

Additional File: Supplementary Materials

Title: Real-World Adherence Patterns and Predictors of GLP-1 Receptor Agonist Use for Obesity Management in a Medicaid Population

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Supplemental Table 1. Baseline demographic and clinical characteristics of adherent members (PDC $\geq 80\%$) at 3 and 6 months among Mississippi Medicaid members initiating glucagon-like peptide-1 receptor agonists (GLP-1 RAs) as anti-obesity medications (AOMs)

	Adherence at 3 months				Adherence at 6 months			
	Total study cohort	Initiators July 2023 - December 2023	Initiators January 2024 - December 2024	Initiators January 2025 - June 2025	Total study cohort	Initiators July 2023 - December 2023	Initiators January 2024 - December 2024	Initiators January 2025 - June 2025
	n = 2,256, 56.85%	n = 257, 47.77%	n = 1,129, 56.34%	n = 870, 61.01%	n = 1,514, 38.16%	n = 179, 33.27%	n = 751, 37.48%	n = 584, 40.95%
Sex								
Male	155 (52.19%)	19 (44.19%)	77 (49.68%)	59 (59.60%)	120 (40.40%)	16 (37.21%)	60 (38.71%)	44 (44.44%)
Female	2,101 (57.23%)	238 (48.08%)	1,052 (56.90%)	811 (61.12%)	1,394 (37.97%)	163 (32.93%)	691 (37.37%)	540 (40.69%)
Age								
18 - 39	1,377 (56.02%)	154 (46.81%)	687 (56.04%)	536 (59.36%)	875 (35.60%)	100 (30.40%)	425 (34.67%)	350 (38.76%)
40 - 64	879 (58.21%)	103 (49.28%)	442 (56.81%)	334 (63.86%)	639 (42.32%)	79 (37.80%)	326 (41.90%)	234 (44.74%)
Race								
White	842 (62.19%)	116 (50.66%)	409 (61.88%)	317 (68.32%)	562 (41.51%)	81 (35.37%)	258 (39.03%)	223 (48.06%)
Black	1,059 (53.08%)	105 (43.03%)	523 (52.04%)	431 (57.77%)	692 (34.69%)	70 (28.69%)	344 (34.23%)	278 (37.27%)
Other	355 (57.35%)	36 (55.38%)	197 (58.28%)	122 (56.48%)	260 (42.00%)	28 (43.08%)	149 (44.08%)	83 (38.43%)
Plan								
FFS	176 (50.00%)	42 (39.25%)	72 (49.66%)	62 (62.00%)	125 (35.51%)	25 (23.36%)	50 (34.48%)	50 (50.00%)
MCO #1	802 (55.20%)	81 (45.76%)	400 (53.55%)	321 (60.68%)	535 (36.82%)	54 (30.51%)	271 (36.28%)	210 (39.70%)
MCO #2	472 (58.78%)	48 (50.53%)	246 (59.42%)	178 (60.54%)	317 (39.48%)	37 (38.95%)	161 (38.89%)	119 (40.48%)
MCO #3	806 (59.26%)	86 (54.09%)	411 (58.88%)	309 (61.43%)	537 (39.49%)	63 (39.62%)	269 (38.54%)	205 (40.76%)
Clinical Characteristics								
Type 2 diabetes mellitus	261 (54.83%)	32 (55.17%)	126 (50.40%)	103 (61.31%)	177 (37.18%)	19 (32.76%)	91 (36.40%)	67 (39.88%)
Sleep apnea	351 (56.34%)	44 (44.90%)	182 (57.23%)	125 (60.39%)	271 (43.50%)	36 (36.73%)	143 (44.97%)	92 (44.44%)
MASLD	133 (54.07%)	22 (48.89%)	61 (49.19%)	50 (64.94%)	94 (38.21%)	18 (40.00%)	43 (34.68%)	33 (42.86%)
Hypertension	964 (56.08%)	114 (48.51%)	495 (56.19%)	355 (58.87%)	707 (41.13%)	86 (36.60%)	360 (40.86%)	261 (43.28%)
Hyperlipidemia	313 (56.50%)	30 (53.57%)	155 (51.50%)	128 (64.97%)	219 (39.53%)	23 (41.07%)	115 (38.21%)	81 (41.12%)

