

## Prescribing of liraglutide for the treatment of obesity is not supported

### Thurrock CCG and Basildon and Brentwood CCG do not recommend the prescribing of liraglutide for the treatment of obesity.

Liraglutide is an analogue of the natural hormone glucagon-like peptide-1 (GLP-1). GLP-1 is a gut hormone released into the circulation after meal ingestion, which stimulates insulin and inhibits glucagon release. GLP-1 can suppress food intake and appetite and decelerate gastric emptying and induce satiety thus reducing appetite and food intake.

Liraglutide (Victoza) is licensed for the treatment of type 2 diabetes mellitus, and has been shown to improve glycaemic control, reducing glycosylated haemoglobin A1c (HbA1c), and reducing body weight. Victoza is not licensed for the treatment of obesity. Liraglutide (Saxenda) is licensed for weight management as an adjunct to a reduced-calorie diet and increased physical activity, however, has not been approved for local use. Therefore, both Victoza and Saxenda are not approved locally and not recommended for the treatment of obesity.

The East of England Priorities Advisory Committee has advised that treatment of obesity with liraglutide (including off label use of liraglutide (Victoza) is currently NOT recommended for routine commissioning because of:

- Insufficient evidence in relation to long term efficacy and long term safety.
- Safety concerns regarding serious adverse effects including pancreatitis.
- Unavailability of information on cost effectiveness and cost impact.

The full PAC evidence review can be found at the following link:

<https://www.prescqipp.info/resources/send/288-liraglutide-for-obesity/2681-liraglutide-saxenda-for-obesity>

Providers commissioned to provide services on behalf of Thurrock CCG and Basildon and Brentwood CCG are reminded that they are required to follow the local joint formulary and prescribing guidance, or relevant Medicines Management agreement.

<b>Position Statement No.</b>	19
<b>Title</b>	Prescribing of liraglutide for the treatment of obesity is not supported
<b>References</b>	N/A
<b>Acknowledgements</b>	Adapted from Mid Essex CCG
<b>Version</b>	1
<b>Author</b>	Medicines Management Team
<b>Approved by</b>	<b>Basildon and Brentwood CCG:</b> Prescribing Subgroup, Patient Quality and Safety Committee, Board <b>Thurrock CCG:</b> Medicines Management and Safety Group, Patient Quality and Safety Committee, Transformation and Sustainability Committee, Board
<b>Date Approved</b>	July 2017
<b>Review Date</b>	July 2019