

High Adherence to GLP-1 Receptor Agonists: 18-Month Outcomes from First Large Scale Operational Quality Follow-Up of the Yazen Model

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High adherence rates to GLP-1 receptor agonists within a structured, digitally based weight management programme, may contribute to improved long-term medication adherence.

Summary

This real-world analysis from Yazens first large scale operational quality follow-up, demonstrates **almost 70% adherence to GLP-1 medications after 12 months**, compared to previous studies indicating 20–50%¹⁻⁴. After 2 years*, 60% of patients were still in treatment.

Design & population



Real-world evaluation



30.000 patients treated in Sweden, Norway, Denmark, UK, Netherlands, Germany & Spain



78% women



BMI inclusion: 30 kg/m² or ≥ 27 kg/m² including comorbidity

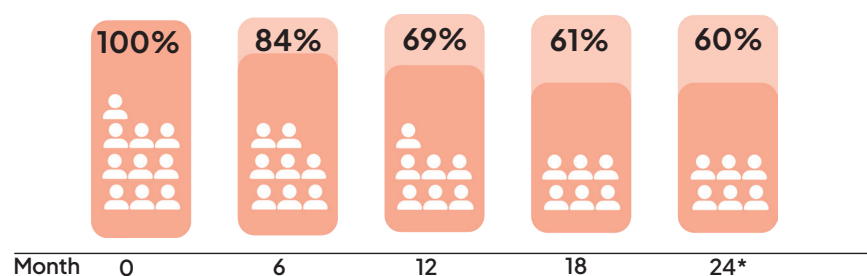


Mean BMI: 34 (SD 4.9)



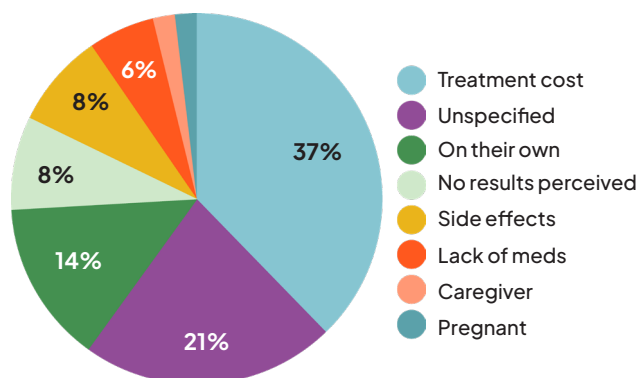
Mean age: 47.7 (SD 11.6)

69% of patients still in treatment after 12 months



Adherence to GLP-1 receptor agonists remained high at 12, 18 and 24* months.

Primary reasons for discontinuation were treatment cost, side effects and perceived lack of efficacy ("no results perceived").



INTRODUCTION

Glucagon-like peptide-1 (GLP-1) receptor agonists and GLP-1/glucose-dependent insulintropic polypeptide (GIP) receptor agonists have demonstrated efficacy in achieving and maintaining weight loss. However, real-world adherence to these medications beyond the short term remains a concern, with previous studies indicating adherence rates between 20% and 50% after 12 months¹⁻⁴.

OBJECTIVE

In this quality follow-up, adherence to GLP-1 receptor agonists was evaluated at 6, 12, and 18 months in patients receiving these medications within a comprehensive, digitally delivered weight management programme incorporating both medical treatment and intensive lifestyle intervention.

METHOD

Data from a quality follow-up of Swedish patients (n=25,824) at specified time points was analysed. The Yazen Model combines physician-led medication management with personalised lifestyle coaching delivered by registered nurses, dietitians, or physiotherapists specialising in obesity care. Mandatory psychological support is provided for individuals with dysfunctional eating behaviours or eating disorders. Reasons for treatment discontinuation were captured through patient questionnaires.

RESULT

Adherence to GLP-1 receptor agonists was 84% at 6 months. Importantly, **adherence remained high at 12 months (69%) and 18 months (61%)**. The primary reason for discontinuation was treatment cost (37%). Side effects and perceived lack of efficacy ("no results perceived") each accounted for 8% of discontinuations. Unspecified reasons and self-directed weight maintenance attempts ("on their own") comprised 21% and 14% of discontinuations, respectively.

CONCLUSION

This real-world analysis demonstrates **high adherence rates to GLP-1 receptor agonists within a structured, digitally based weight management programme**. These findings suggest that **integrated lifestyle intervention and readily accessible support from physicians and coaches may contribute to improved long-term medication adherence**. Further research is warranted to evaluate the impact of this intervention model on patient outcomes.

Conflict of Interest: David Buchebner, Elin Skoglund, Kristofer Rigner are all employees of Yazen Health. Martin Carlsson is a co-founder and employee of Yazen Health, but also holds an academic position as Associate Professor at Linnaeus University.

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