

# STRENGTHENING OKLAHOMA



**GARFIELD COUNTY  
EXTENSION**

## Pharmacologic Treatments for Obesity

A healthy, well-balanced diet coupled with physical activity has long been touted as the treatment for losing weight. However, in recent years, new drugs have been making headlines as being the key to treating America's obesity epidemic.

"Some obesity specialists welcome these new medications as tools to treat obesity as an alternative to bariatric surgery," said [Lauren Amaya, Oklahoma State University Extension](#) prediabetes/diabetes specialist. "Medications such as Mounjaro, Wegovy, Ozempic, Zepbound and others are making headlines as effective treatments for obesity."

Obesity management aims for weight loss to improve a patient's overall health. Being overweight or obese can increase the risk of heart disease Type 2 diabetes, high blood pressure, high cholesterol, sleep apnea, non-alcoholic fatty liver disease, osteoarthritis and more.

Obesity clinical practice guidelines indicate there are three pillars of lifestyle interventions when it comes to weight loss, including behavioral and psychological therapy, pharmacotherapy and bariatric surgery.

Amaya said the extent of the required weight loss on improved health depends on the patient's initial body weight and obesity-related comorbidities.

Lifestyle interventions such as increased physical and



eating a reduced-calorie diet resulted in a modest weight loss of approximately 3-5%, which is often inadequate to achieve weight-related health goals," Amaya said. "Clinical trials with the new obesity medications indicate patients experience a 15-25% weight loss within the first year, while some participants achieve less than 10% weight loss, especially those with diabetes. It's important to remember everyone's response to these medications will vary."

Amaya said there are risks to consider when it comes to rapid weight loss.

"Some of the stage 3 clinical trials associated with semaglutide and tirzepatide have shown these drugs cause up to 40% loss of lean body mass," she said. "This puts individuals, especially older adults, at significant risk for sarcopenic obesity, which is a person with both muscle loss and obesity."

To help mitigate the loss of lean body mass, people need to consume enough calories and protein and participate in resistance physical activity.

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While most insurance covers medications for diabetes and other health risks that are the result of obesity, most do not cover the cost of weight-loss/weight-management medication. The medications are expensive. The cost, if not covered by insurance, can be a significant barrier for many people. And, if people do acquire them, they may not have the ability to stay on them long-term.

“Long-term and equal access to new obesity medications is challenging due to the cost,” she said. “However, competition from new medications entering the market may drive down prices over time as older drugs lose patent protection. This would open up the market to those who may be priced out of the market at this time.”

Amaya said current research shows some people gain the weight back when they go off the medication, even when trying to maintain a healthy lifestyle. While the weight loss itself may decrease risks of certain chronic diseases, if lifestyle changes aren’t made, this benefit may be short-lived.

“Unfortunately, when people gain back the weight they lost they are gaining fat, not necessarily the lean body mass they lost initially,” she said. “From a health standpoint, this actually puts them in a worse place than they were before.”

This is a new era of obesity management, and it is yet to be seen how future funding from national health systems and/or private health insurance will play out because at this time there’s a lack of cost-effectiveness data.

## Stay Strong, Stay Healthy Strengthening Class

**April 22**

The Stay Strong, Stay Healthy strengthening class will begin April 22 Earth Day. We will meet each Monday and Wednesday at the OSU Conference Room, 12:30-1:30 pm, 316 East Oxford. See the flyer for more details and to enroll by April 16. Included in this class will be an optional group walk each Tuesday in May starting May 7 – May 28. We will meet at Crosslin Park, large pavilion 11 am each Tuesday for a healthy walk. This walk is in conjunction with Walk This May. You **DO NOT** have to be enrolled in Walk this May to participate in the group walk. Come out and enjoy the weather and make new walking friends.



## Legos

Do you have Legos collecting dust in the closet? Garfield County 4-H is starting a Lego Club and is looking for Lego donations. If you have any Legos you would like to get rid of, please drop them off at the office.



## Kitchen Time Savers

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips.

