

DiCE Launches Landmark DiCE REALM Study, Delivering World's Largest Real-World Evidence on Digital Obesity Care

The **Digital Clinical Excellence (DiCE) Network** has unveiled the first findings from its landmark **DiCE REALM (Real-World Evidence in Lifestyle and Medicines)** study, establishing the world's largest multi-provider real-world evidence study of medication based digital weight management programmes. Presented at the **International Congress on Obesity (ICO 2026)** in Mexico City, the research provides the strongest evidence to date of how GLP-1 weight management medicines perform in routine online, digitally enabled private clinical practice.

The DiCE REALM study brings together nine leading UK regulated independent digital healthcare providers to analyse deidentified patient data from more than **500,000 adults** who have privately accessed GLP-1 obesity treatments through online services. By combining data at unprecedented scale, the study is creating a robust evidence base to inform clinical practice, healthcare policy and the future of obesity care.

The first analysis of this data demonstrates significant real-world clinical outcomes:

- Average weight loss of **more than 16% after 12 months**
- **37%** of patients completing 12 months lost **more than 20%** of their body weight
- A **75% reduction** in the proportion of patients with Class III obesity
- Early evidence that patients are accessing treatment across **all levels of socioeconomic deprivation**, suggesting digitally enabled care can support equitable access while expanding patient choice.

DiCE member organisations combine GLP-1 medicines with comprehensive clinical support, including behavioural coaching, ongoing monitoring and clinical oversight. This integrated model is designed to improve patient safety, encourage sustained behaviour change and deliver better long-term outcomes.

The study also addresses a major evidence gap. While clinical trials have demonstrated the effectiveness of GLP-1 medicines, relatively little has been known about their use in everyday clinical practice through regulated digital healthcare providers. DiCE REALM provides real-world evidence reflecting how people access, use and benefit from these treatments outside controlled trial settings.

DiCE collaborated with IQVIA, a leading global provider of clinical research services, commercial insights to the life sciences and healthcare industries, to deliver this real-world study with Dr Stuart Flint from the University of Leeds as the lead investigator. By responsibly sharing deidentified patient data under established research governance frameworks, DiCE and its members are demonstrating how collaboration can accelerate timely evidence generation while maintaining high standards of clinical governance and patient safety.

Professor James Kingsland OBE, Chair of the DiCE Forum, said:

"This landmark real-world study marks the next phase in the evolution of DiCE UK, demonstrating the value of collaborative data sharing across large independent healthcare providers delivering care to people throughout the UK. As more individuals choose to access healthcare through independent digital providers, it is increasingly important to harness this collective expertise to generate a robust evidence base that supports the safe, effective, and high-quality delivery of digitally enabled healthcare. This is particularly critical in obesity management, one of the most significant public health challenges facing populations worldwide."

Dr Stuart W. Flint, Associate Professor at the University of Leeds and Principal Investigator, said:

"The DiCE REALM study provides valuable real-world evidence on obesity treatment delivered through digital healthcare providers. Because most eligible UK adults currently access these medicines privately through digital services, this research offers important insights that complement clinical trials and better reflect everyday practice."

Angela McFarlane, Vice President of Strategic Planning at IQVIA, said:

"DiCE REALM demonstrates what can be achieved when regulated digital healthcare providers, researchers and industry collaborate in the public interest. Real-world evidence is essential to understanding how obesity treatments are accessed, used and experienced in routine care, helping inform healthcare policy and improve patient outcomes."

Notes to Editors

DiCE <https://digitalclinicaexcellence.com/>

The DiCE REALM study analyses deidentified patient-level data shared under appropriate research governance and data protection frameworks.

Participating providers include eMed, Juniper, Lloyds Pharmacy Online Doctor, Numan, Oushk, Oxford Online Pharmacy, Second Nature, Simple Online Healthcare and Voy.

Data from May 2026 indicates that approximately 2 million* individuals are accessing GLP-1 receptor agonist medications (Mounjaro and Wegovy) privately. An estimated 300,000** patients received access to these medicines through the NHS in March 2026.

Source: *IQVIA Supply Chain Manager (SCM), units, May 2026, **NHS reimbursed (primary care): NHSBSA data, Items dispensed, Mar 2026

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