



PHARMACOLOGIC TREATMENTS FOR OBESITY

By: Trisha Gedon, OSU Sr. Communications Specialist

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.

Tulsa County Extension Office

Address

4116 E. 15th Street
Tulsa, OK 74112

Phone

918-746-3721

Email

stacey.jones11@okstate.edu

Website

www.oces.tulsacounty.org

Social Media

Facebook: TulsaCountyOSUExtension

Twitter: twitter@osuextension72



**TULSA COUNTY
EXTENSION**



In this issue:

- ❖ Pharmacologic Treatments for Obesity
- ❖ Recipe of the Month: Spicy Bacon Deviled Eggs
- ❖ Positive Parenting Tips
- ❖ FCS Programming 2024
- ❖ OHCE WEEK Tulsa County 95th Birthday Celebration
- ❖ OHCE News & Updates

If you receive the monthly newsletter by mail and would like to receive it by email, please call 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

Pharmacologic Treatments for Obesity ...Continued

Strengthening Oklahoma Families/Tulsa County

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.



SPICY BACON DEVILED EGGS

SERVES: 24

Provided By: Stacey Jones, FCS Educator, Tulsa County OSU Extension Center

<https://youtu.be/ADRgc2iRsSE?si=vkzlnjoKJkxSXLcc>

INGREDIENTS:

12 Eggs
2 TBSP Pickle Relish
1 TBSP Vinegar or Pickle Juice
1/4 tsp Salt
2 slices Cooked Bacon - Diced
1 TBSP Yellow or Stone-ground Mustard
1 TBSP Gochujang or Sriracha
1/4 tsp Ground Pepper

Nutritional Analysis per serving:

Calories: 137	Carbohydrates: 5.3 g
Total Fat: 8.5 gm	Sugars: 3 g
Saturated Fat: 2.8 g	Protein: 9.5 g
Sodium: 810 mg	

INSTRUCTIONS:

1. Put the eggs in a pot and cover them with water. Bring to a boil, cover the pot with a lid and then let them set in the hot water for 10 minutes. Take the eggs out of the hot water and put them in an ice bath. Let eggs sit in the ice bath for 5 minutes.
2. Peel the shell off the egg. Slice the eggs in half vertically. Take the yolks out of the eggs and put them into a medium sized mixing bowl.
3. Add the mayonnaise, relish, mustard, vinegar, spicy sauce, salt and pepper to the bowl with the egg yolks and mix well.
4. Take the egg mixture and add it back to the whites of the eggs.
5. Top with the diced bacon and refrigerate until ready to serve. Enjoy!

POSITIVE PARENTING TIPS

Preschoolers 3-5 Years Old

Developmental Milestones

Skills such as naming colors, showing affection, and hopping on one foot are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family. They will want to explore and ask about the things around them even more. Their interactions with family and those around them will help to shape their personality and their own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.

Following are some of the things you, as a parent, can do to help your preschooler during this time:

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using “grown up” words. Help him to use the correct words and phrases.
- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for a snack).

Child Safety First

As your child becomes more independent and spends more time in the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few tips to protect your child:

- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street and always have her wear a helmet.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- Watch your child at all times, especially when he is playing outside.
- Be safe in the water. Teach your child to swim but watch her at all times when she is in or around any body of water (this includes kiddie pools).
- Teach your child how to be safe around strangers.
- Keep your child in a forward-facing car seat with a harness until he reaches the top height or weight limit allowed by the car seat’s manufacturer. Once your child outgrows the forward-facing car seat with a harness, it will be time for him to travel in a booster seat, but still in the back seat of the vehicle. The [National Highway Traffic Safety Administration pdf icon](#) [1.15 MB / 1 page][external icon](#) has information on how to keep your child safe while riding in a vehicle.



POSITIVE PARENTING TIPS... Continued

Strengthening Oklahoma Families/Tulsa County

Healthy Bodies

- Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks. Your child should eat and drink only a limited amount of food and beverages that contain added sugars, solid fats, or salt.
- Keep television sets out of your child's bedroom. Set limits for screen time for your child to no more than 1 hour per day of quality programming, at home, school, or afterschool care and develop a [media use plan for your family](#).^{external icon}
- Provide your child with age-appropriate play equipment, like balls and plastic bats, but let your preschooler choose what to play. This makes moving and being active fun for your preschooler.
- Make sure your child gets the [recommended amount of sleep](#) each night: For preschoolers 3-5 years, 10–13 hours per 24 hours (including naps).

Source: [Preschoolers \(3-5 years old\) | CDC](#)

Family and Consumer Sciences Programming for 2024

Drying – 04/10	\$10 and limit of 10
Spices and Herbs – 04/27	\$10 and limit of 20
Pickles Canning – 05/22	\$25 and limit of 12
Show and Tell w/ Pressure Canners - 06/12	\$20 and limit of 15
Salsa Canning – 07/31 AM	\$25 and limit of 8
Salsa Canning – 07/31 PM	\$25 and limit of 8
Show and Tell w/ Pressure Canners - 08/09	\$20 and limit of 15
Jelly Workshop – 11/16	\$20 and limit of 16



Pre-registrations with cash payments are required in advance. Please contact: Tulsa County OSU Extension Center, between 8am & 4:30pm, Mon. thru Fri., by calling 918-746-3706, or dropping by our offices at 4116 E. 15th St., Tulsa, OK, 74112. We are located on 15th Street between Yale & Harvard at “Gate 6” of the Tulsa County Fairgrounds.

*Other classes may be added during the year or if classes get filled up.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs, and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>.

Tulsa County

2024

OHCE
WEEK

1-3 PM

95TH

PRIZES
CRAFTS

BIRTHDAY Celebration!

You're Invited!

