

WELLNESS

In the News

Catch up on the latest **wellness-related developments** from the past month.

New Obesity Drug Shows Promising Results

Eli Lilly (Lilly) recently announced encouraging [results](#) for its next-generation obesity drug, retatrutide, marking an important milestone in its development. The company, which manufactures treatments such as Mounjaro, Zepbound and Foundayo, shared positive findings from TRIUMPH-1, a Phase 3 clinical trial evaluating a once-weekly retatrutide injection. The study included adults with obesity and at least one weight-related health condition, such as high blood pressure, but without diabetes.

[Retatrutide](#) stands out from other medications currently on the market because of how it works in the body. While many existing treatments target one or two metabolic pathways, retatrutide activates three hormone receptors—glucose-dependent insulinotropic polypeptide, GLP-1 and glucagon. This makes it a first-in-class triple hormone receptor agonist, a combination that may contribute to stronger weight-loss outcomes.

Results from the TRIUMPH-1 trial were strong, with participants experiencing significant weight loss during treatment. On average, individuals lost about 28% of their body weight, with higher doses leading to even greater results. Many participants achieved substantial weight reductions, and nearly half of those on the highest dose lost 30% or more, an outcome comparable to what is often seen with bariatric surgery.

As with similar therapies, retatrutide was associated with some side effects. The most commonly reported were gastrointestinal issues such as nausea, constipation and diarrhea. Participants taking retatrutide also reported higher rates of certain additional effects compared with placebo, including unusual or uncomfortable skin sensations and urinary tract infections.

Lilly plans to continue advancing the drug through additional studies. Later this year, the company expects to share results from TRIUMPH-2, which focuses on adults with obesity and Type 2 diabetes, and TRIUMPH-3, which evaluates outcomes in patients with established cardiovascular disease. While retatrutide has not yet been submitted to the U.S. Food and Drug Administration for approval, Lilly has indicated it may do so as early as this year.

If approved, retatrutide could further expand the range of treatment options available for weight management and may influence ongoing discussions about coverage and access to obesity medications. As new therapies continue to emerge, employees may see changes in how these treatments are evaluated and included in health plans.

New Report Finds Few Sunscreens Meet Safety Standards

A [recent report](#) from the Environmental Working Group's 2026 sunscreen guide found that only about 20% of sunscreens on the market meet safety and effectiveness standards, underscoring the importance of choosing products carefully. The organization reviewed nearly 2,800 products, focusing on sunscreens that protect against both ultraviolet A and ultraviolet B rays. Both are linked to skin damage, premature aging and increased risk of skin cancer.

Many of the top-rated products were mineral-based sunscreens, which use ingredients like zinc oxide or titanium dioxide to sit on the skin and block harmful rays. These formulas tend to cause less irritation because they are not absorbed into the body, although experts note that both mineral and chemical sunscreens can be effective when used properly.

The report also highlights a common misconception: higher SPF numbers do not always provide significantly better protection. For example, SPF 50 blocks about 98% of ultraviolet B rays, while much higher SPFs offer only marginally more protection.

In addition to effectiveness, some ingredients remain under scrutiny. Researchers note that certain chemical filters still lack sufficient safety data, and experts continue to encourage consumers to review labels and choose products carefully.

Beyond sunscreen, experts say the best protection comes from a combination of strategies. This includes wearing protective clothing and sunglasses, seeking shade during peak sun hours (typically 10 a.m. to 4 p.m.), and applying enough sunscreen to cover exposed skin completely.

Research Suggests That Watermelon May Help Prevent Heart Disease

[New research](#) suggests that regularly eating watermelon could support heart health and potentially lower the risk of cardiovascular disease. The findings build on multiple studies showing that people who eat watermelon

tend to have better overall diets. Researchers found that both adults and children who consume watermelon get higher levels of important nutrients, including fiber, potassium, magnesium, and vitamins A and C. They also tend to consume less added sugar and saturated fat, which are linked to increased health risks.

These improvements in diet quality may play an important role in long-term health. Watermelon is also about 90% water, making it a hydrating, low-calorie option that can help people meet daily fluid and fruit intake goals.

In addition to its overall nutrition, watermelon contains compounds that may directly support heart health. One of these is L-citrulline, an amino acid that helps the body produce nitric oxide, which relaxes blood vessels and improves blood flow. Research suggests this process may help lower blood pressure and reduce strain on the cardiovascular system.

Other nutrients in watermelon, such as lycopene and potassium, may also contribute to heart health by reducing inflammation and supporting healthy blood pressure levels. Some studies have linked watermelon consumption to improvements in blood pressure and reductions in arterial stiffness, especially among people already at higher risk for heart disease.

While the findings are promising, experts note that more research is still needed to fully understand watermelon's impact. Most importantly, they emphasize that no single food prevents disease on its own. Instead, watermelon can be a healthy addition to an overall balanced diet that includes a variety of fruits, vegetables, whole grains and lean proteins.

Stay tuned for more wellness-related news and developments.