

Synopsis of the original article
***Effect of Weekly Subcutaneous
Semaglutide vs Daily Liraglutide on Body
Weight in Adults with Overweight or
Obesity Without Diabetes
The STEP 8 Randomized Clinical Trial***

Rubino DM, et al. JAMA 2022;327(2):138-150

Synopsis created and reviewed by Novo Nordisk

Introduction



Semaglutide and liraglutide are GLP-1 analogues that are available for weight management



Phase 3 trials have not assessed differences in efficacy and adverse event profiles between semaglutide and liraglutide



Once-weekly semaglutide 2.4 mg is being compared with once-daily liraglutide 3.0 mg – both with diet and physical activity – for weight management in adults with overweight or obesity

Trial design: Phase 3b, randomized, open-label trial



Study objective

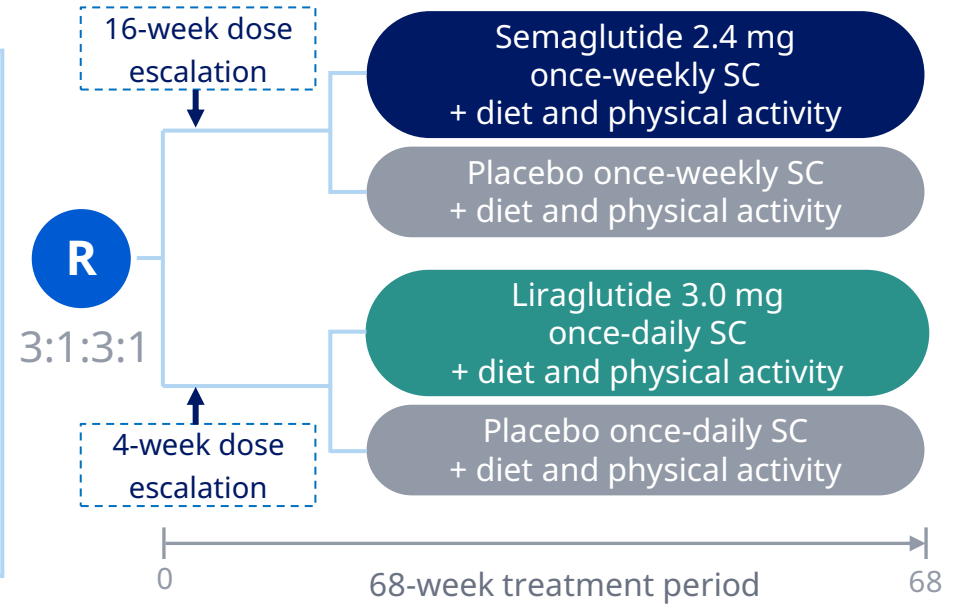
To compare the efficacy and safety of once-weekly semaglutide 2.4 mg SC versus once-daily liraglutide 3.0 mg SC (and versus placebo) – all in addition to diet and physical activity – in adults with overweight or obesity



Adults with BMI ≥ 30 kg/m² (or ≥ 27 with at least one weight-related comorbidity)



No history of diabetes



Primary endpoint

Semaglutide 2.4 mg vs liraglutide 3.0 mg:

- Percentage change in body weight from baseline to week 68



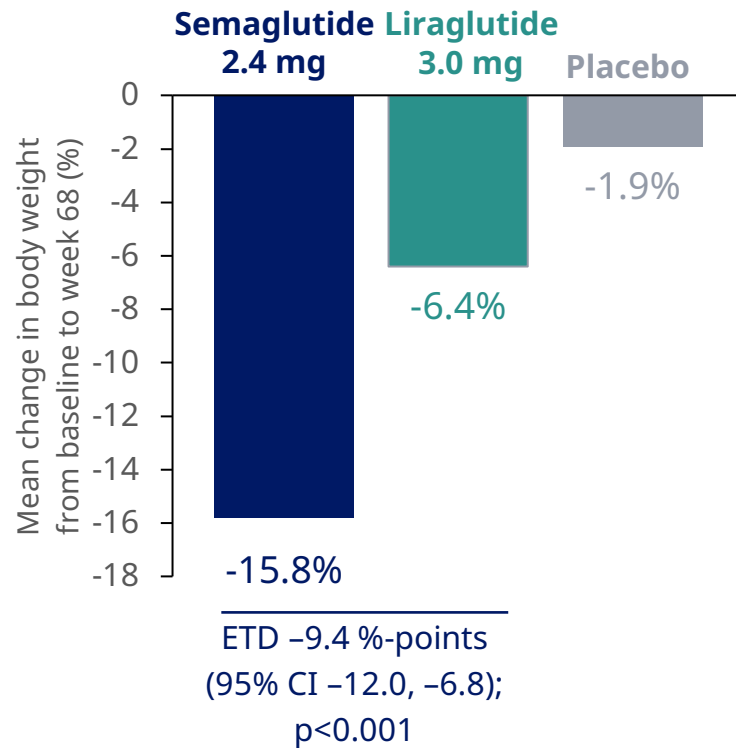
Confirmatory secondary endpoints

Semaglutide 2.4 mg vs liraglutide 3.0 mg:

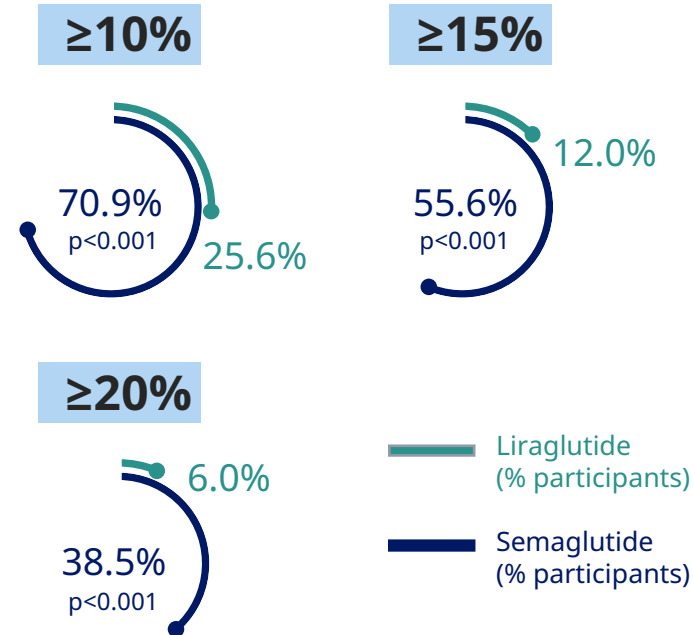
- Achievement of $\geq 10\%$, $\geq 15\%$ and $\geq 20\%$ weight loss at week 68

Semaglutide once weekly led to greater weight loss than liraglutide once daily when combined with diet and physical activity

Mean change in body weight (%) from baseline to week 68



Proportions of participants achieving weight loss of $\geq 10\%$, $\geq 15\%$ and $\geq 20\%$ at week 68

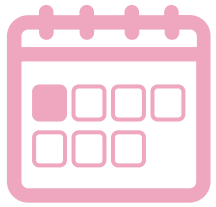


Safety data

Proportions of participants discontinuing treatment for any reason were 13.5% with semaglutide and 27.6% with liraglutide

Gastrointestinal AEs were reported by 84.1% with semaglutide and 82.7% with liraglutide

Conclusions



Among adults with overweight or obesity without diabetes, **once-weekly subcutaneous semaglutide 2.4 mg** – plus counselling for diet and physical activity – resulted in significantly greater weight loss at 68 weeks compared with once-daily liraglutide 3.0 mg