

Who is using GLP-1s?

A European study looks at how GLP-1 medicines have been used over the past decade.



EMA



From diabetes treatment to weight management: GLP-1 use is changing.

The first GLP-1 was approved in the EU for diabetes in **2006**.

Today, some of these medicines are also approved for **weight management** for people living with obesity or overweight with co-morbidities.

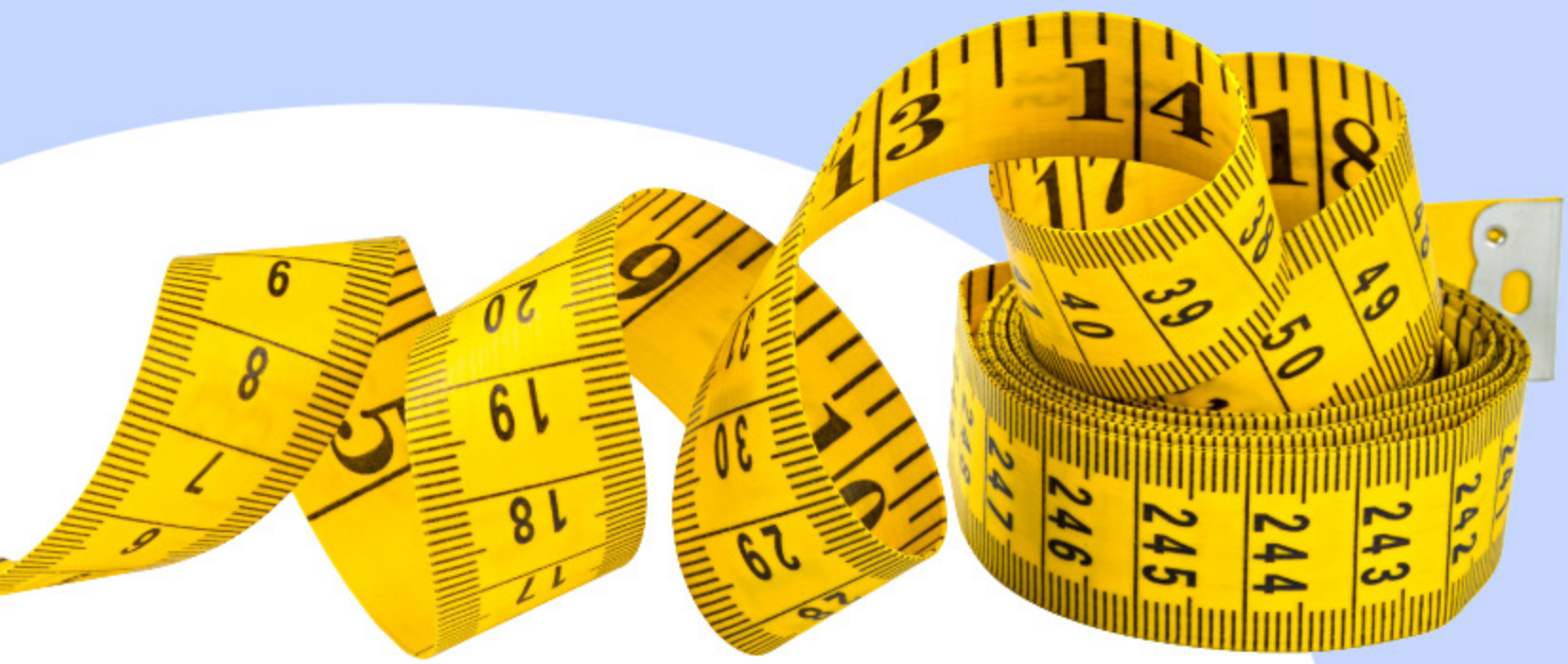
So, how has their use changed?



Use for obesity is increasing.

From 2022, in several of the countries studied, obesity became the most common reason for starting treatment.

Driven by the medicines **semaglutide** and **tirzepatide**, approved for this indication.



Who are the users?



52-63 median age
of new users

More women than men
In 9 out of 12 of the data sources



33.1–35.6 kg/m²
Median BMI where available



Heart conditions
were the most common co-morbidities

GLP-1s are usually prescribed at a low dose and increased gradually.

But real-world use shows a more varied picture.

⬆️ Some people moved to higher doses

⬇️ Some later moved back down, for example because of side effects

↗️ Some increased again

Patterns differed between medicines and across countries showing that **treatment doesn't look the same for everyone.**



The study looked at data* from:

1.6+ million
people over 10 years in 10 European countries

*The data mainly captures prescriptions and reimbursement arrangements from **2015 to 2025** within participating healthcare systems.



Real-world evidence studies can help us understand how medicines are used in everyday life, and inform future research into their safety and effectiveness.

GLP-1 medicines are prescription medicines and should be used under medical supervision.

Explore the study and learn more about GLP-1s.