



Maximizing GLP-1 Impact: Real-World Results from Nourish Patients

A real-world study of nearly 8,000 Nourish patients found meaningfully greater weight loss than standard GLP-1 care, with medication persistence emerging as a key driver of outcomes.

OCTOBER 1, 2026

Why GLP-1 Outcomes Often Fall Short

Clinical trials have shown GLP-1 medications can produce dramatic weight loss, but those results come from tightly controlled conditions most patients never experience. In the real world, results often fail to replicate what clinical trials suggest is possible.¹

GLP-1s are effective in changing how patients experience hunger and appetite, reducing "food noise," slowing digestion, and cutting intake substantially.² While this is part of what makes GLP-1s effective, it also means patients can under-eat, miss key nutrients, and lose muscle along with fat. GI side effects like nausea and constipation are common, especially early on in a patient's course of treatment.¹ These are among the top reasons people stop taking GLP-1s, but most people are left to navigate all of this largely on their own.¹

Nourish closes that gap, providing personalized, wraparound support for GLP-1s.

KEY FINDINGS

~70%

more weight lost on
semaglutide, vs. standard care³

~23%

more weight lost on
tirzepatide, vs. standard care³

"After just 5 appointments, both my cardiologist and endocrinologist were blown away by the weight loss I've achieved with my RD. We've also reframed goals to focus on my energy at work, at the gym, and in life, rather than just a number on the scale." – Nourish patient

¹ Thomsen RW, Mailhac A, Løhde JB, Pottgård A. Real-world evidence on the utilization, clinical and comparative effectiveness, and adverse effects of newer GLP-1RA-based weight-loss therapies. *Diabetes Obes Metab.* 2025;27(Suppl 2):66-88.

² Müller TD, Blüher M, Tschöp MH, DiMarchi RD. Anti-obesity drug discovery: Advances and challenges. *Nat Rev Drug Discov.* 2022;21(3):201-223.

³ Rodriguez PJ, Goodwin Cartwright BM, Gratzl S, et al. Semaglutide vs tirzepatide for weight loss in adults with overweight or obesity. *JAMA Intern Med.* 2024;184(9):1056-1064.



Study Snapshot

Who: 7,675 Nourish patients (adults 18+) who started semaglutide or tirzepatide within 30 days of their first Nourish appointment, with baseline BMI ≥ 30

Enrollment period: February 2025 – February 2026

GLP-1 persistence: On the medication at the measured day, with no gap greater than 60 days between fills, confirmed against pharmacy data

Engagement with Nourish: The number of months a patient interacted with their care team in the first 6 months. Patients grouped into three tiers: Low (1 of 6 months), Moderate (2–5 months), High (all 6 months).

Who We Studied

7,675

patients studied

42

avg age (range 18–85)

84%

female

48%

diabetes at baseline

40

average starting BMI

243 lbs

average starting weight

62% vs. 37%

tirzepatide vs. semaglutide

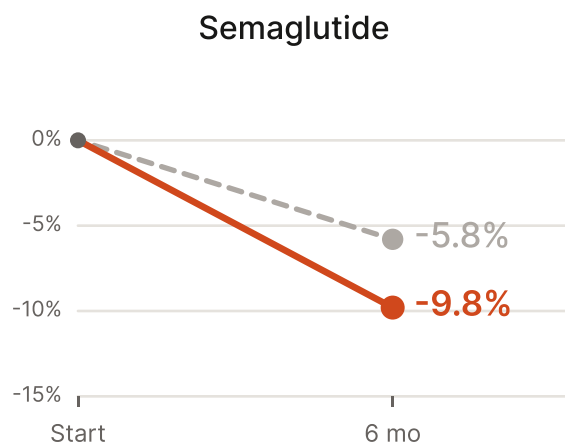


Real-World Nourish Results

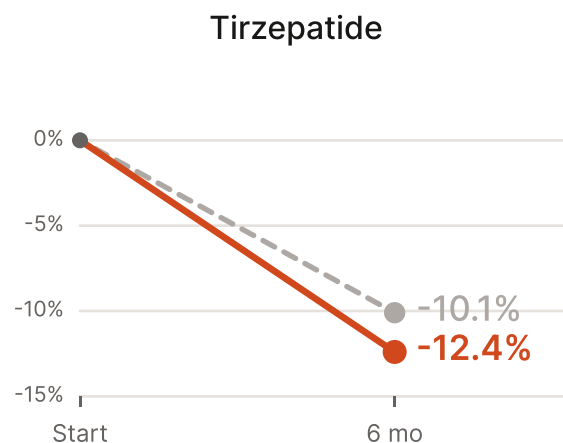
Nourish patients achieve meaningfully greater weight loss at six months compared to patients receiving these medications through standard care, defined as general medical prescribing, without a dedicated nutrition or behavioral support program.³

6-Month Weight Loss: Nourish vs. Standard Care

— Nourish
- - Standard care³



Nearly 70% more weight lost



Roughly 23% more weight lost

"When I first got on a GLP-1 I lost over 80 pounds and gained control of my diabetes. But I didn't experience the lifestyle changes I wanted until I started meeting regularly with a dietitian at Nourish." – Nourish patient



³ Rodriguez PJ, Goodwin Cartwright BM, Gratzl S, et al. Semaglutide vs tirzepatide for weight loss in adults with overweight or obesity. JAMA Intern Med. 2024;184(9):1056-1064.