Cardiovascular conditions	225 (50.90%)	16 (29.09%)	125 (51.65%)	84 (57.93%)	158 (35.75%)	11 (20.00%)	91 (37.60%)	56 (38.62%)
Kidney-related conditions	105 (53.85%)	7 (31.82%)	55 (56.12%)	43 (57.33%)	71 (36.41%)	5 (22.73%)	41 (41.84%)	25 (33.33%)
Depression	717 (57.00%)	79 (42.47%)	385 (58.60%)	253 (60.96%)	498 (39.59%)	55 (29.57%)	254 (38.66%)	189 (45.54%)

Abbreviations: FFS - fee-for-service; MCO - managed care organizations; MASLD - metabolic dysfunction-associated steatotic liver disease

*Cardiovascular diseases include atrial fibrillation, heart failure, myocardial infarction, coronary heart disease, cerebrovascular disease, peripheral artery disease, and atherosclerotic diseases.

**Kidney-related conditions include chronic kidney disease, acute kidney failure, and end-stage renal disease.

Supplemental Table 2. Baseline demographic and clinical characteristics of persistent members at 3 and 6 months among Mississippi Medicaid members initiating glucagon-like peptide-1 receptor agonists (GLP-1 RAs) as anti-obesity medications (AOMs)

	Persistence at 3 months				Persistence at 6 months			
	Total study cohort	Initiators July 2023 - December 2023	Initiators January 2024 - December 2024	Initiators January 2025 - June 2025	Total study cohort	Initiators July 2023 - December 2023	Initiators January 2024 - December 2024	Initiators January 2025 - June 2025
	n = 2,896, 72.98%	n = 350, 65.06%	n = 1,489, 74.30%	n = 1,057, 74.12%	n = 2,025, 51.03%	n = 252, 46.84%	n = 1,037, 51.75%	n = 736, 51.61%
Sex								
Male	223 (75.08%)	28 (65.12%)	121 (78.06%)	74 (74.75%)	159 (53.54%)	22 (51.16%)	86 (55.48%)	51 (51.52%)
Female	2,673 (72.81%)	322 (65.05%)	1,368 (73.99%)	983 (74.08%)	1,866 (50.83%)	230 (46.46%)	951 (51.43%)	685 (51.62%)
Age								
18 - 39	1,759 (71.56%)	206 (62.61%)	885 (72.19%)	668 (73.98%)	1,191 (48.45%)	144 (43.77%)	595 (48.53%)	452 (50.06%)
40 -64	1,137 (75.30%)	144 (68.90%)	604 (77.63%)	389 (74.38%)	834 (55.23%)	108 (51.67%)	442 (56.81%)	284 (54.30%)
Race								
White	1,017 (75.11%)	156 (68.12%)	507 (76.70%)	354 (76.29%)	719 (53.10%)	110 (48.03%)	347 (52.50%)	262 (56.47%)
Black	1,407 (70.53%)	141 (57.79%)	719 (71.54%)	547 (73.32%)	974 (48.82%)	105 (43.03%)	500 (49.75%)	369 (49.46%)
Other	472 (76.25%)	53 (81.54%)	263 (77.81%)	156 (72.22%)	332 (53.63%)	37 (56.92%)	190 (56.21%)	105 (48.61%)
Plan								
FFS	232 (65.91%)	57 (53.27%)	100 (68.97%)	75 (75.00%)	174 (49.43%)	36 (33.64%)	75 (51.72%)	63 (63.00%)
MCO #1	1,064 (73.23%)	111 (62.71%)	559 (74.83%)	394 (74.48%)	744 (51.20%)	79 (44.63%)	395 (52.88%)	270 (51.04%)
MCO #2	599 (74.60%)	60 (63.16%)	314 (75.85%)	225 (76.53%)	411 (51.18%)	48 (50.53%)	209 (50.48%)	154 (52.38%)
MCO #3	1,001 (73.60%)	122 (76.73%)	516 (73.93%)	363 (72.17%)	696 (51.18%)	89 (55.97%)	358 (51.29%)	249 (49.50%)
Clinical Characteristics								
Type 2 diabetes mellitus	354 (74.37%)	43 (74.14%)	185 (74.00%)	126 (75.00%)	250 (52.52%)	28 (48.28%)	132 (52.80%)	90 (53.57%)
Sleep apnea	475 (76.24%)	64 (65.31%)	254 (79.87%)	157 (75.85%)	357 (57.30%)	53 (54.08%)	189 (59.43%)	115 (55.56%)
MASLD	177 (71.95%)	27 (60.00%)	90 (72.58%)	60 (77.92%)	124 (50.41%)	20 (44.44%)	65 (52.42%)	39 (50.65%)
Hypertension	1,255 (73.01%)	158 (67.23%)	663 (75.26%)	434 (71.97%)	920 (53.52%)	125 (53.19%)	476 (54.03%)	319 (52.90%)
Hyperlipidemia	414 (74.73%)	44 (78.57%)	222 (73.75%)	148 (75.13%)	302 (54.51%)	34 (60.71%)	159 (52.82%)	109 (55.33%)
Cardiovascular conditions	313 (70.81%)	32 (58.18%)	176 (72.73%)	105 (72.41%)	214 (48.42%)	21 (38.18%)	124 (51.24%)	69 (47.59%)

