



Demographic Characteristics, Utilization Trends, and Access to GLP-1 Agonists Among Adults in a National Pharmacy Database

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OBJECTIVE

- To describe the growth of GLP-1a prescriptions over 4 years via dispensing trends, demographic characteristics, and insurance coverage details using a national pharmacy database.

INTRODUCTION

- Glucagon-Like Peptide-1 receptor agonists (GLP-1a) are effective in treating Type 2 diabetes by improving glycemic control and promoting weight loss¹.
- Recent GLP-1a products have shown significant improvements in health outcomes, including 15% to 25% weight loss, generating increased interest in these products for treating obesity².
- As the prevalence of diabetes and obesity continues to rise, the GLP-1a market is expected to grow and exceed \$100 billion by 2030².
- As GLP-1as continue to increase each year, understanding this rise is important for informing health interventions that support this growth.

METHODS

- Retrospective analyses of Walgreens Pharmacy Database in the United States (~130 million customers) were conducted from January 1, 2021 through December 31, 2024.
- GLP-1 agonist prescription purchases were identified and adults were confirmed using ATC and ICD-10 diagnosis codes, respectively.
- Adults purchasing GLP-1as were categorized into three groups: diagnosed obesity, Type 2 diabetes (T2D), and weight management for descriptive analyses.
- The proportion of adults dispensed at least one GLP-1a was calculated within each indication group and stratified by year for utilization pattern assessments.

INCLUSION CRITERIA

- 18 years of age or older
- GLP-1a dispensed from January 2021 through December 2024

CONCLUSIONS AND IMPACT

- GLP-1a Growth:** GLP-1a utilization has grown significantly from 2021 to 2024 with increased adoption across all major indication groups, particularly among adults with obesity and Type 2 diabetes.
- Subgroups of Interest:** The majority of GLP-1as dispensed were for middle-aged, female, and commercially insured adults.
- GLP-1a Access:** This analysis highlights the expanding role of GLP-1as in chronic disease management and underscores the importance of monitoring access and affordability along with demand.
- Real-time Insights:** Real-time pharmacy data on GLP-1a purchases can provide valuable insights to inform strategies to optimize appropriate utilization, access, and affordability of these medications for chronic disease management.