The Nourish Difference

Nourish pairs every patient with a registered dietitian who builds a plan around their own medication experience: prioritizing protein, adding resistance training to protect muscle, and adjusting meals, portion size, and fiber intake as side effects surface. Between visits, patients log meals and message their RD in the Nourish app, where AI-assisted tracking flags patterns before they become setbacks. This level of personalization is what enables patients to create lasting habits that help them persist on GLP-1s, maximizing efficacy and impact.

The data backs this up: patients who stay closely connected to their Nourish care team, including meeting regularly with their dietitian, and engaging with the app, are the ones who stay on their GLP-1 the longest.

KEY FINDING

76%

of Nourish patients persisted with their GLP-1 at six months, nearly 1.6x the real-world benchmark of 46%⁴

Greater Engagement with Nourish, Longer Time on the GLP-1

A pattern that held true across both major GLP-1 medications.

6-month persistence rate by engagement tier

69%

Low

1 of 6 mo



77%

Moderate

2-5 mo



81%

High

all 6 mo



⁴ Gleason PP, Urick BY, Marshall LZ, Friedlander N, Qiu Y, Leslie RS. Real-world persistence and adherence to GLP-1 receptor agonists among obese commercially insured adults without diabetes. J Manag Care Spec Pharm. 2024;30(8):860-867.

Put simply: patients who work closely with Nourish are more likely to stay the course, and staying the course is what drives real outcomes.

KEY FINDING

~40% More Weight Lost

Persistent vs. non-persistent Nourish patients: 12.1% vs. 8.8% weight loss at six months.

By Medication (6-Month Weight Loss)

	NON-PERSISTENT			PERSISTENT		
	N	Baseline	Loss	N	Baseline	Loss
Overall	337	247.1	8.8%	1,685	243.6	12.1%
Semaglutide	134	234.8	6.7%	506	240.2	10.6%
Tirzepatide	198	256.3	10.1%	1,166	244.7	12.9%

All differences significant, $p < .001$ (paired t-test, baseline vs. six-month weight).

Nourish pairs ongoing, personalized nutrition care with an AI-assisted app to support patients on GLP-1 therapy, helping them drive real behavior change. With this level of support, patients build sustainable habits around eating, movement, and side effect management that improve outcomes while on the medication and help them sustain those outcomes over time. The Nourish care model is designed to help patients get more from their GLP-1s and support lasting results through ongoing engagement.

GLP-1s have shown dramatic results in clinical trials. Nourish helps our patients realize the full potential of those results in real-world environments at scale.



References

1. Thomsen RW, Mailhac A, Løhde JB, Pottegård A. Real-world evidence on the utilization, clinical and comparative effectiveness, and adverse effects of newer GLP-1RA-based weight-loss therapies. *Diabetes Obes Metab*. 2025;27(Suppl 2):66-88.
2. Müller TD, Blüher M, Tschöp MH, DiMarchi RD. Anti-obesity drug discovery: Advances and challenges. *Nat Rev Drug Discov*. 2022;21(3):201-223.
3. Rodriguez PJ, Goodwin Cartwright BM, Gratzl S, et al. Semaglutide vs tirzepatide for weight loss in adults with overweight or obesity. *JAMA Intern Med*. 2024;184(9):1056-1064.
4. Gleason PP, Urick BY, Marshall LZ, Friedlander N, Qiu Y, Leslie RS. Real-world persistence and adherence to glucagon-like peptide-1 receptor agonists among obese commercially insured adults without diabetes. *J Manag Care Spec Pharm*. 2024;30(8):860-867.

About Nourish

Nourish is the country's largest dietitian-led metabolic health clinic, building the first AI-native virtual care model to tackle America's healthcare crisis and reverse chronic disease. The company pairs 10,000+ Registered Dietitians with AI agents to deliver insurance-covered, personalized care that produces best-in-class outcomes.

For patients who need access, Nourish integrates GLP-1 medication management, lab testing, and medical care into one care model designed for sustained behavior change. Through partnerships with the nation's largest health plans, health systems, and employers, Nourish is available to over 200 million Americans across all 50 states, typically at no cost. Learn more at nourish.com.



Book your first appointment in minutes at nourish.com

Ready to bring dietitian-led metabolic care to your members?

[Reach out to our team](#)

Interested in exploring Nourish for your workforce?

[Get in touch to learn more](#)