### Shop With a Plan

Prepare a shopping list before you head to the store so you can focus on what you need. To go faster, organize your list by store sections such as "produce," "frozen foods," etc.

### Prep ahead

When you have some time, wash, slice, and portion out fruits and veggies for quick snacks on-the-go. You can also prepare ahead some of the fresh ingredients for upcoming meals.

### Enjoy veggies raw

Not cooking saves time, too! Cherry tomatoes, string beans, or sugar snap peas taste great as a side dish all on their own.

### Use a toaster oven

Small, convenient, and quick-to-heat appliances can save both time and energy. They're perfect for broiling fish fillets, roasting small vegetables, or heating up a sandwich.

### Plan for leftovers

Make larger recipes with enough servings for multiple meals to use that week or freeze for later. This reduces the number of times you need to prepare meals.

### Use a slow cooker

Save time with easy slow cooker meals that require little "supervision." Slow cooker soups and stews are also a good way to use up fresh vegetables that may be a little past their prime. The benefits of healthy eating add up over time, bite by bite.

### Be Salt Smart-Read the label

The [Nutrition Facts label](#) shows you how much sodium is in packaged foods. Choose lower sodium foods – especially if you have high blood pressure, diabetes, or kidney disease.

### Eat fruits and veggies

Enjoy a variety of fresh and frozen fruits and vegetables – almost all of them are naturally low in sodium. Look for canned vegetables labeled "no added salt."

### Look for cue words

Items that are "pickled," "brined," or "cured" tend to be high in sodium. Include these foods in your meals sparingly.

### Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.

### Go easy on the sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you're using. The sodium from these can add up quickly.

### Spice it up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredient list.

The benefits of healthy eating add up over time, bite by bite.

**Source: MyPlate-USDA**

**Below is a link for a 20-Minute Chicken Creole recipe**

**<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/20-minute-chicken-creole>**

# Education Workshops for March

Check out some of these offerings for OHCE members, guests or anyone interested in a good time with friends and learning a new skill.

## OHCE Week

May 5-12 is Oklahoma and Community Education Week. Plans will be made at the April 1 meeting for activities. Each group is encouraged to celebrate the week in their community



## OHCE Board Meeting

April 1, 9:30 am

The Garfield County OHCE Board Meeting will be held Monday April 1, 9:30 am. We will be discussing the Orange Day of Service, upcoming Spring Association meeting and other necessary business.

## Tulsa Underground Tour

June 7

Save Friday, June 7, for our underground tour of Tulsa. We will also visit the Center of the Universe and lunch in the downtown area. We will complete the day with a tour of the Boston Avenue church. More details in the May newsletter.

## OHCE Leader Lesson-May Meetings

The Leader Lesson for May will be presented Wednesday, April 24, 2 pm at the Garfield County Conference Room. Topic is Wills and Trusts to be presented by Lindy Peterman from Kingfisher County. An interesting and timely lesson. Plan to attend.

## Garfield County Spring Association Meeting

April 16 6:30 pm

Tuesday April 16, 6:30 is our annual Garfield County OHCE Spring Association meeting. Domes-ti-Kates are the hostess and have everything planned and ready. Our speaker is Charlet Ringwald, new director of Leonardo's Children's Museum. OHCE County High School scholarships will be awarded as well as other business as needed.

## State of Orange Day of Service

April 2024

Plan to attend and help at Leonardo's Gardens, Monday April 8 beginning 9:30 am. Our day of service will be held in the garden areas of the Museum as we prepare the beds for upcoming plantings, demonstration areas, and spring season. Bring gardening gloves and personal tools. The museum has the larger tools but if you have a favorite shovel, bring it along. We will conclude around noon. 4-H members will come after school and you are welcome to assist at that time if it works better for your schedule.

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or [joy.rhodes@okstate.edu](mailto:joy.rhodes@okstate.edu) at least two weeks prior to the event.



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## Dates to Remember

- April 1-OHCE Board Meeting
- April 8-Orange Day of Service
- April 16-OHCE Spring Assoc. Meeting
- April 22-Stay Strong, Stay Healthy
- April 24-Leader Lesson



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