

Synopsis of the original article
Efficacy and safety of once-weekly semaglutide 2.4 mg for weight management in a predominantly East Asian population with overweight or obesity in the STEP 7 double-blind, randomised clinical trial

Mu Y, et al. Lancet Diabetes Endocrinol 2024;
[https://doi.org/10.1016/S2213-8587\(24\)00031-7](https://doi.org/10.1016/S2213-8587(24)00031-7).
Synopsis created and reviewed by Novo Nordisk

Introduction



The efficacy and safety of once-weekly subcutaneous semaglutide 2.4 mg, a GLP-1 analogue, were assessed vs placebo for the treatment of overweight or obesity in a predominantly East Asian adult population

STEP 7 trial design



Trial design

Double-blind, randomised, placebo-controlled, phase 3 trial of once-weekly subcutaneous semaglutide 2.4 mg vs placebo, plus lifestyle intervention



Adults from China, Hong Kong, Brazil, and South Korea with overweight or obesity



With or without type 2 diabetes

N=375

R
2:1

Subcutaneous semaglutide 2.4 mg once weekly + lifestyle intervention

Placebo once weekly + lifestyle intervention



Coprimary endpoints

Percentage change in body weight at week 44
Achievement of $\geq 5\%$ body weight loss at week 44



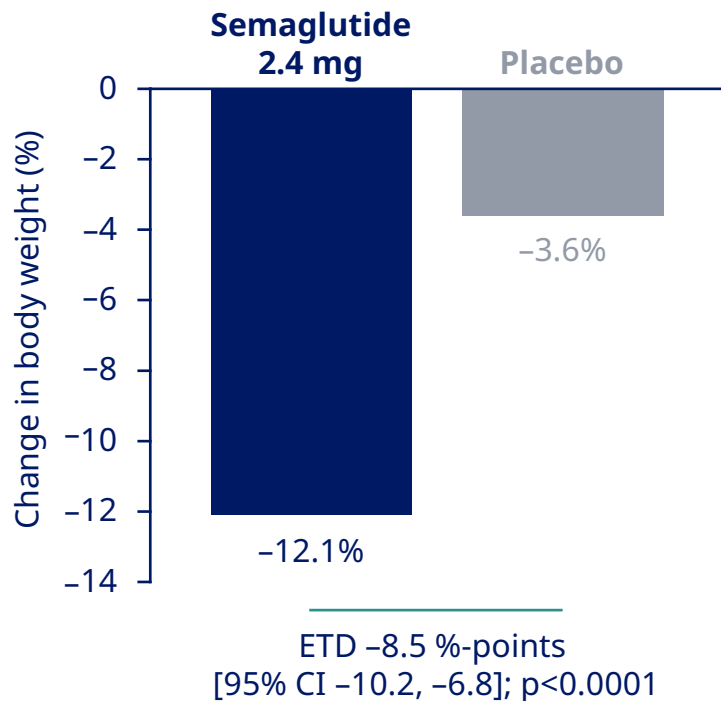
Safety

Assessed in all patients who received at least one dose of study drug

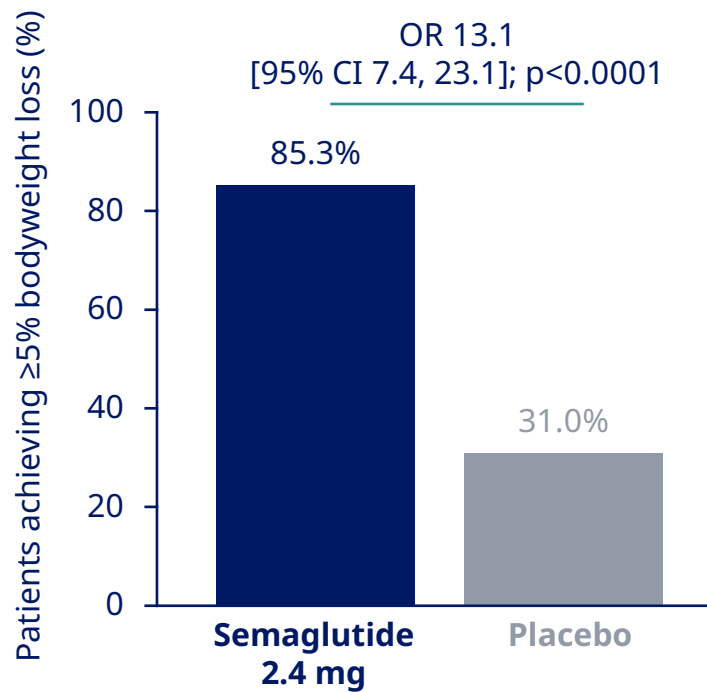
Subcutaneous semaglutide 2.4 mg led to clinically meaningful weight loss vs placebo



Change in body weight from baseline to week 44



Proportions of participants achieving ≥5% body weight loss at week 44



Safety

Adverse events

More frequent with semaglutide 2.4 mg vs placebo:
92.8% vs 85.7%

Gastrointestinal adverse events

67.5% with semaglutide 2.4 mg vs
35.7% with placebo

Conclusions



The results of this study support the use of **semaglutide 2.4 mg** for weight management in people of **East Asian ethnicity** with overweight or obesity and with or without type 2 diabetes