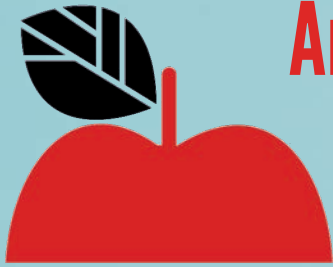


JUNE 2024

# OBESITY IN AMERICA



## An Epidemic We Can Solve

BY HEALTH FOR ALL

### EVENING WORKOUTS WORK

People who have obesity or type 2 diabetes may see greater long-term health benefits from working out between 6 p.m. and midnight, new research found

### RISKS ASSOCIATED WITH OBESITY

People with obesity have an increased risk of developing health conditions

### SEMAGLUTIDE-A GAME CHANGER

Hailed as a "game-changer," it works by curbing appetite and can make people's cravings disappear

### PROCESSED FOOD - THE MAIN CULPRIT

Consuming too much ultra-processed food could have health consequences. This is mainly due to the extra, modified ingredients they contain.

### PRE-DIABETES

Choosing Higher-Fat Dairy May Help Lower Your Prediabetes Risk, Study Finds



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## According to experts, here's how exercise timing can impact health outcomes for people with obesity and type 2 diabetes and what to know before switching up your exercise routine.

- People who have obesity or type 2 diabetes may see greater long-term health benefits from working out between 6 p.m. and midnight, new research found.
- In particular, study participants who got most of their physical activity at night had a lower risk of heart disease or mortality from all causes.
- However, the most important thing is to fit in workouts when you can, no matter the length or time of day, experts said.

### *Working Out between 6pm and midnight is Optimal*

The study—published on April 10 in the journal *Diabetes Care*—included data from nearly 30,000 people with obesity, 10% of whom also had type 2 diabetes. The research team found that participants who got most of their aerobic exercise between 6 p.m. and midnight had the lowest risk of heart disease and premature death. Working out in the afternoon or evening may help decrease insulin resistance—and in turn, control blood sugar levels—compared to getting other movement throughout the day.



# Risks Associated with Obesity

Compared to people within the BMI category labeled as healthy, people with obesity have an increased risk of developing health conditions such as:

- High blood pressure (hypertension)
- Type 2 diabetes
- High levels of low-density lipoprotein (LDL) cholesterol ("bad cholesterol"), low levels of high-density lipoprotein (HDL) cholesterol ("good cholesterol"), or high levels of triglycerides (a type of fat in the blood)
- Coronary heart disease (reduced blood flow to the heart muscle)
- Heart attack
- Stroke (a blockage of blood flow or bleeding in the brain)
- Sleep apnea (breathing stops and restarts repeatedly during sleep)
- Breathing problems
- Gallbladder disease
- Certain types of cancer
- Mental health conditions, such as depression and anxiety
- Lowered quality of life
- Bone and joint problems, such as pain, stiffness, and osteoarthritis (wear-and-tear arthritis)
- Liver problems
- Kidney problems



**THE RISK FOR HEALTH CONDITIONS GOES UP ON A CONTINUUM AS BMI GOES UP.**



# GLP-1 Medications A Game Changer for Obesity

## How does Ozempic Work?

The drug works by improving patients' blood sugar levels and reducing their appetite. It also helps prevent the liver from releasing too much sugar. Ozempic belongs to a drug called glucagon-like peptide 1 (GLP-1) receptor agonists.

Ozempic promotes satiety—in other words, provokes a feeling of fullness. This happens because the drug slows down your digestive system so you feel fuller longer.

### How Do You Take Ozempic?

Ozempic is taken via injection. It can be injected under the skin of the abdomen, thigh, or upper arm.

The dosage of the drug depends on the patient and their needs. For patients who are using Ozempic for type 2 diabetes and lowering the risk of heart attack or stroke, 0.25 milligrams (mg) is injected once a week for four weeks at first, then increased to 0.5 mg. Healthcare providers might increase the dose as needed, but it's vital to consult with them before making any change yourself.

### Ozempic Side Effects

Ozempic can cause nausea, vomiting, and diarrhea.

## Can a Saliva Test Tell You If GLP-1s Will Work for You?

- Scientists now recognize four obesity phenotypes. Phenotypes describe how the body reacts to food on a hormonal level.
- A new test can determine whether you are positive or negative for one of those phenotypes, referred to as “hungry gut.”
- Testing costs are out-of-pocket at the moment but may allow clinicians to prescribe less expensive medications that work for specific phenotypes.

### What Is a Phenotype?

Obesity phenotypes are a relatively new concept, supported by the research of Andres Acosta, MD, PhD, associate professor of medicine at the Mayo Clinic and cofounder of Phenomix Sciences. The concept involves testing to determine whether patients fall into one of four obesity phenotypes:

- Hungry brain: The brain never reaches the feeling of fullness while eating (satiation)
- Emotional hunger: Eating as a response to emotional stress
- Hungry gut: The stomach empties rapidly, leaving patients hungry between meals (satiety)
- Slow burn: Burning calories at a slower-than-normal rate goals.

The test, which uses a cheek swab to collect genetic material, was tested on 84 participants with obesity who were taking semaglutide, the active ingredient in medications like Wegovy, Ozempic, and Rybelsus. The test results were analyzed using a machine learning gene risk score (ML-GRS) to reveal whether a person was positive or negative for one of the obesity phenotypes: hungry gut.



# What's the Difference Between Ozempic, Wegovy, and Trulicity?

## How Does Wegovy Work?

1. Kraftson said that Wegovy, just like Ozempic, is a GLP-1 receptor agonist. It helps regulate blood sugar and keeps the body fuller longer between meals, which can contribute to weight loss. The drug also helps suppress the liver from producing too much sugar.
2. “[These drugs] regulate how quickly or how slowly food goes through the digestive tract—they actually slow things down,” Kraftson said. “Food sits in the stomach longer, and so you feel fuller because it’s sitting there.”