Kidney-related conditions	138 (70.77%)	12 (54.55%)	77 (78.57%)	49 (65.33%)	93 (47.69%)	11 (50.00%)	52 (53.06%)	30 (40.00%)
Depression	936 (74.40%)	116 (62.37%)	501 (76.26%)	319 (76.87%)	664 (52.78%)	84 (45.16%)	342 (52.05%)	238 (57.35%)

Abbreviations: FFS - fee-for-service; MCO - managed care organizations; MASLD - metabolic dysfunction-associated steatotic liver disease

*Cardiovascular diseases include atrial fibrillation, heart failure, myocardial infarction, coronary heart disease, cerebrovascular disease, peripheral artery disease, and atherosclerotic diseases.

**Kidney-related conditions include chronic kidney disease, acute kidney failure, and end-stage renal disease.

Supplemental Table 3. Model selection criteria for group-based trajectory models of glucagon-like peptide-1 receptor agonists (GLP-1 RAs) as anti-obesity medications (AOMs) adherence over the 6-month follow-up period

	Linear model				Quadratic model			
	BIC (population)	BIC (study cohort)	Log (2ΔBIC)	Group membership	BIC (population)	BIC (study cohort)	Log (2ΔBIC)	Group membership
2- group model	-12816.82	-12,811.45	NA	Group 1: 30.93% Group 2: 69.07%	-12403.66	-12,396.50	NA	Group 1: 30.86% Group 2: 69.14%
3- group model	-10964.23	-10,956.17	3.57	Group 1: 10.19% Group 2: 61.98% Group 3: 27.83%	-10872.82	-10,862.07	3.49	Group 1: 10.18% Group 2: 28.34% Group 3: 61.47%
4- group model	-10470.56	-10,459.81	3.00	Group 1: 10.17% Group 2: 13.69% Group 3: 54.24% Group 4: 21.90%	-9583.84	-9569.51	3.41	Group 1: 10.98% Group 2: 22.63% Group 3: 56.17% Group 4: 10.21%
5- group model	-10485.68	-10,472.24	NA	Group 1: 21.90% Group 2: 10.17% Group 3: 3.08% Group 4: 13.69% Group 5: 51.16%	-8859.52	-8841.61	3.16	Group 1: 11.14% Group 2: 10.21% Group 3: 12.85% Group 4: 52.27% Group 5: 13.53%

Model selection was based on four criteria: (1) the Bayesian Information Criterion (BIC), where lower values indicate better model fit; (2) the logged Bayes factor (Log 2ΔBIC), where a value greater than 2 indicates meaningful improvement over the prior model; (3) a minimum group membership threshold of $\geq 5\%$ to ensure adequate representation; and (4) clinical interpretability of the identified trajectories. Both linear and quadratic functional forms were evaluated for 2- through 5-group models.