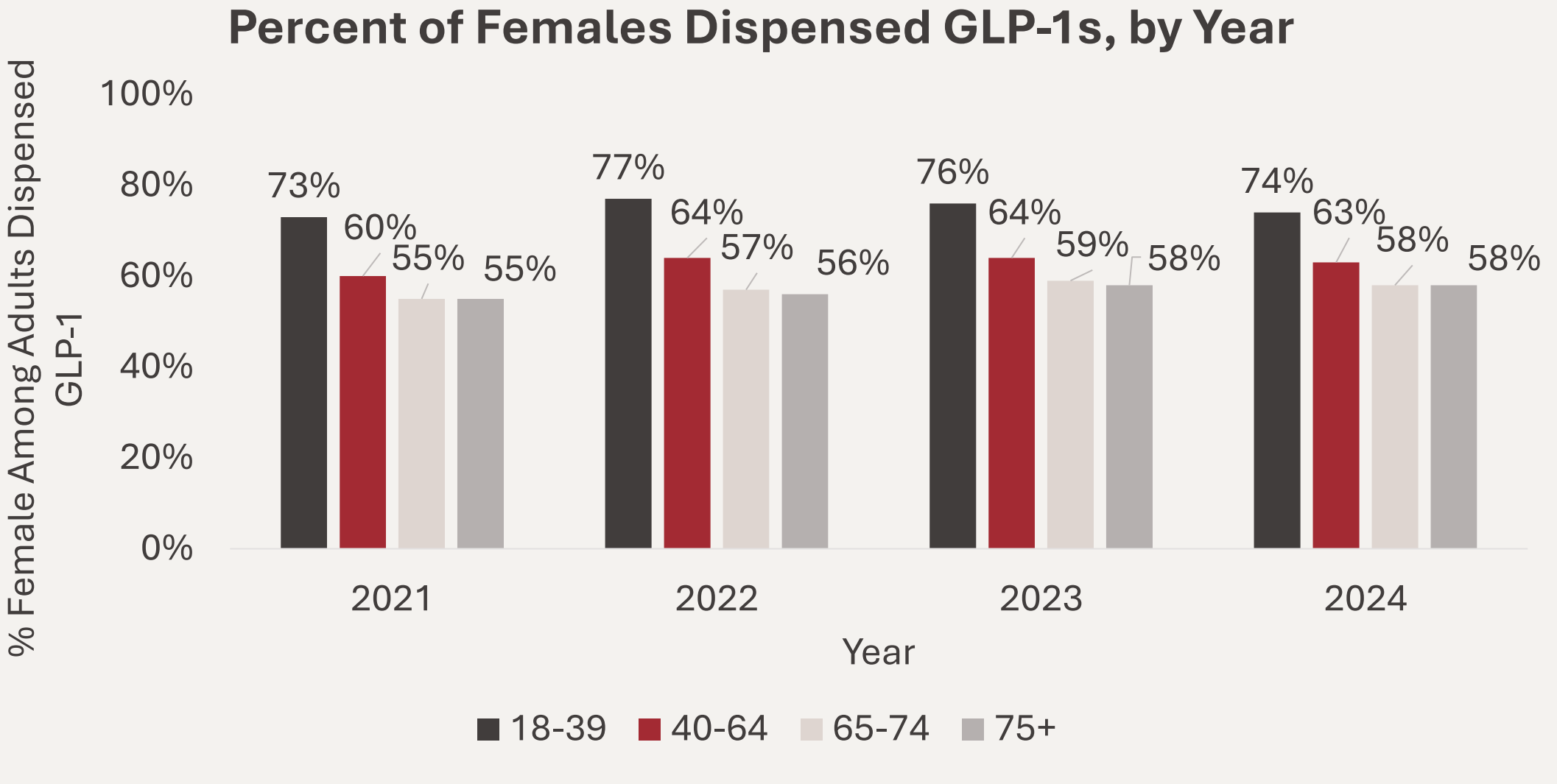
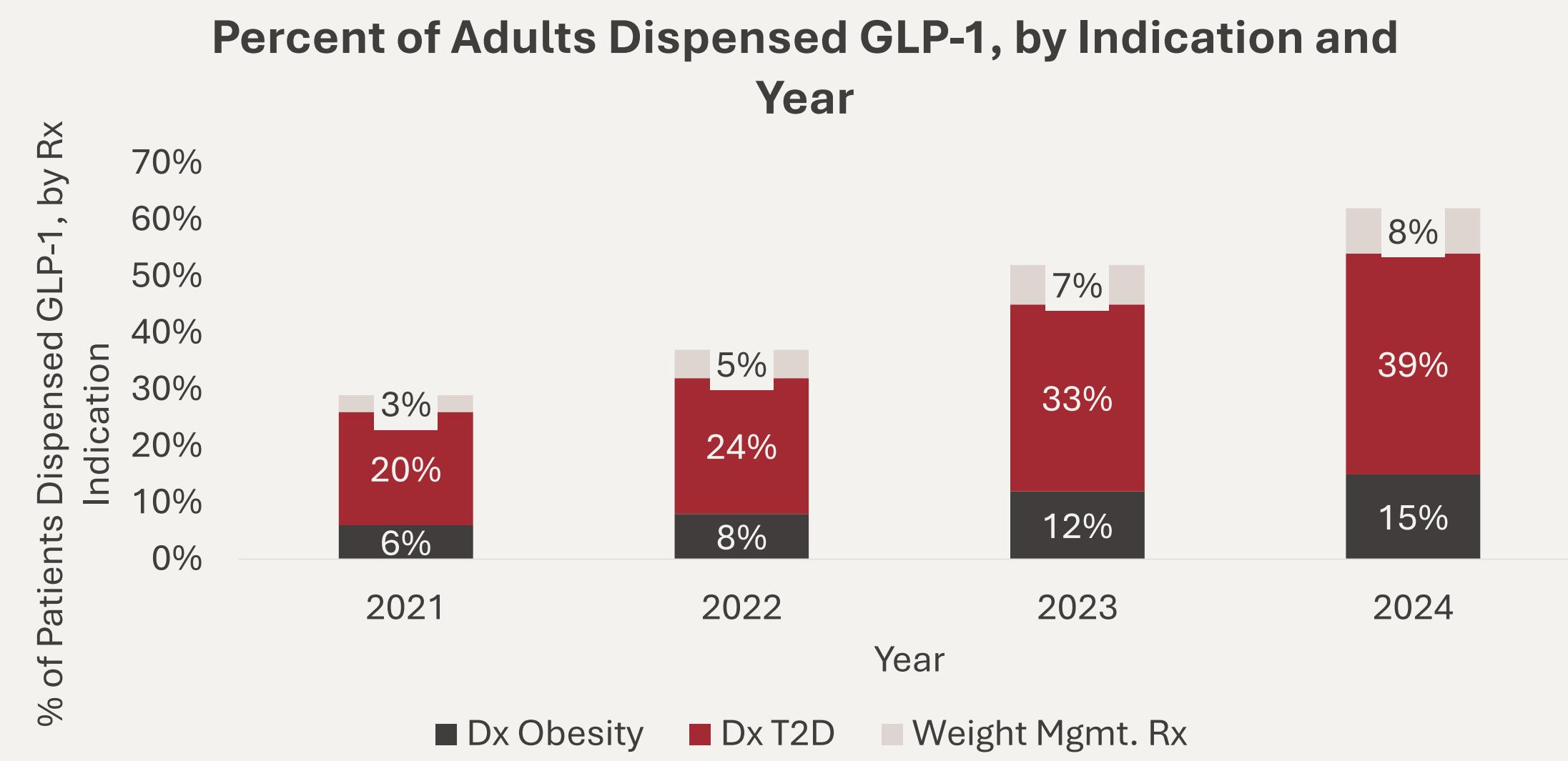
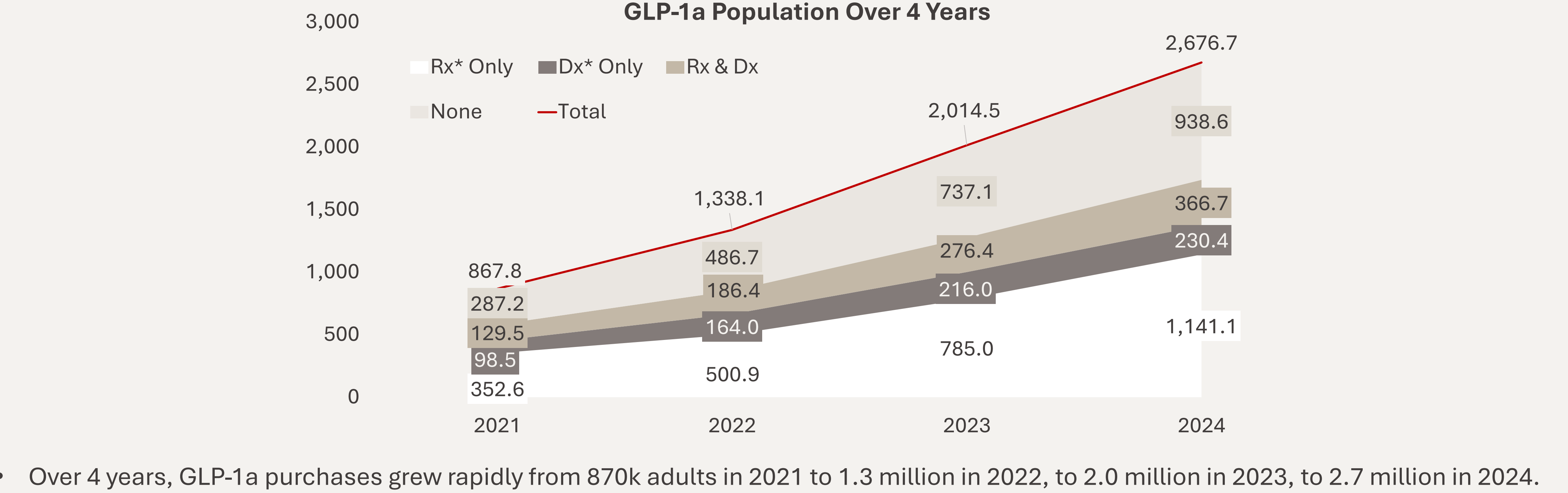
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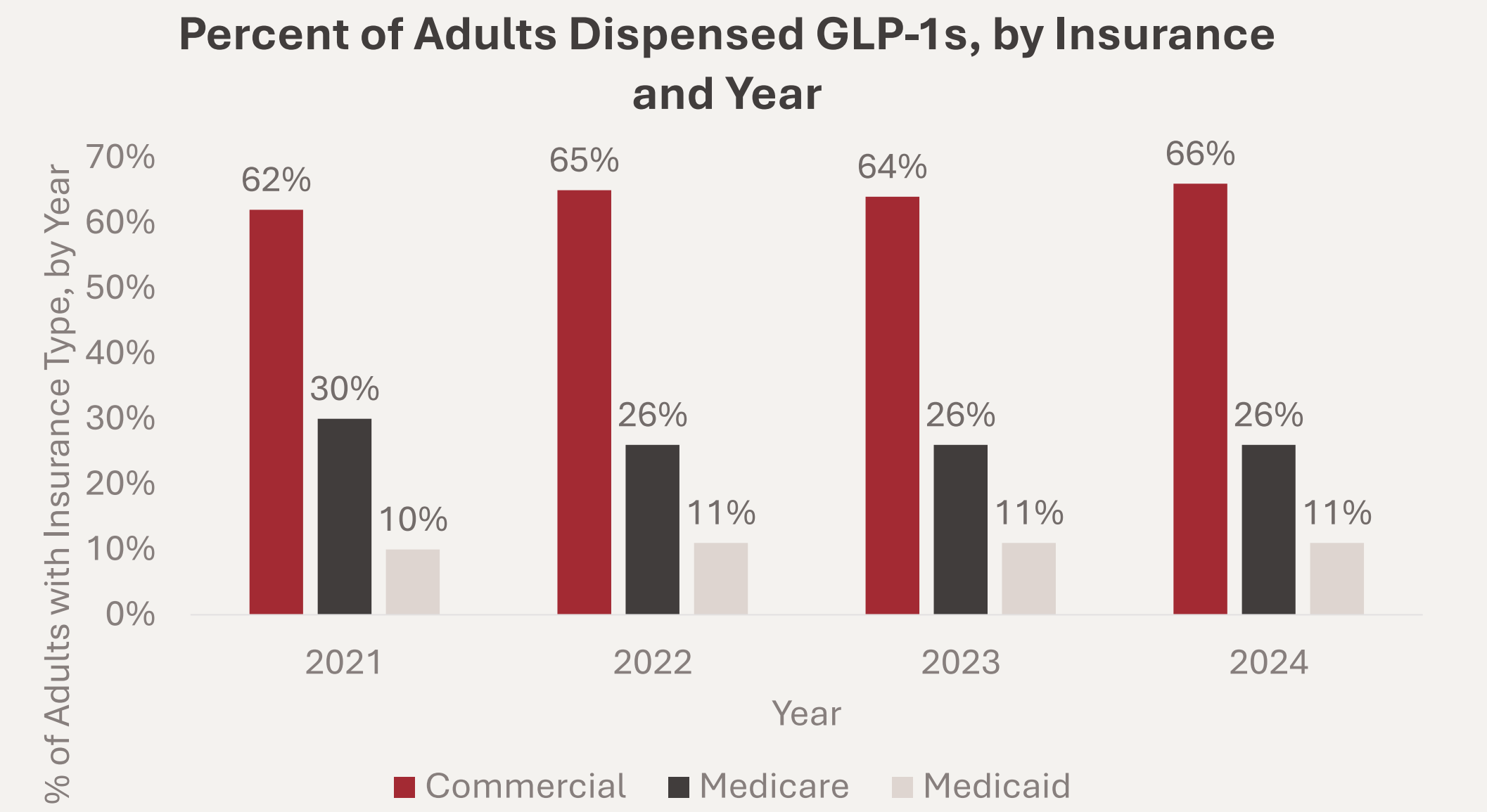
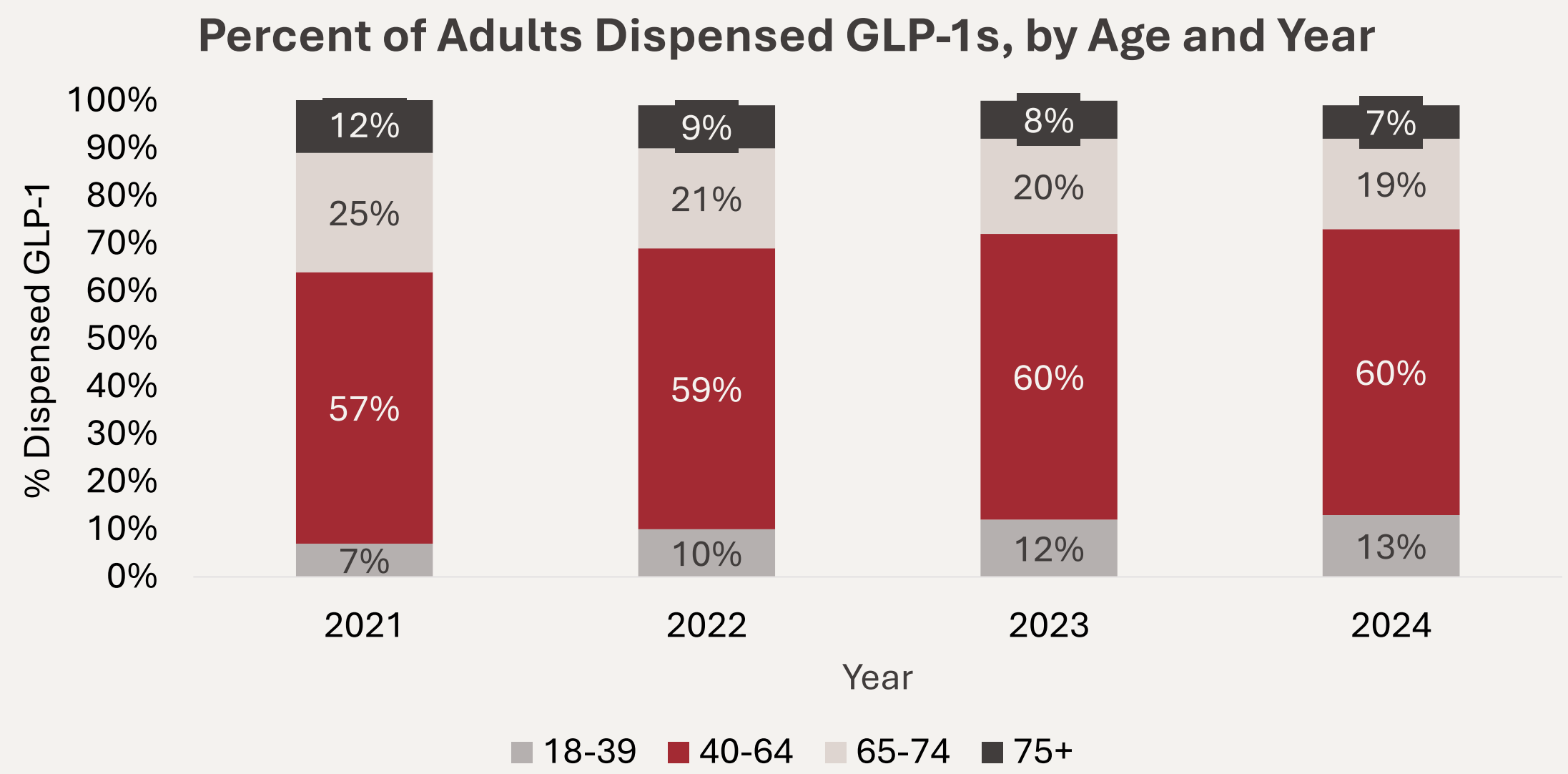
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RESULTS



- From 2021 to 2024, GLP-1 utilization rose significantly across indications.
 - The proportion of adults diagnosed with obesity receiving GLP-1s increased from 6% in 2021 to 15% in 2024.
 - The percentage of adults with Type 2 Diabetes receiving GLP-1s grew from 20% in 2021 to 39% in 2024.
 - The percentage of adults dispensed a GLP-1 for weight management increased modestly from 3% in 2021 to 8% in 2024.



- Over the 4 years, GLP-1s were more likely to be dispensed for adults aged 40 to 64.
- The proportion of GLP-1 recipients aged 18-39 increased from 7% in 2021 to 13% in 2024.
- GLP-1 uptake declined among those aged 65-74 and 75+ from 25% to 19% and 12% to 7% from 2021 to 2024, respectively.

- Those covered by Commercial insurance made up the highest percentage of dispensations each year.
- A slight decrease in dispensations was observed among those covered by Medicare between 2021 and 2024, from 30% to 27%.
- Those covered by Medicaid remained low at 11-12%, annually.

