



Kentuckiana  
Health Collaborative

*Building a Bridge to Better Health, Better Care and Better Value*

# House Standing Committee Health Services

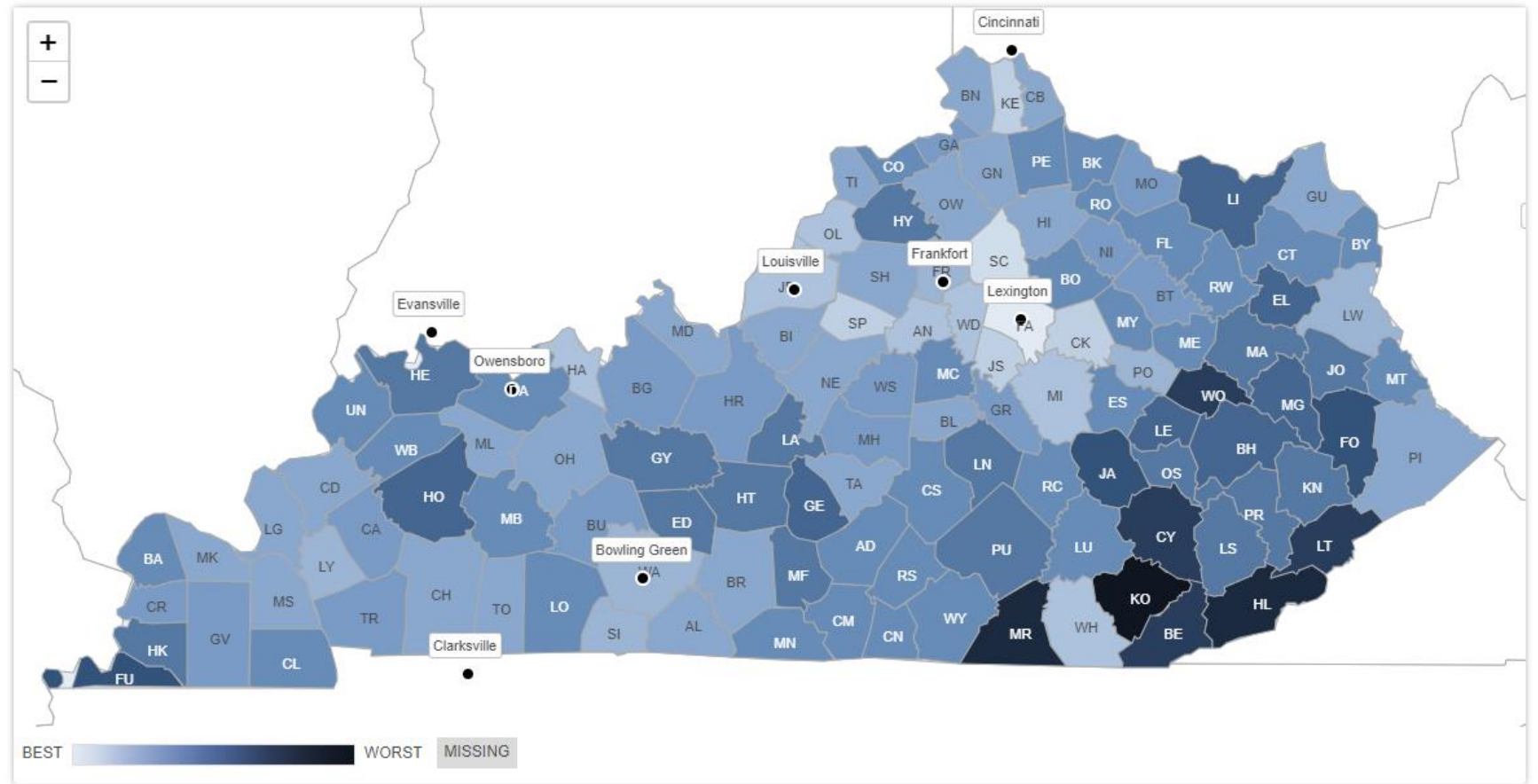
## Kentucky's Obesity Epidemic

Jenny Goins, Kentuckiana Health Collaborative  
President and CEO  
January 18, 2024