The 5-group quadratic model was selected as the optimal solution for several reasons. First, it achieved the lowest BIC value among all evaluated models (study cohort BIC: -8,859.52), indicating the best overall model fit. Second, the logged Bayes factor of 3.16 relative to the 4-group model exceeded the threshold of 2, confirming a meaningful improvement in fit with the addition of a fifth trajectory group. Third, all five trajectory groups met the minimum membership threshold of $\geq 5\%$, ensuring that each group was adequately represented for subsequent multinomial analyses. Fourth, the five identified trajectories were clinically interpretable and reflected substantively distinct and meaningful patterns of medication-taking behavior, supporting their validity as adherence subgroups. Finally, the quadratic functional form better captured the non-linear patterns of adherence over time compared to linear models.

Supplemental Table 4. Baseline demographic and clinical characteristics of the 12-month subgroup of glucagon-like peptide-1 receptor agonists (GLP-1 RAs) as anti-obesity medications (AOMs) initiators among Mississippi Medicaid members (July 2023–December 2024)

Baseline characteristics	Total study cohort	Initiators July 2023 - December 2023	Initiators January 2024 - December 2024
	n = 2,078	n = 437	n = 1,641
Sex			
Male	177 (8.52%)	35 (8.01%)	142 (8.65%)
Female	1,901 (91.48%)	402 (91.99%)	1,499 (91.35%)
Age			
18 - 39	1,231 (59.24%)	261 (59.73%)	970 (59.11%)
40 -64	847 (40.76%)	176 (40.27%)	671 (40.89%)
Race			
White	693 (33.35%)	182 (41.65%)	511 (31.14%)
Black	1,014 (48.80%)	198 (45.31%)	816 (49.73%)
Other	371 (17.85%)	57 (13.04%)	314 (19.13%)
Plan			
FFS	183 (8.81%)	65 (14.87%)	118 (7.19%)
MCO #1	786 (37.82%)	156 (35.70%)	630 (38.39%)
MCO #2	409 (19.68%)	78 (17.85%)	331 (20.17%)
MCO #3	700 (33.69%)	138 (31.58%)	562 (34.25%)
Clinical Characteristics			
Type 2 diabetes mellitus	260 (12.51%)	46 (10.53%)	214 (13.04%)
Sleep apnea	360 (17.32%)	81 (18.54%)	279 (17.00%)
MASLD	138 (6.64%)	34 (7.78%)	104 (6.34%)
Hypertension	946 (45.52%)	198 (45.31%)	748 (45.58%)
Hyperlipidemia	316 (15.21%)	51 (11.67%)	265 (16.15%)
Cardiovascular conditions	261 (12.56%)	52 (11.90%)	209 (12.74%)
Kidney-related conditions	110 (5.29%)	20 (4.58%)	90 (5.48%)
Depression	696 (33.49%)	156 (35.70%)	540 (32.91%)
Study outcomes			
Adherence (PDC), mean (SD)			
In 12 months	0.54 (0.29)	0.52 (0.30)	0.54 (0.28)
Adherent (PDC ≥80%), n (%)			
In 12 months	525 (25.26%)	111 (25.40%)	414 (25.23%)
Persistent without 60-day gap, n (%)			
In 12 months	762 (36.67%)	149 (34.10%)	613 (37.36%)
Abbreviations: FFS - fee-for-service; MCO - Managed Care Organizations; MASLD - metabolic dysfunction-associated steatotic liver disease.			

*cardiovascular diseases include atrial fibrillation, heart failure, myocardial infarction, coronary heart disease, cerebrovascular disease, peripheral artery disease, and atherosclerotic diseases.

**Kidney-related conditions include chronic kidney disease, acute kidney failure, and end-stage renal disease.

Supplemental Table 5. Baseline demographic and clinical characteristics of adherent and persistent members at 12-months subgroup

