



### 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 activity 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.

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.

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## Pharmacologic Treatments for Obesity *(continued from front page)*

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.

### ***CONGRATULATIONS!***

to our outstanding members who were recognized at the 2024 Northeast District Meeting on Tuesday, March 26th:

***Pat McNally***

*Outstanding Member*

***Susan Murray***

*Outstanding Rookie Member*

***LaVerne Atkinson***

*Heart of OHCE Award*



Congratulations to **Pat McNally** who was named the **Northeast District OHCE Outstanding Member!** Presenting her award is Kathy Fentress, State OHCE President.



**Susan Murray (left), Pat McNally (center), and LaVerne Atkinson (right)** were recognized as the Payne County OHCE Outstanding Members at the district meeting.

## OHCE Resource Management Committee Report

The OHCE Resource Management Committee met to make plans for the year. They have scheduled a **Botanic Garden Tour for May 21, 2024 at 6:30 p.m. conducted by Laura Payne, Payne County OSU Extension Horticulture Educator.** The Horticulture Center at the Botanic Garden, an air-conditioned space, will be open at 6:00 p.m. if you would like to come early and bring your dinner to eat with your family & friends before the tour. Invite your non-OHCE friends to join you for the tour! The address for the Botanic Garden & the Horticulture Center is 3300 W. 6th Street in Stillwater. **Please call the Extension Office at (405)747-8320 by Thursday, May 16th if you plan to attend the tour so they know how many to expect.**

The committee encourages everyone to participate in recycling everything possible. The recycling form is included in this newsletter. Be sure to write down everything you recycle and see how creative you can be when working to keep items out of the landfill.

### **Here are some recycling ideas:**

\*You can dispose of expired and medications you no longer need or use at the Stillwater Police Station (after entering the door of the police station, look for the white mailbox to the left of the door)

\*You can recycle eye glasses in the yellow mailbox in the Cockrell Eyecare Center parking lot

\*Stillwater residents within city limits can recycle numerous items free of charge at the Stillwater Convenience Collection Center. Other items can be recycled there but a fee may be charged. For more information on what recyclables they accept, check out this link:

<https://stillwaterok.gov/292/Convenience-Collection-Center>

\*Plant a tree or make a donation in observance of Arbor Day on April 26th. Information on how to support the Arbor Day Foundation is in this newsletter.



Twenty-eight members and OHCE Advisor, Dea Rash, recently attended the Northeast District Home & Community Education meeting held in Glenpool on March 26, 2024. A fun day of educational workshops and interesting speakers, shopping, making new friends, and renewing friendships was had by all members.



## **OHCE FOOD FESTIVAL SUPERINTENDENTS' TRAINING**

Food Festival Superintendents' Training will be held on Thursday, May 2nd at 10:00 a.m. in the Commissioners' Meeting Room at the County Administration Building. Please plan to attend if you are signed up to be a superintendent, even if you have been a superintendent in the past. It will be a good refresher!

We need (30) superintendents to work taking entries during the event, help with judging and helping with clean-up, 7:30 a.m. to approximately 1:00 p.m. We also need **Snack Bar workers (2/shift) and (2) Extra Food Table Workers** for two shifts: 8:00 - 10:00 a.m. & 10:00 a.m. - 12 noon. Please call LeeAnn Barton from Lunch Bunch or the Extension Office at (405)747-8320 to volunteer for these important jobs! Superintendents, please plan to stay and help put up tables and chairs and clean-up following the event. *Many hands make light work!*

## **OHCE WEEK is MAY 5-11, 2024**

### **What all is your group going to do to *CELEBRATE OHCE WEEK?***

We will again have the promotion contest during the **entire month of May** so start thinking of some creative ideas you can do to promote OHCE! Then, take lots of pictures of your members doing the activities so you'll have plenty of pictures for your scrapbook! **Plan to submit a scrapbook for the contest—each group does special things that are noteworthy and your members deserve to be recognized for your promotion efforts!**

Promote OHCE to your friends and family members—OHCE has something for people of all ages so let them know what they can learn and do in OHCE! The **BEST WAY** to recruit new members is to connect with them & personally invite them to join your group. We have had some new members join since the first of the year but **OHCE has a lot to offer everyone!!**

## ***OHCE SPRING COUNTY MEETING***

The OHCE Spring County Meeting will be held on **Tuesday, April 16th at 6:30 p.m. in the Community Building at the Expo Center.** **Hostess groups are:**  
**Registration:** Cherokee **Decorations:** Lunch Bunch **Set up/Clean up:** Floral Valley

Bring your families at 6:30 p.m. along **with covered dishes for the potluck meal.** Some meat will be provided. The program will be presented by **Kate Wardlaw, Oklahoma 4-H Northeast District Representative & State 4-H Ambassador.** In her presentation titled **"Rockets for Success"**, she will be sharing information about the Oklahoma 4-H program and how the financial support from Payne County OHCE has helped her and all Payne County 4-H members be successful and achieve their goals.

