

U.S. Medical Weight Loss Clinics Market Size, Share & Trends Analysis Report By Ownership (Hospital-based, Standalone), Consumer Behavior, Key Companies, Competitive Analysis, And Segment Forecasts, 2025 - 2030

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Abstracts

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U.S. Medical Weight Loss Clinics Market Growth & Trends

The U.S. Medical Weight Loss Clinics market size is estimated to reach USD 1.50 billion by 2030, expanding at a CAGR of 4.42% from 2025 to 2030, according to a new report by Grand View Research, Inc. The growth is attributed to the rising prevalence of obesity and the overweight adult population in the U.S. Moreover, the growing desire of overweight people to improve their health is expected to boost growth in the U.S.

Physical inactivity is a major public health concern as it has led to the second-highest number of deaths after the consumption of tobacco in the U.S. A sedentary lifestyle is the major factor responsible for obesity and subsequently leads to morbidity and the development of chronic conditions, such as diabetes and cardiac disorders. Hence, the growing sedentary lifestyle among the adult U.S. population is expected to boost the market's growth over the forecast period. According to the CDC statistics, around 15% of all adults in the country are physically inactive, and the prevalence ranges from 17.3% to 47.7% in states and territories.

Moreover, with the rising demand for medical weight loss treatment programs,

companies are launching clinics in different locations to cater to this demand. For instance, in January 2022, Options Medical Weight Loss opened a clinic in Tampa, Florida, to provide personalized medical weight loss programs in the area. It is the third clinic in the Central Gulf Coast of Florida, along with the clinics located in St. Petersburg and Largo.

The COVID-19 pandemic negatively impacted the growth of the market during the initial phase owing to reduced demand from patients and closures of centers to curb the spread of the virus. However, with the adoption of telehealth services, the market has recovered quickly from the negative effects of the pandemic and is expected to be in demand over the next few years.

U.S. Medical Weight Loss Clinics Market Report Highlights

Based on the ownership, the standalone segment held the largest market share in 2024. The high share of the segment can be attributed to the rising number of standalone clinics in the U.S. and growing patient preference towards specialized standalone clinics

Based on the region, the Southeast region held the largest market share in 2024 owing to the higher prevalence of obesity in the region and growing healthcare spending for physician services

Many standalone clinics are opening new clinics to increase their market and geographical presence and offer personalized services with some new and potent medications such as GLP-1

The adoption of medical weight loss treatment is rising in the U.S. as patients are shifting from bariatric surgeries to affordable non-surgical interventions. These programs are in demand owing to the low risk of mortality associated with these programs

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