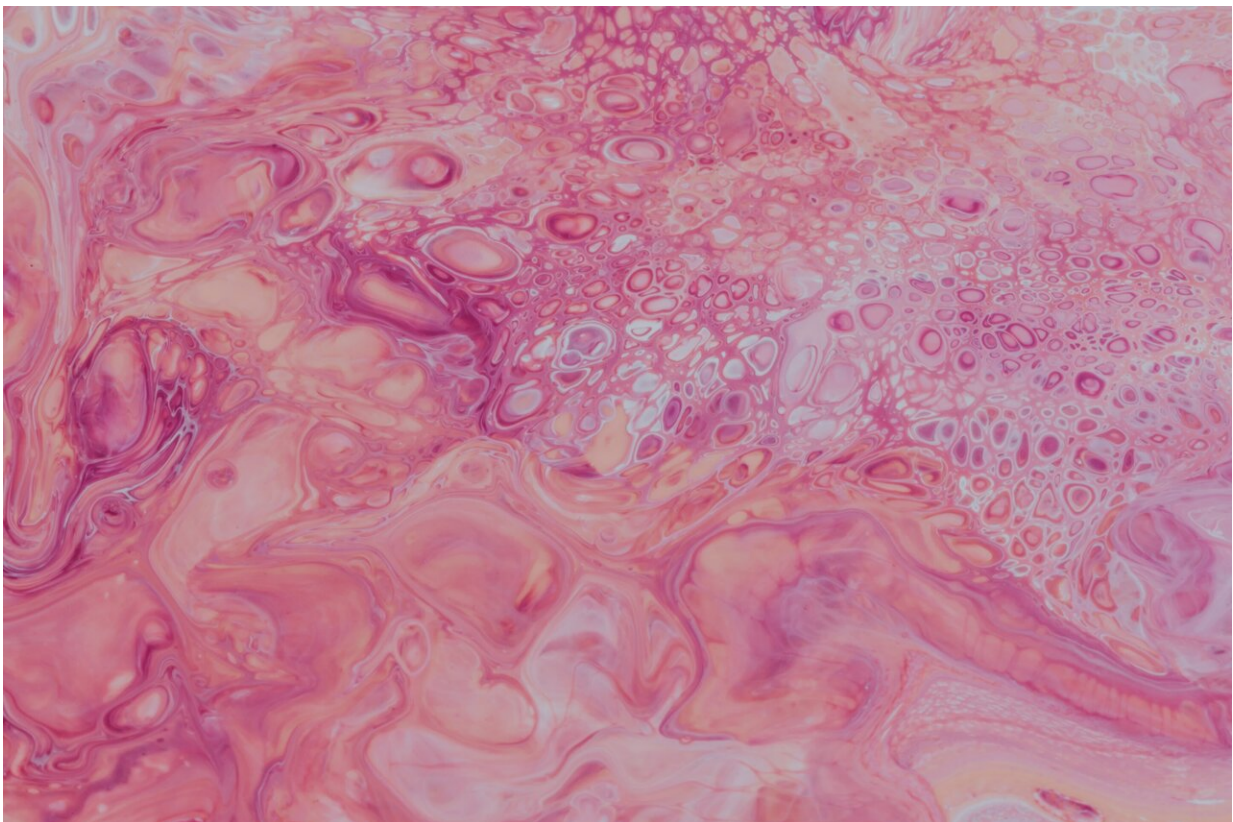


# Nearly half of adolescents using semaglutide in trial dropped below the clinical cutoff for obesity

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A new secondary analysis of the STEP TEENS trial presented at this year's [European Congress on Obesity](#) (ECO 2023, Dublin May 17-20)

and published in the journal *Obesity* shows that almost half (45%) of the adolescents assigned to semaglutide in the trial managed to lose enough weight to drop below the clinical cutoff for obesity.

The study, led by Aaron S. Kelly, Ph.D., co-director of the Center for Pediatric Obesity Medicine at the University of Minnesota, Minneapolis, and colleagues, also showed almost three-quarters (74%) moved down by at least one weight category.

The full STEP TEENS trial, published in 2022 in the *New England Journal of Medicine*, showed the efficacy of semaglutide in helping adolescents lose weight. In this secondary analysis of the STEP TEENS trial, the authors examined the effect of semaglutide treatment on improvement in [body mass index](#) (BMI) categories.

Adolescents aged 12 to under 18 years with BMI in the highest 5% were included in this analysis. Participants were randomized 2:1 to once-weekly subcutaneous semaglutide 2.4 mg (n=134) or placebo (n=67) for 68 weeks; both groups received matching lifestyle counseling. The proportion of participants who achieved an improvement in BMI category from baseline to week 68 was assessed using on-treatment data.

BMI categories, based on Centers for Disease Control and Prevention BMI charts, were: [normal weight](#) (BMI  $\geq$ 5th to

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