### **MAY LEADER LESSON**

#### ***"Alpha-gal Syndrome"***

will be taught by Lunch Bunch OHCE member, Jana Comer, on **Tuesday, April 16th at 5:30 p.m. prior to the Spring county meeting at the Expo Center.**

### **Celebrate Arbor Day on April 26th**

**Arbor Day** is a holiday that celebrates nature. Its purpose is to encourage people to plant trees. Trees are the biggest allies as the world climate warms; they are a cost-effective way to pull carbon dioxide from the atmosphere. **Planting even one tree makes a difference.** Use this link to plant a tree or donate to the Arbor Day Foundation:  
**<https://www.arborday.org/celebrate/>**

### ***CONGRATULATIONS!***

*to MJ Seals & Rita Breuninger who completed the course to become Master FCS Sewing Volunteers.*





# Salsa Recipes

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**Salsa**, Spanish for sauce, is made from various chopped ingredients and may be fresh or cooked. It is commonly made from tomatoes, chilies and onions. Get your taste buds ready for some new sensations—including fruit salsas. Savvy?

**Savvy**, well informed and perceptive; to understand; comprehend; comes from the French verbs 'savoir faire', which means the 'know how'.

**Salsa Cruda** [SAHL-sah] [CREW-duh] simply means uncooked, fresh salsa.

Traditional salsas are a spicy sauce made with tomatoes, onions, peppers and seasonings. But today, many combinations of fruits and vegetables are used as a base for salsas. Fruit salsas add a burst of flavor and complement so many foods. Fruits provide great flavor and fructose, the natural sugar in fruit that adds sweetness.

Besides adding nutrients, salsas are a great way to add flavor and color to the simplest menu. Generally, salsas are low in calories and fat. A couple of exceptions are avocados and olives, but these do contain monounsaturated fat. Salsas are easy to prepare, and ingredients can range from common to exotic.

## Easy Fruit Salsa

3 kiwi peeled and diced

1 pint strawberries, stems removed and diced

1 pint blueberries

1 Granny Smith apple, diced

$\frac{1}{2}$  lemon, juiced

$\frac{1}{2}$  lime, juiced

$1\frac{1}{2}$  tsp. brown sugar

Combine prepared kiwi, strawberries, blueberries, and apple in a large bowl. Whisk lemon juice, lime juice and brown sugar in a small bowl. Drizzle over fruit and stir to coat. Serve with cinnamon chips.

10 servings/Nutrition Information per serving: Calories: 72kcal; Carbohydrates: 18g; Protein: 1g; Fat: 1g; Saturated Fat: 1g; Polyunsaturated Fat: 1g; Monounsaturated Fat: 1g; Sodium: 3mg; Potassium: 194mg; Fiber: 4g; Sugar: 12g; Vitamin A: 68IU; Vitamin C: 57mg; Calcium: 24mg; Iron: 1mg



# Payne County Home & Community Education

## APRIL 2024



Payne County Home & Community Education, Inc. News is published monthly by the Payne County OSU Cooperative Extension Center Family & Consumer Sciences Program, 315 W. 6th, Suite #103, Stillwater, OK 74074. To subscribe: call 405-747-8320. Subscriptions are \$7.50 as a part of the dues of the Payne County Home & Community Education.

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Editor...

Dea Rash  
Extension Educator  
FCS/4-H Youth Development  
Payne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 <b>Cimarron Valley Floral Valley</b>	9 <b>Elm Grove</b>	10	11 <b>Lunch Bunch Rising Star</b>	12	13
14	15	16 <b>5:30—Leader Lesson/Expo 6:30—Spring County Meeting/ Expo Center</b>	17	18 <b>Cherokee</b>	19	20
21	22	23	24	25	26	27
28	29	30				