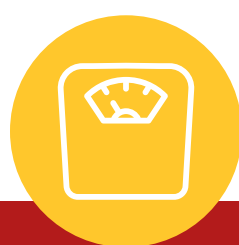




Understanding Weight Loss Medications at a Glance



Originally created to treat Type 2 diabetes, glucagon-like peptide-1 (GLP-1) receptor agonists are everywhere. But there are some considerations to keep in mind before turning to weight loss drugs such as Ozempic, Wegovy, Mounjaro and Zepbound.

The National Health and Nutrition Examination Survey (NHANES) found that:

- **41.9%** of Americans were clinically obese from 2017 through 2020.
- **73.6%** of Americans age 20 and older are overweight (including obesity).
- Obesity has increased by about **11%** over the past two decades.



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Approximately half of all American adults try to lose weight each year, with more women than men attempting to do so.

Additional research has found:

- Nearly half of American adults say they **would be willing to try effective and safe** weight loss medicine.*
- After stopping semaglutide, **people regained 2/3 of the weight** they lost within 12 months.**
- People lost at least **5% of their body weight** on Zepbound (tirzepatide).***

Sources: *KFF, **Diabetes, Obesity and Metabolism, ***FDA

Side effects of the new weight loss medications include:

- Acid reflux
- Constipation
- Diarrhea
- Nausea



Some people may be eager to start taking these medications after seeing their friends, family and celebrities experience success with them. **But it's important to consider the side effects and the fact that medications affect people differently.** There may be a healthier way for someone to lose weight without the use of medications.

Before turning to weight loss medications, try:

- Choosing smaller meal portions
- Drinking water with your meals
- Getting 150 minutes of moderate-intensity exercise each week, with two days of muscle-building exercise



Ready to discuss safe and effective weight loss methods?
Find a provider: weillcornell.org/doctors

