

The Next Wave of Obesity Treatment:



Oral GLP-1 Medications

by OAC Staff

At the Obesity Action Coalition (OAC), we have long advocated for a better understanding of obesity as a chronic disease and for increased access to science-based obesity treatments. In the past few years, we've seen real progress. Conversations have evolved beyond outdated ideas and are now grounded in biology, metabolism and care.

Medications like GLP-1 receptor agonists have played an important role in that shift, offering tools that support health in meaningful ways. Now, another step forward in obesity care here: FDA approved oral GLP-1 medications that expand how treatment can fit into people's lives. This next chapter is about more options, more flexibility and a continued move toward care that is personalized, respectful and rooted in science.

Understanding the Foundation: What Are GLP-1 Medications?

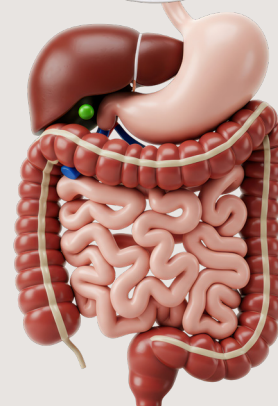
GLP-1 receptor agonists are medications that work with the body's natural systems to help regulate appetite, blood sugar and digestion. They mimic a hormone that supports feelings of fullness, slows digestion and helps manage blood sugar levels.

For people affected by obesity, this approach can help address underlying biology, not just symptoms. It reflects a broader shift toward treating obesity with the same level of care and understanding as other chronic diseases.

While GLP-1 medications have been available as injections for years, oral options are now expanding how people can access this type of care.

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A New Option in Care: Oral GLP-1 Medications

Oral GLP-1 medications are now part of the treatment landscape, offering another way to support people affected by obesity. Clinical research continues to show encouraging results, with these medications supporting improvements in weight and metabolic health. These developments reflect the growing potential of oral therapies to provide effective, science-based treatment in a format that may feel more familiar and easier to incorporate into daily routines.

Why This Matters for People Affected by Obesity

At OAC, we believe people deserve options. The expansion of treatment approaches creates more opportunities for individuals to find what works for them.

Oral medications may feel more approachable for some people and can offer flexibility in how treatment fits into daily life. For some, they may also help reduce certain barriers to starting treatment, though access is still not equal for everyone. Continued progress is needed to ensure these options are available and affordable for all who seek them.

Most importantly, having multiple options supports more personalized conversations with healthcare professionals and allows care to be tailored to individual needs, preferences and goals.

A More Complete Approach to Care

As treatment continues to evolve, so does the understanding of what effective care looks like. Managing health while living with the chronic disease of obesity often includes a combination of medical treatment, including medications and surgical options, along with nutrition, physical activity, mental and emotional well-being and ongoing support.

Each of these approaches can play a meaningful role, helping support the body in ways that align with long-term health and individual needs.

More Options

We are entering a new phase in care for people affected by obesity, one defined by more options and greater flexibility.

Two oral GLP-1–based options are now shaping this next chapter.

- **Orforglipron** (Foundayo™) is now approved by the FDA and available as an oral GLP-1 medication for weight management. It works by targeting appetite and fullness pathways in a once-daily pill and can be taken without restrictions around food or water, offering flexibility in how it fits into a daily routine.
- **Semaglutide** (Wegovy® tablet) approved in late 2025, was the first GLP-1 pill indicated for weight management. It builds on a well-established medication and is taken as a tablet with specific dosing instructions as part of its use.

Both medications represent important additions to the range of science-based treatment options available, offering different approaches that can support individualized care.

Progress, Access and What It Means for Care

The arrival of oral GLP-1 medications reflects meaningful progress in expanding treatment options. It creates more flexibility in how care can fit into daily life and supports more personalized approaches.

However, progress in treatment must be matched by progress in access. While these options may help some people enter care more easily, barriers such as cost, coverage and awareness still exist. At OAC, we continue to advocate for expanded access so more people can benefit from science-based care.

As treatment options continue to grow, the future of care is becoming more individualized and responsive to the needs of people affected by obesity. Oral medications are now part of a broader treatment landscape, offering more options to help people manage obesity and find an approach that fits their needs.

A More Hopeful, Informed Future

At OAC, we believe people deserve care that is grounded in science and delivered with respect. Expanding treatment options is an important step forward, but continued advocacy and awareness are essential to ensure more people can benefit.

If you are exploring treatment options, consider starting a conversation with a healthcare professional who can help guide you. Progress in care is not just about what is new, it is about continuing to expand access and support for people who need it.



ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



VIBRANT COMMUNITY



NATIONAL AWARENESS CAMPAIGNS



ANNUAL CONVENTION



ADVOCACY



PUBLIC EDUCATION

LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

**Through the OAC Community,
you can get access to:**

- Weight & Health Education • Community Blogs
 - Community Discussion Forum
 - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



JOIN TODAY: GO TO [OBESITYACTION.ORG/JOIN](https://obesityaction.org/join)

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