To RSVP
Call Linda
918.639.3090


MONDAY, MAY 6TH

Help us help the Tulsa County Transitional Center by bringing Feminine Hygiene Products!
You will get 1 Raffle Ticket per item you bring! Drawing for \$25 QT Card!
OSU EXTENSION AUDITORIUM *** 4116 E 15th Street - Tulsa, OK

FAMILY & CONSUMER SCIENCES CALENDAR

*****All events will be held at the OSU Extension Office unless noted*****

****Please observe that some event dates have been changed****



CHANNEL 6
COOKING CORNER
 May 29th
 June 26th
 @ Noon
 Presented By:
 Stacey Jones
 Tulsa County FCS Educator

May:

- 5-11 OHCE WEEK – OHCE 95th Birthday Celebration, Mon., May 6th, 1-3 pm
- 6 OHCE President’s Quarterly Zoom, 7 pm
- 7 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 5-3-24)
- 13 OHCE Executive Board Meeting Zoom, 7 pm
- 15 OHCE Business Meeting @ 10 am- Potluck @ Noon – All Welcome!
- 18 FCS & OHCE Promotional Booth @ Tulsa Farmers’ Market, Kendall-Whittier
- 21 OHCE Leader Lesson Training (Jun/Jul/Aug) @ 10 am, First Church, 4715 Price Road, Bartlesville
- 22 Pickles Canning Workshop 9 am – 1 pm (pre-register 918-746-3706)
- 23 OHCE Bunco for Scholarships, 10 am – Noon
- 27 Memorial Day – Extension Office Closed
- 28 OHCE Membership & OHCE Week Reports Due to State



June:

- 3 Scholarship Applications Due to Extension Office
- 4 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 5-31-24)
- 10 Tulsa County Free Fair Planning Meeting at Extension Center, 1-3 pm
- 12 Show & Tell with Pressure Canners Workshop 9 am – 11 am (pre-register 918-746-3706)
- 19 Juneteenth – Extension Office Closed
- TBA OHCE Cultural Enrichment: Tulsa Drillers Baseball Game



July:

- 4 Independence Day – Extension Office Closed
- 7-9 OHCE State Meeting @ Champion Convention Center in OKC
- 16 Tulsa County Free Fair – Exhibit Entries Drop Off – OPEN TO TULSA COUNTY RESIDENTS
- 18-19 Tulsa County Free Fair – Exhibit Viewing and Activities – OPEN TO THE PUBLIC
- 31 Salsa Canning Workshops 9 am – 1 pm **AND** 1 pm – 5 pm (pre-register 918-746-3706)




OHCE - JENKS GROUP

During their April Meeting the Jenks OHCE Group made a cookie recipe jar. The Monthly Leader Lesson was “Multi-Purpose Mason Jars”. Members learned about many different uses for Mason Jars while sharing their own ideas and experiences. The jar is both a beautiful and safe way to store the dry ingredients for their recipe, pre-measured and ready for use when needed. The beautiful jars would also make great gifts to share with friends and neighbors.



OHCE UPDATES



SHOUT OUT FROM ELAINE

Tulsa County OHCE President



Your OHCE Membership Committee is throwing a party, and **YOU** (and your friends) are invited.

There are so many great things going on during OHCE Week and we want to kick it off with a birthday party on Monday, May 6th at the OSU Extension office. We will be celebrating 95 years of OHCE presidents. In 1929 our first president was elected, and I am proud to be a part of that lineage.

And, true to our mission, we pledge to be a service to others. We will be collecting feminine hygiene products for our friends at the Tulsa County Transitional Center. This is often a forgotten need, but we don't forget. We believe in family, and we take care of one another.

So, put on your party hat and join the fun. What else are you doing for OHCE week?

Share OHCE with a friend! *Elaine*



FAMILY ISSUES

MAY 2024

Have you started saving items for the Tulsa County Transitional Living Center? Please pick up some extra **FEMININE HYGIENE** and **drop off during OHCE WEEK** or bring them to the 2024 Christmas Luncheon.

MAY FAMILY ISSUES TOPIC:

Supporting Military Personnel

According to a 2022 survey, there are 281,728 veterans located in Oklahoma. Of those, 3754 are homeless. Many organizations are available to veterans to help them in their transition from military to civilian life. We can be of help too. OHCE-TC often supports The Coffee Bunker in Tulsa. They are always looking for volunteers in the following areas: housekeeping, coffee bar attendant event support, flower beds, follow up calling and peer support. If giving of your time isn't feasible, they always accept cash donations to further their work. Consider a contribution today: www.coffeebunker.org/donate-now.

The Family Issues Team

Farmer's Market Booth



OSU Extension has a booth at the Kendall Whittier Farmer's Market every 3rd Saturday. This is going to span from April to October in 2024. I think this would be a great opportunity to promote and recruit new members for OHCE. Stacey will be manning the booth on May 18th from 7am to 11am. See you there!





OHCE UPDATES



OHCE Knit N Stitch Group

In April, the Knit 'n Stitch group members donated handmade items to Patricia Divine with Cura HPC, including: fidget quilts, neck and comfort pillows, knitted shawls, lap robes, adult clothing protectors, neck and hand warmers and fidget muffs. Cura HCA provides hospice and palliative in-home and facility care to hospice and special needs patients in Tulsa and OKC.



OHCE WEEK Tulsa County

MAY 5 - 11, 2024



Tulsa County Extension Office
4116 E 15th Street
Tulsa, OK 74112



The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Cooperative Extension Service is implied.

Family and Consumer Sciences
Tulsa County OSU Extension Service

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs, and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President for Agricultural Programs and has been prepared and distributed at a cost of .45 cents per copy. The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding no discrimination is intended and no endorsement by the Cooperative Extension Service is implied.