	Adherence at 12 months			Persistence at 12 months		
	Total study cohort	Initiators July 2023 - December 2023	Initiators January 2024 - December 2024	Total study cohort	Initiators July 2023 - December 2023	Initiators January 2024 - December 2024
	n = 525, 25.26%	n = 111, 25.40%	n = 414, 25.23%	n = 762, 36.67%	n = 149, 34.10%	n = 613, 37.36%
Sex						
Male	41 (23.16%)	9 (25.71%)	32 (22.54%)	63 (35.59%)	12 (34.29%)	51 (35.92%)
Female	484 (25.46%)	102 (25.37%)	382 (25.48%)	699 (36.77%)	137 (34.08%)	562 (37.49%)
Age						
18 - 39	271 (22.01%)	59 (22.61%)	212 (21.86%)	404 (32.82%)	84 (32.18%)	320 (32.99%)
40 -64	254 (29.99%)	52 (29.55%)	202 (30.10%)	358 (42.27%)	65 (36.93%)	293 (43.67%)
Race						
White	189 (27.27%)	53 (29.12%)	136 (26.61%)	261 (37.66%)	66 (36.26%)	195 (38.16%)
Black	224 (22.09%)	38 (19.19%)	186 (22.79%)	347 (34.22%)	57 (28.79%)	290 (35.54%)
Other	112 (30.19%)	20 (35.09%)	92 (29.30%)	154 (41.51%)	26 (45.61%)	128 (40.76%)
Plan						
FFS	41 (22.40%)	10 (15.38%)	31 (26.27%)	65 (35.52%)	17 (26.15%)	48 (40.68%)
MCO #1	188 (23.92%)	42 (26.92%)	146 (23.17%)	289 (36.77%)	53 (33.97%)	236 (37.46%)
MCO #2	104 (25.43%)	19 (24.36%)	85 (25.68%)	145 (35.45%)	24 (30.77%)	121 (36.56%)
MCO #3	192 (27.43%)	40 (28.99%)	152 (27.05%)	263 (37.57%)	55 (39.86%)	208 (37.01%)
Clinical Characteristics						
Type 2 diabetes mellitus	58 (22.31%)	9 (19.57%)	49 (22.90%)	84 (32.31%)	15 (32.61%)	69 (32.24%)
Sleep apnea	106 (29.44%)	24 (29.63%)	82 (29.39%)	156 (43.33%)	34 (41.98%)	122 (43.73%)
MASLD	31 (22.46%)	8 (23.53%)	23 (22.12%)	47 (34.06%)	11 (32.35%)	36 (34.62%)
Hypertension	268 (28.33%)	57 (28.79%)	211 (28.21%)	379 (40.06%)	73 (36.87%)	306 (40.91%)
Hyperlipidemia	83 (26.27%)	17 (33.33%)	66 (24.91%)	117 (37.03%)	25 (49.02%)	92 (34.72%)
Cardiovascular conditions	63 (24.14%)	9 (17.31%)	54 (25.84%)	89 (34.10%)	13 (25.00%)	76 (36.36%)
Kidney-related conditions	25 (22.73%)	6 (30.00%)	19 (21.11%)	40 (36.36%)	7 (35.00%)	33 (36.67%)

Depression	174 (25.00%)	35 (22.44%)	139 (25.74%)	250 (35.92%)	47 (30.13%)	203 (37.59%)
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Abbreviations: FFS - fee-for-service; MCO - managed care organizations; MASLD - Metabolic dysfunction-associated steatotic liver disease

*Cardiovascular diseases include atrial fibrillation, heart failure, myocardial infarction, coronary heart disease, cerebrovascular disease, peripheral artery disease, and atherosclerotic diseases.

**Kidney-related conditions include chronic kidney disease, acute kidney failure, and end-stage renal disease.

Supplemental Table 6. Multinomial logistic regression analysis of predictors associated with glucagon-like peptide-1 receptor agonists (GLP-1 RAs) as anti-obesity medications (AOMs) adherence trajectories in the 12-month subgroup of Mississippi Medicaid members

