**Limited weight regain from nadir weight in SURMOUNT-1 3-year study**

**Aim:** Obesity management is a long-term journey during which fluctuations in body weight are expected. For some patients, a previous nadir weight can become a point of focus. However, there is not clear literature that nadir weight is clinically relevant. This post-hoc analysis of the SURMOUNT-1 3-year study aimed to assess the magnitude of weight regain from nadir weight over 176-weeks with tirzepatide treatment.

**Methods:** This analysis included 690 tirzepatide-adherent participants with obesity or overweight, prediabetes and ≥5% weight reduction at time of nadir weight in the SURMOUNT-1 3-year study. Weight regain from nadir to Week-176 was defined as the difference between percent weight reduction from baseline to nadir and from baseline to Week-176. Weight regain analyses were categorized as <5%, 5%–<10%, and ≥10%. Analyses used efficacy analysis sets.

**Results:** At baseline, tirzepatide-treated participants had a mean age=49-years, weight=107kg, and BMI=38.6 kg/m2 with mean time to nadir weight=22-months. The mean percent weight reduction at nadir weight was 23.1% (SD=10.2%). The mean percent weight regain from nadir weight to Week-176 was 3.7% (SD=4.3%) leading to a mean percent weight reduction of 19.4% (SD=10.8%) at Week-176. At Week-176, 73%, 19%, and 8% of participants treated with tirzepatide 5mg (N=227) regained <5%, 5%–<10%, and ≥10% weight from nadir weight, respectively. Similarly, 65%, 26%, and 9% of participants treated with tirzepatide 10mg (N=239) and 73%, 20%, and 7% participants treated with tirzepatide 15mg (N=224) experienced <5%, 5%–<10%, and ≥10% weight regain from nadir to Week-176, respectively.

**Conclusion:** This post-hoc analysis found that 70% of participants treated with tirzepatide had limited (<5%) weight regain after nadir weight. Less than 10% of participants regained ≥10% from their nadir weight. Overall, these findings suggest that most participants receiving tirzepatide had a relatively stable weight journey over 3 years in the SURMOUNT-1 3-year study.