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Treat to target in obesity management: real-world evidence from an internet-based weight management programme (TRIM)

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Introduction
Digital weight management programmes have become widely available as purpose-built mobile applications provide scalable and flexible solutions for providers and patients. The primary objective of this investigation was to explore the impact of a digital multi-disciplinary obesity management program during a 76-week follow-up period (64 weeks is the primary follow-up) with respect to change in body weight and use of semaglutide.

Methods
This study is a real-world, new-user cohort including individuals signing up for the weight management program no later than the 31st of March 2024. The program consisted of dedicated lifestyle intervention in combination with personalized dosages of semaglutide. Weight change was modelled using a mixed model with spline of time and a random intercept term.

Results
A total of 2.246 participants were enrolled in the programme, and after 26, 64, and 76 weeks, respectively, 1.392, 359, and 185 participants were still included.

The programme produced an average weight loss of 14.8% (95%CI, 14.3 to 15.2%) at week 64 (figure 1) with an average weight loss of 14.9 % at week 76 (95%CI, 14.0 to 15.8%). During the programme the participants used between 36.1 and 34.3 % of the suggested cumulative dose at week 64 and 76, respectively. In addition, 100 % of the participants with a reported weight at week 64 lost > 5% of their body weight and 85.3 % lost > 10% of their baseline body weight. Analyses of participants' baseline BMI and cumulative dose of semaglutide revealed no difference between the different BMI groups in terms of their achieved weight loss.

Conclusion
In conclusion, regardless of the participants' BMI upon enrolment and the cumulative dose of semaglutide they achieve clinically relevant weight loss through a digital multi-disciplinary obesity management programme including lifestyle intervention and semaglutide.

Keywords
Obesity, Medication, Digital, Multi-disciplinary, RWE, T2T