# Why Focus on Obesity as Chronic Disease

## County Health Rankings & Roadmaps 2023 Data for Kentucky

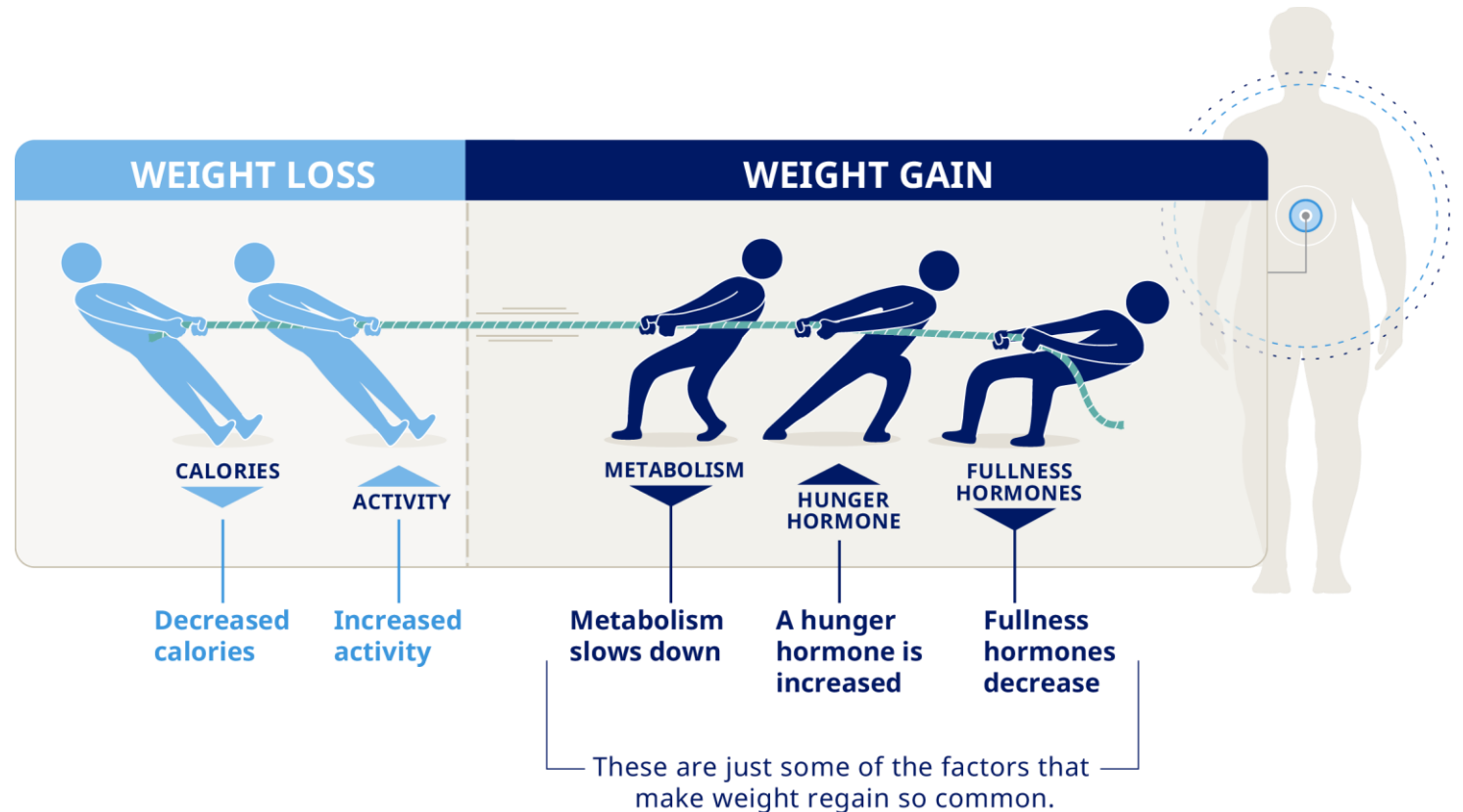
- 37% of **adults** had a BMI of 30 or greater
- Ranged from 33% to 46%



# Disease State

- Obesity has been recognized as a disease by the American Medical Association for almost a decade.
- The National Institutes of Health has recognized obesity as a disease since the late 90s.

[From Health Affairs "Obesity is a Chronic Disease: Instead of Punishing Patients, Provide Access to Treatment"](#)



# Cost Avoidance

## 60 Comorbidities associated with obesity

Depression

Gastroesophageal reflux  
disease (GERD)

Diabetes risk,  
metabolic syndrome, and  
prediabetes

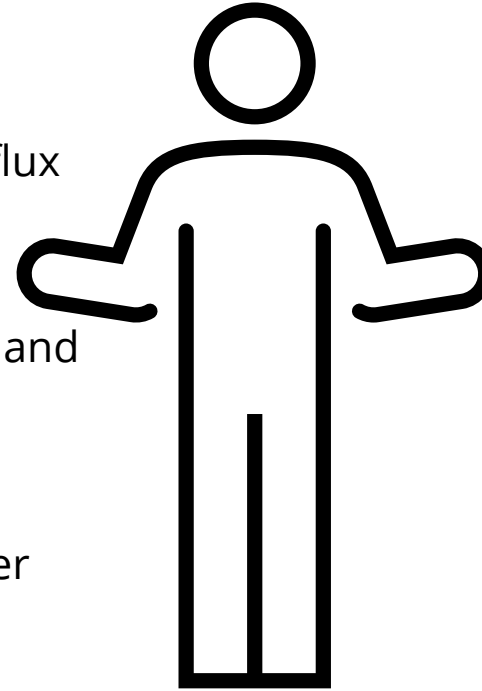
Type 2 diabetes

Nonalcoholic fatty liver  
disease (NAFLD)/  
nonalcoholic  
steatohepatitis (NASH)

Female infertility

Male hypogonadism

Cancers



Obstructive sleep apnea

Dyslipidemia

Asthma/reactive airway  
disease

Cardiovascular disease  
mortality

Hypertension

Polycystic ovarian  
syndrome

Urinary stress  
incontinence

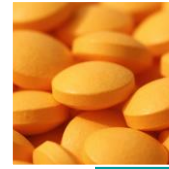
Osteoarthritis

# Access to Treatment



## Lifestyle

- Exercise
- Diet



## AOMs

- With lifestyle changes



## Surgery

- Gastric Band, Sleeve, or Bypass
- Plus lifestyle and AOMs as needed



Connect with  
the KHC



[www.khcollaborative.org/newsletters/](http://www.khcollaborative.org/newsletters/)



[www.linkedin.com/Kentuckiana-health-collaborative](http://www.linkedin.com/Kentuckiana-health-collaborative)

[jgoins@khcollaborative.org](mailto:jgoins@khcollaborative.org)