



FOR IMMEDIATE RELEASE

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Oklahoma HMO provides information on obesity risks

The obesity rate has more than tripled since 1975; more than a third of the population is obese

OKLAHOMA – Obesity is a health concern that has become very prevalent in the United States. According to data from the National Health and Nutrition Examination Survey, 37.9 percent of American adults were obese in 2013-14, and obesity rates have nearly tripled since the Centers for Disease Control and Prevention first began tracking them in 1975. GlobalHealth, an Oklahoma-based health maintenance organization (HMO), is providing information to educate Oklahomans on obesity and the risks associated with being clinically obese.

“It’s very important to speak with your primary care physician about your comprehensive healthcare, including your weight,” said Dr. Wesley Williams, medical director at GlobalHealth. “Being overweight or obese has the potential to cause many issues, increasing your risk of Type 2 diabetes, cardiovascular disease and joint problems.”

GlobalHealth is providing the following information to educate Oklahomans on obesity and how it can be prevented.

The definition of obesity. Obesity is defined as abnormal or excessive fat accumulation that may impair health. The most common way to measure obesity is a body mass index (BMI) assessment, which is useful since it is the same for all genders and all ages. A BMI that is greater than or equal to 25, but less than 30 is considered overweight, and a BMI that is greater than or equal to 30 is considered obese, according to the World Health Organization (WHO). This assessment by your primary care physician (PCP) can determine whether your health may be at risk due to being overweight or obese.

The health risks. Health risks your PCP may address are cardiovascular diseases, such as heart disease and stroke, and diabetes, according to WHO. Being overweight or obese is generally treatable for most people. Your PCP will provide information on weight loss and how to burn fat and lose weight in a healthy way.

Prevention methods. Make healthy food choices. Limit high-energy foods that are full of fats and sugars, and increase your intake of healthy foods, including consumption of fruit and

vegetables, legumes, whole grains and nuts. Also, adults engaging in regular physical activity for 150 minutes spread throughout the week and 60 minutes a day for children is recommended, according to WHO.

About GlobalHealth

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering 44,000 individuals in all 77 Oklahoma counties. Working proactively with each member, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state and education employees, federal employees, municipal employees and Medicare Advantage members. GlobalHealth employs more than 200 associates throughout Oklahoma. To learn more, visit www.GlobalHealth.com.

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