

A woman with long dark hair, wearing a red jumpsuit, is captured in a yoga pose (Warrior II) on a wooden deck. She is looking to the left with her arms extended horizontally. The background is filled with trees with golden-brown autumn leaves, and the lighting is warm and soft, suggesting late afternoon or early morning. A white water bottle is visible on the deck to the left of the woman.

GLP-1 Persistence through Dietitian-Led Care

Findings from the Nourish Companion Care program

MARCH 2026

The only dietitian-led GLP-1 program

The rapid growth in GLP-1 utilization is reshaping metabolic care, and while these medications are powerful clinical tools, persistence remains the critical barrier to realizing their clinical value. Real-world evidence is stark: fewer than half of patients remain on medication at 6 months¹, and those who discontinue regain two thirds of weight lost in the year after stopping².

Nourish's integrated care model directly addresses this persistence gap. By pairing GLP-1 therapy with dietitian-led care, Nourish supports patients through every stage of their medication journey: managing side effects, optimizing treatment response, and building the sustainable nutrition and lifestyle habits that support long term outcomes.

About Nourish

Nourish is building the future of healthcare by delivering personalized, evidence-based nutrition care designed to prevent and reverse chronic disease, powered by an AI-enabled platform and the largest network of registered dietitians (RDs) in the U.S. As the country's largest dietitian-led metabolic health clinic, Nourish supports patients managing obesity and more than 30 other chronic conditions, including those utilizing weight loss medications.

Our patients are high-acuity: 80% have obesity or overweight and 90% have at least one chronic condition. For this population, integrated nutrition care isn't a nice-to-have, it is essential to achieving sustainable outcomes.



1. Gleason et al. (2024). J Manag Care Spec Pharm. 30(8):860-67. <https://doi.org/10.18553/jmcp.2024.23332>

2. Wilding et al. (2022). Diabetes Obes Metab. 24(8):1553-1564. <https://doi.org/10.1111/dom.14725>

GLP-1 persistence from a dietitian-led care model

The Nourish program delivers measurable improvements in metabolic health markers across all patients, regardless of medication status. For the growing share of our patients interested in GLP-1 therapy, our data shows promising results in improving medication persistence, ensuring patients realize the full clinical benefit.

Data shows **68% of Nourish patients are persistent on GLP-1 medications at 6 months¹**, compared to just 46% in real-world settings². This demonstrates the importance of integrated, dietitian-led nutrition care in maximizing the impact and efficacy of GLP-1s.



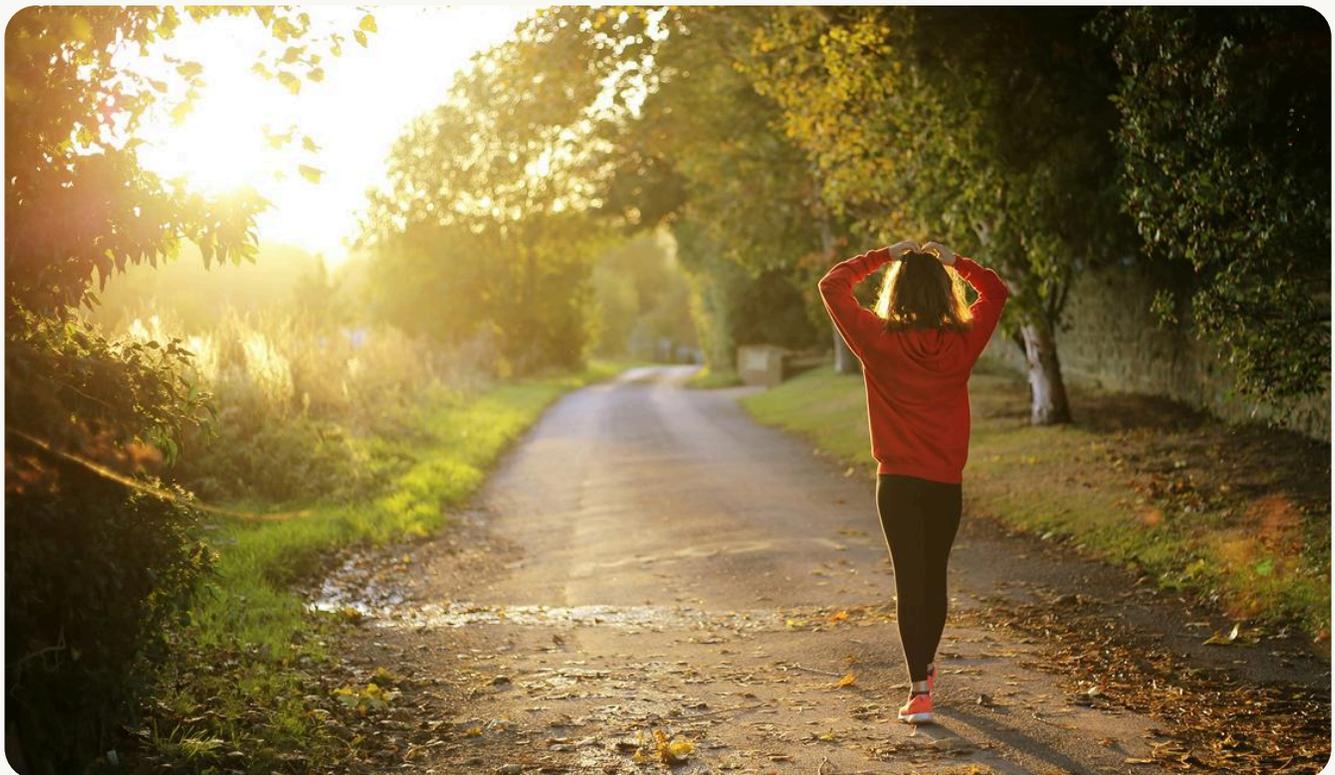
68%

6-month persistence for Nourish patients¹



+22%

vs. 46% 6-month persistence observed in real-world data²



1. Nourish internal data (N = 2,500; patients with obesity but not diabetes; Nov 2024 to Nov 2025; persistence defined as patients who started a GLP-1 60 days before or after their first Nourish appointment and used it continuously for six months without a ≥ 60 day gap in medication supply)

2. Gleason et al. (2024). J Manag Care Spec Pharm. 30(8):860-67. <https://doi.org/10.18553/jmcp.2024.23332>

Extending a proven dietitian-led model to GLP-1 care



The Nourish GLP-1 program is a natural extension of our dietitian-led metabolic care platform, built on evidence-based clinical protocols and proven results. Our dedicated GLP-1 pathways incorporate medications as part of broader, personalized care plans, with dietitian support provided at every stage of the care journey.

The data in this paper further validates Nourish's care model, showing that patients who receive full wraparound support meaningfully outperform published real-world persistence benchmarks, and remain on medication long enough to see results.

Nourish's integrated approach represents a model for delivering responsible and effective GLP-1 care at scale, enabling patients, health plans, and employers to maximize the value of their GLP-1 investment.



Nutrition-First Care

For 85%+ of Nourish patients, dietitian-led care supports progress toward long-term goals without weight loss medication.



Companion Care

For patients using GLP-1s, Nourish supports adherence, side effect management, and sustainable weight loss.



Off-Ramp Support

For patients transitioning off medication, Nourish helps to successfully titrate off and sustain results via ongoing nutrition care.

Interested in learning more about the Nourish GLP-1 program?
Visit usenourish.com.

Ready to bring dietitian-led GLP-1 support to your population?
[Reach out to our team](#)