## How Does Trulicity Work?

Trulicity (dulaglutide) is a medication used to treat type 2 diabetes. It is a GLP-1 (glucagon-like peptide-1) receptor agonist, which mimics the effects of the natural hormone GLP-1 in the body.

Here's how Trulicity works:

1. Stimulates Insulin Secretion: When blood sugar levels are high, Trulicity stimulates the pancreas to release insulin. This helps lower blood sugar levels after meals.
2. Suppresses Glucagon Secretion: Trulicity inhibits the release of glucagon, a hormone that increases blood sugar levels by signaling the liver to release stored glucose. By suppressing glucagon, Trulicity helps to reduce glucose production in the liver.
3. Slows Gastric Emptying: Trulicity slows down the rate at which food leaves the stomach. This slower gastric emptying helps to prevent rapid spikes in blood sugar levels after eating.
4. Promotes Satiety: Trulicity can help patients feel full sooner and longer, which can lead to reduced food intake and weight loss. This is particularly beneficial for managing weight, which is an important aspect of type 2 diabetes care.



**Ask HFA about Trulicity**

# Processed Food is Killing Us!



Ultra-processed foods, such as packaged snacks, breakfast cereals, ready-made meals, and desserts, are mostly made of chemically modified substances extracted from food, including sugar, salt, fat, artificial colors and flavors, and preservatives. These foods typically contain minimal whole foods and only low amounts of vitamins and minerals.

Consuming too much ultra-processed food could have health consequences. This is mainly due to the extra, modified ingredients they contain.

*Some examples of ultra-processed foods are:*

- Chicken nuggets
- Fried chicken
- Hot dogs
- Packaged soups
- Potato chips
- Soft drinks
- Sweetened breakfast cereal
- Cookies
- Cheese crackers
- Sodas and energy drinks



# Health Risks of Processed Food

A 2024 British Medical Association Journal review of studies found that the greater exposure people have to ultra-processed foods, the higher their risk for adverse health outcomes.

This includes cardiometabolic (heart, blood, and blood vessels) conditions and mental health disorders. This review also found high consumption of ultra-processed foods was linked to higher all-cause mortality (death due to any cause) outcomes.

A 2019 study published in the BMJ found that eating ultra-processed foods increased the risk of heart disease (Srouf B, Fezeu LK, Kesse-Guyot E, et al - Ultra-processed food intake and risk of cardiovascular disease: prospective cohort study (NutriNet-Santé).

Researchers followed more than 105,000 adults for five years. They found that for every 10% increase in ultra-processed foods consumed, the risk of heart attack, stroke, and other serious cardiac events increased by 12%.

**Consumption of ultra-processed foods is also linked to a higher risk for cancer, diabetes, dementia, and inflammatory bowel disease (Crohn's disease or ulcerative colitis), as follows:**

- **Cancer:** According to one 2018 large prospective study, a 10% increase in ultra-processed foods was associated with a greater than 10% overall cancer risk, specifically breast cancer.
- **Diabetes:** In a study reported in 2020 of more than 100,000 adults, researchers found a 10% increase in the consumption of ultra-processed foods was linked to a 15% higher risk for type 2 diabetes.
- **Dementia:** In a 2022 study of more than 70,000 people aged 55 and older, researchers found that a 10% increase in ultra-processed foods led to a 25% higher risk for dementia and a 14% higher risk for Alzheimer's disease.
- **Inflammatory bowel disease:** According to a 2021 BMJ study, eating ultra-processed foods is associated with a higher risk for IBD. Here, researchers reviewed the dietary habits of more than 116,000 middle-aged and older adults worldwide over 10 years. They found those who ate one to four servings of ultra-processed foods per day had a 67% increased risk for IBD. For those eating five or more servings, the risk was even higher at 82%.



# Take Control

## Are There Tests to Diagnose the Cause of Weight Gain?

A healthcare provider will assess your weight change and look for an underlying cause through various tests and examinations, including:

- A physical exam
- Blood tests
- Calculating body mass index (BMI)
- Measuring hormone levels
- Medical history
- Nutritional assessment

## When to See a Healthcare Provider

Weight gain, along with the symptoms below, requires medical attention:

- Vision changes
- Constipation
- Excessive hunger along with palpitations, tremors, and sweating
- Excessive, unintentional, unexplained weight gain
- Feeling colder than usual
- Hair loss
- Swollen feet accompanied by shortness of breath

**Getting enough sleep, adopting a healthy diet, and getting enough physical activity are changes you can control that can positively affect your overall health.**

# Pre-Diabetes

If you have prediabetes, it means your blood sugar level tends to run higher than the normal range but not high enough to be considered diabetes.

Having prediabetes also puts you at higher risk of diabetes and cardiovascular disease, so it's important to find ways to bring your blood sugar levels down into a health-supporting range.

There's no single approach to help everyone with prediabetes, but research has shown that eating a diet rich in vegetables, fermented foods, nutritious fats, and lean protein, as well as getting regular exercise, can be beneficial.





# Nutrition Classes

We offer a variety of nutrition education classes in partnership with Brazos Valley Food Bank, serving low-income populations. Classes will be posted on our website and registration will be required. BVFB uses the Dietary Guidelines for Americans and MyPlate recommendations to help people make healthy eating choices. We will focus on disease prevention and benefits and challenges of maintaining a healthy lifestyle.

These classes will give people the information and skills they need to make healthy changes.

All classes are completely FREE.



**Health For All**

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