	Rapid Discontinuer vs. Consistent Adherent OR (95% CI), p-value	Consistent Decliner vs. Consistent Adherent OR (95% CI), p-value	Delayed Decliner vs. Consistent Adherent OR (95% CI), p-value	Fluctuating Adherent vs. Consistent Adherent OR (95% CI), p-value
Initiation group				
Initiators between January 2024 - December 2024	Reference	Reference	Reference	Reference
Initiators between July 2023 - December 2023	1.35 (0.97 - 1.87), 0.071	0.87 (0.64 - 1.19), 0.391	0.98 (0.69 - 1.40), 0.930	0.97 (0.70 - 1.35), 0.859
Sex				
Male	Reference	Reference	Reference	Reference
Female	1.05 (0.60 - 1.82), 0.865	0.82 (0.53 - 1.28), 0.379	0.83 (0.49 - 1.39), 0.469	0.96 (0.56 - 1.62), 0.871
Age				
18 - 39	Reference	Reference	Reference	Reference
40 - 64	0.70 (0.50 - 0.96), 0.027	0.61 (0.46 - 0.81), 0.001	0.58 (0.42 - 0.80), 0.001	0.61 (0.44 - 0.83), 0.002
Race				
White	Reference	Reference	Reference	Reference
Black	1.31 (0.95 - 1.80), 0.094	0.87 (0.66 - 1.16), 0.348	1.45 (1.04 - 2.00), 0.026	1.88 (1.37 - 2.59), <0.001
Other	0.80 (0.51 - 1.25), 0.324	0.80 (0.56 - 1.15), 0.228	1.13 (0.74 - 1.73), 0.569	1.15 (0.75 - 1.77), 0.511
Plan type				
FFS	Reference	Reference	Reference	Reference
MCO	0.70 (0.45 - 1.11), 0.130	0.88 (0.57 - 1.35), 0.551	2.04 (1.06 - 3.94), 0.033	0.69 (0.44 - 1.08), 0.102
Type 2 diabetes mellitus				
No	Reference	Reference	Reference	Reference
Yes	1.31 (0.84 - 2.04), 0.240	1.50 (1.02 - 2.21), 0.037	1.13 (0.71 - 1.79), 0.607	1.23 (0.79 - 1.90), 0.359
Sleep apnea				

No	Reference	Reference	Reference	Reference
Yes	0.83 (0.56 - 1.23), 0.349	0.68 (0.47 - 0.97), 0.033	0.81 (0.54 - 1.21), 0.297	0.70 (0.47 - 1.03), 0.072
MASLD				
No	Reference	Reference	Reference	Reference
Yes	1.29 (0.75 - 2.22), 0.365	1.05 (0.64 - 1.73), 0.840	1.16 (0.66 - 2.04), 0.610	1.24 (0.72 - 2.14), 0.434
Hypertension				
No	Reference	Reference	Reference	Reference
Yes	0.78 (0.56 - 1.07), 0.122	0.72 (0.55 - 0.96), 0.027	0.71 (0.52 - 0.98), 0.040	0.86 (0.64 - 1.17), 0.342
Hyperlipidemia				
No	Reference	Reference	Reference	Reference
Yes	1.23 (0.79 - 1.91), 0.349	1.34 (0.92 - 1.96), 0.123	1.44 (0.93 - 2.22), 0.102	0.82 (0.52 - 1.30), 0.392
Cardiovascular conditions				
No	Reference	Reference	Reference	Reference
Yes	1.21 (0.74 - 1.95), 0.445	1.66 (1.10 - 2.49), 0.015	1.14 (0.70 - 1.87), 0.600	1.46 (0.92 - 2.31), 0.104
Kidney-related conditions				
No	Reference	Reference	Reference	Reference
Yes	1.21 (0.64 - 2.29), 0.557	1.05 (0.59 - 1.86), 0.868	1.45 (0.78 - 2.72), 0.241	0.96 (0.49 - 1.88), 0.914
Depression				
No	Reference	Reference	Reference	Reference
Yes	1.11 (0.82 - 1.50), 0.488	1.01 (0.78 - 1.32), 0.917	1.16 (0.86 - 1.57), 0.319	1.26 (0.94 - 1.67), 0.117

Abbreviations: OR - odds ratio; CI - confidence interval; FFS - fee-for-service; MCO - managed care organizations; MASLD - metabolic dysfunction-associated steatotic liver disease.

*Cardiovascular diseases include atrial fibrillation, heart failure, myocardial infarction, coronary heart disease, cerebrovascular disease, peripheral artery disease, and atherosclerotic diseases.

**Kidney-related conditions include chronic kidney disease, acute kidney failure, and end-stage renal disease.

Supplemental Figure 1. Group-Based Trajectory Model of GLP-1 Receptor Agonist Anti-Obesity Medication Adherence Over 12-Month Follow-Up Among Mississippi Medicaid Members (Subgroup Analysis, July 2023–December 2024)

